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Reflective Practice Sessions and Professional Supervision

Other Services

- Full Psychological Assessment & Report
- Medico / Legal Assessment & Report
- Adult, Children and Adolescent Counselling and Therapy
- Assessment & Diagnosis for Adults with Aspergers Syndrome
- Training for Professionals in the area of Mental Health



The Keil Centre is a private, independent limited company of Chartered Psychologists and Registered Ergonomists offering professional services to industry, government and private individuals. Established in 1983

For more information, please contact:
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Providing Psychology Services for more than 25 years



What is Reflective Practice?

Reflective Practice is the process of learning through and from experience, through self awareness and critically evaluating our responses to situations in the workplace.

The purpose is to address and process work life experiences in order to gain new understandings which will enhance and develop future practice.

There are a variety of different models of Reflective Practice Facilitation. At The Keil Centre we adopt an integrative model, tailoring our approach to best fit the needs of a given individual or group.

Why Reflective Practice?

Structured reflective practice / supervision sessions encourage us to not only think about what we do and why, or the impact on others, but also to generate ideas for what and how we might make changes to the way we practice. The supportive and non judgemental elements in structured reflective practice / supervision sessions play an important part in enabling practitioners to gain new insights and improve future practice.

Who can Benefit from Reflective Practice Sessions?

Reflective practice is a beneficial process in professional development and can be used by anybody who works with members of the public, e.g. Legal professionals, Healthcare professionals (such as Doctors, Dentists, Physiotherapists, Occupational Health Workers, Nurses, Social Workers), Human Resources staff, Police, Firefighters and Teachers.

Why Choose The Keil Centre?

As Chartered Clinical and Counselling Psychologists we are trained and experienced in supervision, as facilitators and participants

We offer extensive experience of group facilitation and knowledge of group dynamics

We are well equipped to spot and deal with particularly sensitive or personal issues that may arise for people through the course of sessions, ensuring group 'safety' at all times

We offer a space away from the work environment, enabling participants to fully reflect on clinical practice without distractions

There is a strong emphasis on structured reflection in our training and this plays a crucial role in our ongoing clinical work

We are used to working in multidisciplinary teams and therefore offer a good understanding of the work of other health professionals