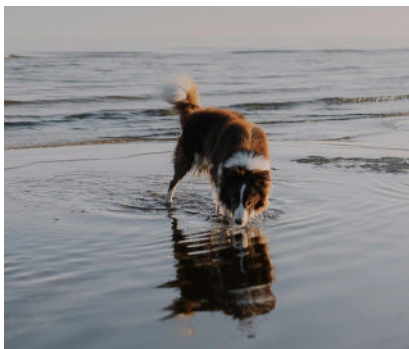




Embracing REFLECTION as a CCAB



A summary of reflection from Prof. Stephen May:

Reflection should be an important aspect of our professional lives, both during our daily work and when we have opportunities to take stock of what we have achieved. Reflection aids the transfer of existing skills to unfamiliar contexts, informs learning, and supports continued enhancement of the quality of the work we undertake.

In contrast to scientific analysis, reflection embraces our actions and ourselves as actors, and both the rational and emotional aspects of our thinking. Importantly, reflection is appreciative as well as critical and, through cognitive reappraisal, it helps us to judge what we can reasonably expect of ourselves. Ultimately, this contributes to reduced stress and enhanced personal wellbeing.

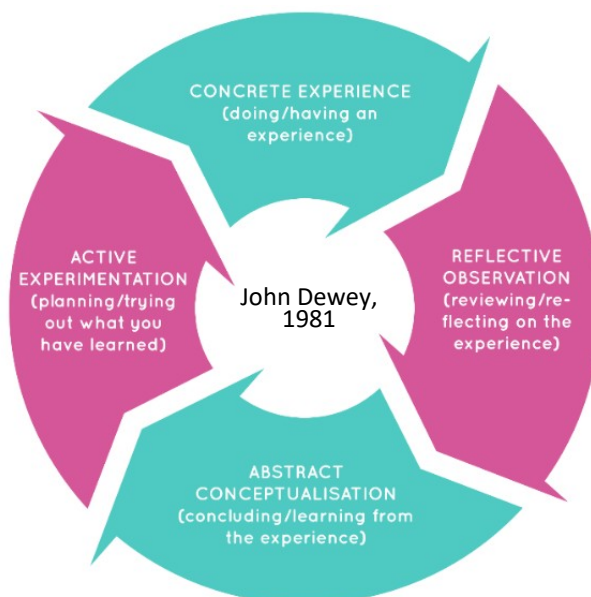
Companion Animal, Jan 2017

WHY should I do this?

- Support lifelong progression
- Enhance your clinical reasoning
- Promote self-awareness, wellbeing and resilience
- Improve patient welfare and clinical outcomes

HOW do I do this?

Pick a way that suits you! We've given two of the most common examples below, but so long as you set some time aside and work through a logical process that benefits your clinical practice - you're on the right track.



What FORMAT should it take?

CCAB have provided guidance on the [CCAB CPD Records Guidance 2025](#) document on the website. Please don't hesitate to contact us via info@ccab.uk if you have any questions.