

Reflective Practice



What is Reflective Practice?

Reflective practice is paying attention to the feelings and values that inform the care you offer others, so you can make more conscious choices in the future.

Who is it for?

People who are engaged in pastoral care, spiritual care, chaplaincy or ministry roles whether paid or volunteer, formal or informal.

What will it involve?

Each session will begin with an informative segment about the theme for the session, followed by reflective questions to invite participants to explore their practice of care for others.

Session 1: New caring relationships; what's important?

Session 2: Resisting the desire to change others.

Session 3: Boundaries in professional relationships.

Session 4: Difficult relationships.

Session 5: Endings; grief and loss.

Details

Dates: Five sessions starting at 5pm on the last Wednesday of each month (26 Feb, 25 Mar, 29 Apr, 27 May, 24 Jun). Sessions 1.5 - 2 hours depending on numbers.

Group size: Four to eight participants.

Location: 75A Stock Road, Attadale

Cost: \$100 (Sorry no refunds for missed sessions)

Booking essential; contact Helen via email below.

About the facilitator

Helen Vester is a Professional Pastoral Supervisor and CPE Educator with experience in pastoral roles in hospital and prison. She has a background as a high school teacher.
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Helping to sort the wood from the trees in Pastoral Care and Ministry

