

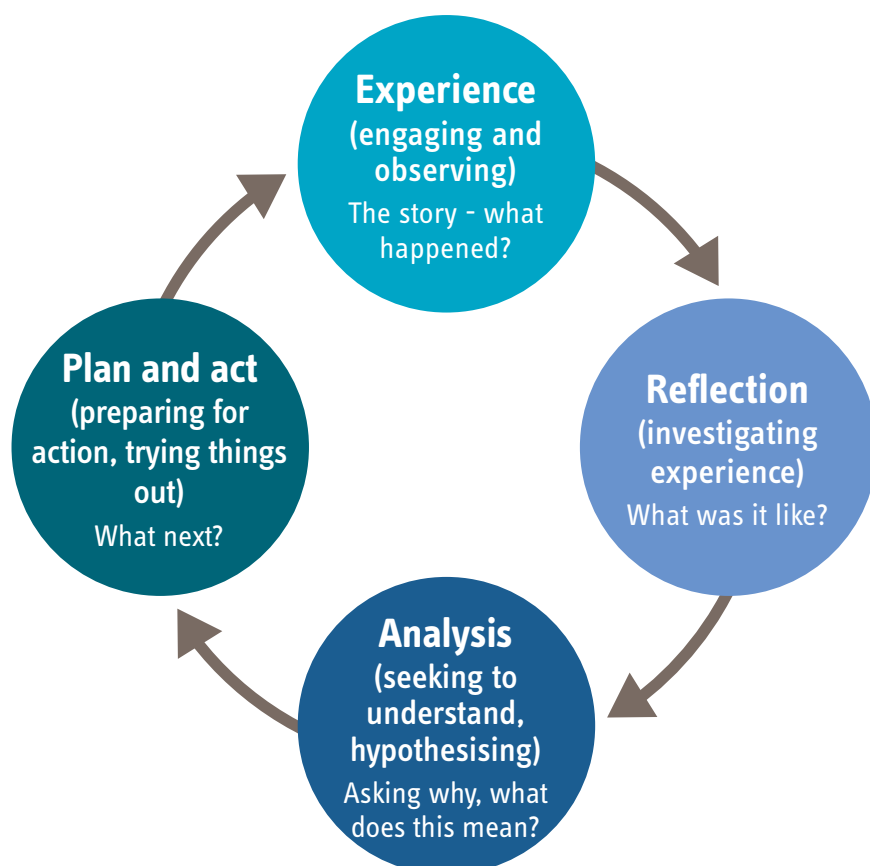
## Tool 13: Using law, theory and research in a reflective discussion

Supervision can support good decision making through enabling critical reflection. Within this critical reflection, we can consider:

- > Law – this helps us to be clear about the scope and purpose of our involvement
- > Theory – this helps us to identify the approach we will take, e.g. relationship-based work
- > Research – this helps us to compare our experience and analysis with what is known from other situations.

This tool sets out a method for reflective discussion that deliberately brings in law, theory and research. This tool provides example questions to bring in law, theory and research in all four stages of Kolb's (1984) reflective cycle.

*You can use this tool in individual or group supervision to facilitate critical reflection and identify insights that feed into action planning. This is also a useful tool for development as it helps you to identify learning from your experiences.*



**Preparation**

Identify the main issues in the situation

Identify the law, theory and research that might apply to the situation

**Discussion**

Take 5 minutes to explain the situation

Take 5 minutes answering questions about experience:

For example -

- > Who was involved?
- > What happened?

Consider: How does this situation compare with the main messages from law, theory and research?

Take 5 minutes answering questions about reflection:

For example -

- > How did the situation impact on you?
- > What do you think the impact was on others?

Consider: What do we know from law, theory and research about how this situation impacts on people?

Take 5 minutes answering questions about analysis:

For example -

- > What were the causes of the event?
- > What did the event mean to people involved?

Consider: What do we know from law, theory and research about what this situation means?

Take 5 minutes answering questions about planning and acting

For example -

- > What else do I need to know?
- > What should be my next step?

Consider: What do we know from law, theory and research about how we can respond to this situation?

**Follow up**

Consider: What else do I want to find out from law, theory and research?