

Eleven Useful Books about Reflective Practice Related to Law, Conflict Resolution & From Other Disciplines

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Bassot, B. (2023). *The reflective practice guide: An interdisciplinary approach to critical reflection* (2nd ed.). Routledge.

This second edition serves as an accessible introduction to critical reflection for students entering helping professions like education, healthcare, and counseling. Drawing on interdisciplinary literature and practical case studies, the text explores how to develop self-awareness, challenge assumptions, and ultimately elevate professional practice. This updated edition places a distinct focus on personal growth, emotional processing, and resilience, while also tackling important contemporary issues like diversity, intersectionality, and positionality. Bassot breaks down the mechanics of reflection by offering practical guidance on using writing, collaborating with peers, managing change, and practicing self-care to prevent burnout. Supported by interactive online resources, it is an essential guide for anyone looking to engage with their professional development on a much deeper level.

Bolton, G., with Delderfield, R. (2018). *Reflective practice: Writing & professional development* (5th ed.). SAGE.

Co-authored by Gillie Bolton and Russell Delderfield, the fifth edition of *Reflective Practice: Writing and Professional Development* is a comprehensive guide that frames reflective writing as a dynamic and creative process for critical inquiry. Widely used across disciplines like education, healthcare, social work, and business, the text helps practitioners develop profound self-awareness and professional effectiveness. The authors delve deeply into the mechanics of thought, distinguishing between basic reflection and deeper reflexivity through concepts like single and double loop learning. By encouraging readers to examine their practice through multiple perspectives, including Stephen Brookfield's four critical lenses, and focusing on elements like narrative and metaphor, the book challenges readers to unearth and question deeply held assumptions. This updated edition is highly practical, offering expanded "write to learn" exercises, new guidance on building e-portfolios, and actionable strategies for leveraging reflection as a core employability skill.

Bradbury, H., Frost, N., Kilminster, S., & Zukas, M. (2010). *Beyond reflective practice: New approaches to professional learning*. Routledge.

This edited collection challenges the mainstream, highly individualized view of professional reflection. The authors argue that while reflective practice has become a standard requirement in professional education, its true radical potential has been lost, particularly when it is reduced to a mandatory box ticking exercise for workplace appraisals. To combat this, the text features fourteen chapters from various academics and practitioners proposing a much more critical approach to the concept. The book urges professionals to move beyond purely internal thought processes and begin recognizing the crucial roles of social context, power dynamics, and ideological challenges in their work. Ultimately, the editors seek to reconceptualize reflection not as an isolated individual activity, but as a dynamic tool capable of driving meaningful social and organizational change.

Coffey, F. G., & Kessler, M. C. (2008). *The reflective counselor: Daily meditations for lawyers*. American Bar Association.

This is a daily meditation book designed to help law students and experienced lawyers avoid burnout and find true satisfaction in a stressful profession. There are 370 short, single page entries that pair an opening quote with a practical reflection to help readers improve their well-being and performance. Throughout the guide, the authors tackle common workplace challenges by exploring themes like overcoming fear, defining success, maintaining your integrity, and dealing with difficult people in the legal field. Overall, it serves as a straightforward, daily tool to help legal professionals keep things in perspective, maintain their spiritual strength, and bring a genuine sense of purpose back into their daily routines.

Grant, A., McKimm, J., & Murphy, F. (2017). *Developing reflective practice: A guide for medical students, doctors and teachers*. Wiley-Blackwell.

This is a concise and practical handbook designed to help medical clinicians at all stages build essential reflective skills. In a medical sector increasingly focused on professionalism and patient care, the book emphasizes reflection as a vital tool for shaping professional identity, improving clinical decision making, and fostering resilience. Bridging theory and practice, the text draws on multidisciplinary perspectives to explain conceptual frameworks while remaining highly accessible through realistic case examples and actionable strategies. It provides specific guidance tailored to different career stages, offering medical students advice for using reflection during training and assessments, supporting practicing doctors in their lifelong learning, and teaching supervisors how to facilitate reflective practice in others. Ultimately, the book equips readers with quick, practical techniques, such as voice memos and brief writing exercises, to seamlessly embed meaningful reflection into even the busiest clinical schedules.

Horton-Deutsch, S., & Sherwood, G. W. (2017). *Reflective practice: Transforming education and improving outcomes* (2nd ed.). Sigma Theta Tau International.

This second edition explores the heavy emotional toll of the nursing profession. Because most training programs focus strictly on clinical techniques, they often overlook the human side of the job, leaving nurses unprepared to manage compassion fatigue and complex interpersonal issues. To address this gap, the authors offer a clear framework for integrating emotional intelligence, social justice, and Caring Science directly into daily practice. The text pulls together a variety of instructional methods and provides adaptable exercises designed to support personal growth as well as professional leadership. Ultimately, it serves as a highly practical guide to help healthcare workers manage their emotional labor, prioritize patient safety, and build a stronger sense of community throughout their careers. A third edition was published in 2023, and Sara Horton-Deutsch has also contributed a *Reflective Practice Learning Guide*.

Lang, Michael D. (2024). *The guide to reflective practice in conflict resolution*. Rowman & Littlefield.

“Written by a practitioner for practitioners,” this commonsense guide, now available in an updated edition (that includes guest essays), aims to help professionals achieve excellence by moving beyond a rigid “expert” mindset to become highly adaptable reflective practitioners. It builds on his well known, seminal book and oft-cited book *The Making of a Mediator*” with Alison Taylor in 2000. Because every individual in a conflict resolution process behaves differently, professionals who rely too heavily on established routines are often caught off guard by unpredictable human interactions. To combat this, the book uses real-world stories and self-guided exercises to teach readers how to adapt their thinking and apply their skills effectively when situations defy their expectations. It details nine core attributes that distinguish this reflective approach such as exercising curiosity, valuing ambiguity, resisting certainty, and embracing failure as a mentor while also advocating for the broader integration of reflective techniques, like the Reflective Debrief, into professional training and development.

Lyons, N., (Ed.). (2010). *Handbook of reflection and reflective inquiry: Mapping a way of knowing for professional reflective inquiry*. Springer.

This edited collection synthesizes ideas from thinkers like John Dewey and Paulo Freire to present reflective thought as a vital tool for critical thinking and learning. Moving past the idea of reflection as just a nostalgic exercise, the book opens with foundational essays by educators Maxine Greene and Lee Shulman, who frame reflective inquiry as a form of active attention that helps professionals better understand their work and life projects. Building on this, forty international authors break down exactly what reflection is and explore the global social and moral conditions driving its current popularity in professional education. The text offers a comprehensive look at how reflection is practically facilitated, scaffolded, and assessed across a wide variety of fields, including law, occupational therapy, and education. Packed with current pedagogical research, the handbook acts as an invaluable teaching tool for adult educators and curriculum developers looking for concrete ways to foster crucial insight during challenging times.

Moon, J. A. (1999). *Reflection in learning and professional development: Theory & practice*. Kogan Page.

This serves as a comprehensive guide for using reflection to actively reinforce and improve learning. Drawing on experiential learning theories from thinkers like Kolb and Dewey, Moon cuts through complex academic literature to present practical route maps and new models for professional development. The book offers a wide, cross-disciplinary look at how to build reflective habits in students and practitioners alike, exploring techniques like structured journal writing, mentorship, and evaluation cycles that ask professionals to break down what happened, how they felt, and what they would do differently next time. Ultimately, it is a highly practical resource for educators and trainers looking to turn abstract learning theories into concrete skills.

Moon, J. A. (2004). *A handbook of reflective and experiential learning: Theory and practice*. Routledge.

This handbook expands on her previous work by connecting reflective practice with broader experiential learning theories, particularly Kolb's learning cycle. The book provides a clear breakdown of how to facilitate this kind of learning, framing reflective practice as the professionalization of an everyday activity. To help educators put this into practice, the text is packed with creative classroom activities and ready to use resources. For example, she suggests specific techniques to challenge learners, such as asking them to use metaphors to trigger new ways of thinking, engaging in imaginative dialogue, or simply recording their thoughts on the hour to track their experiences. Overall, it serves as a highly practical guide for teachers looking for concrete ideas on how to bring experiential learning frameworks directly into their daily curriculum.

Peters, K. K., & Weisberg, M. (2011). *A teachers' reflection book*. Carolina Academic Press.

This practical guide is filled with stories designed to help higher education professionals find essential space for personal reflection amid their hectic schedules. Moving beyond dry theory, the six chapters are packed with exercises and personal anecdotes that encourage educators to integrate their personal and professional lives while viewing themselves as lifelong learners. It provides accessible tools to navigate the complex emotional demands of teaching, including mastering the rarely taught skill of deep listening, understanding how fear impacts university students, handling endings, and fostering cultural awareness. Ultimately, the book serves as a warm invitation for teachers at any career stage to pause, restore their energy, and renew their courage and joy in the classroom.