



## **Year 2 Assignment 1 - Reflexive Study**

### **Yourself as Therapist**

The purpose of this assignment is for you to engage with your experience of the Art of Therapy and the Race, Power and Privilege work so that you can assimilate your learning at a deeper level.

Reflect on your learning and your awareness of yourself in the role of therapist this term. Take into account the different skills and themes you experimented with from *How To Be A BAD Therapist*, as well as how these may have intersected with Race, Power and Privilege.

Your assignment will be both reflective and reflexive. Reflexive thinking focuses on the impact we have on others in the learning environment and includes questioning our attitudes, thought processes, values, assumptions, prejudices and actions to strive to understand our complex roles in relation to others and the subject matter.

Use these prompts to guide your writing:

- Record your learning and self-awareness about your role as therapist.
- Articulate any new insights and consider how you might build on them.
- Note the questions that arise for you and attempt to address some of them.
- Write about any challenges or struggles. Suggest actions arising out of your reflections: make your learning transformative.
- Explore your reactions to what you have been learning (both content and process) and to what you are writing about; take time to articulate them as honestly and accurately as you can. This is the essence of reflexivity.

#### **Word count**

3000 + - 10%.

#### **Format 1**

2pt, 1.5 or double-spaced. 2 hard copies, stapled.

#### **Include**

Word count at the end of the document.

Page numbers (format x of x)

Your name and surname in the top left-hand corner of each page,

The title of the assignment in the top right-hand corner of each page.

#### **To be emailed to your Training Advisor by**

3rd May 2024