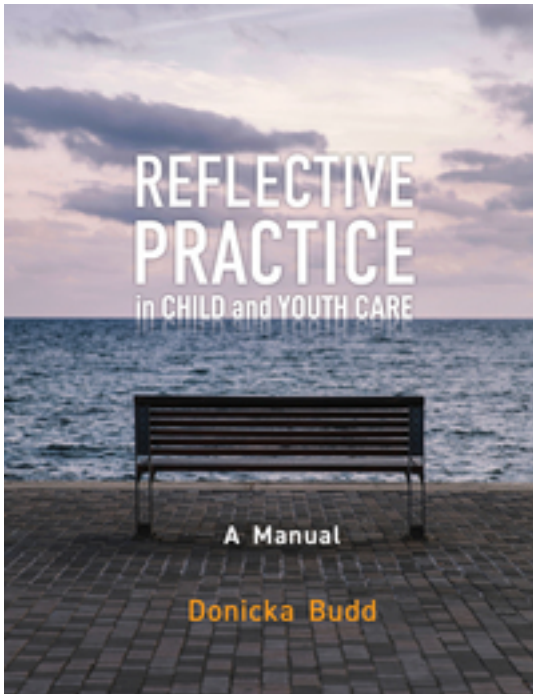


Reflective Practice in Child and Youth Care

A Manual



A unique manual to the discipline, *Reflective Practice in Child and Youth Care*, addresses the need for distinct models of reflective practice across all Child and Youth Care (CYC) sectors. This seminal work contextualizes the history of reflective practice and provides readers with the necessary tools to develop their own approach to reflective practice. Special topics and key concepts include reflective practice theory, the mindfulness-reflection connection, and transformative learning techniques. Aligned with the CYC Code of Ethics and the CYC Competencies of Professionalism, this book promotes self-awareness and critical self-reflection through case studies, end-of chapter discussion questions, reflective writing templates, and self-assessment exercises. Fostering reflective methods and self-care strategies that can be used in practicums and professional settings, this unique workbook is an essential resource for students at any stage of a college or university program in child and youth care.

****FEATURES****

- connects to concepts that are covered across child and youth care program courses, strengthening student comprehension
- provides exercises that range in content and depth to ensure student engagement throughout the completion of the textbook

Author Information

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****Donicka Budd**** is currently practicing as a Registered Psychotherapist. She holds over 20 years of front-line experience supporting children, youth, families, and staff teams through her work in residential homes, school boards, children's mental health agencies, and private practices. She has also taught for 11 years in Child and Youth Care programs in Ontario colleges. Donicka received her Child and Youth Worker Diploma from Humber College, a Bachelor of Arts in Child and Youth Care from Ryerson University, and a Master's in Spiritual Care and Psychotherapy from Wilfrid Laurier University.

Reviews

"Reflective practice is a difficult task—even for the most experienced practitioner ... and engaging students in the core concepts and providing practical examples are key for their implementation in practice. We need to put in the work, and *Reflective Practice in Child and Youth Care*, provides the opportunity to do just that."

—Chelan McCallion, Assistant Program Director at Hull Services and Instructor, Faculty of Health, Community and Education, Child Studies and Social Work, Mount Royal University

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