

## Journalling

Maintaining a journal throughout this programme can be a highly useful way of consolidating your learning and development. It can also provide an account of how you have found the programme and its impact on your practice.

At the least it can be helpful to write a journal entry after each of the workshops as a way of capturing the key aspect of the experience of the sessions. If journalling is new to you, the following four-part template might be a good starting point:

1. What happened?

Describe the actual events that you want to record, for instance an example of pair work on the issue of Script with a colleague; the group discussion on the impact of schooling; the teaching input on symbiosis; the unexpected exchange with another colleague about a recent experience

2. What was its impact on you?

Explore the feelings, internal thoughts and reactions, eg. Sense of relief at not being the only one in the group who was confused; feeling embarrassed that you overlooked the contribution of someone upset in the group; feeling so upbeat about something that initially seemed such a challenge

3. How might you use theory to make sense of your experience?

Drawn on any TA, or any other non-TA models that you know of, eg. That you avoided an invitation into a psychological game; that you discounted feelings of anger and experienced a familiar rackety confusion; noticed a strong driver behaviour response to getting muddled with theory

4. How could this experience and process of reflection inform what you do next?

This might involve a formal, conscious decision to do something differently, or practice an alternative internal narrative, or decide to be more self-aware on a particular aspect of your engagement with groups, or do further self-study into a topic/model