

# MBIR™ Reflective Practice & Professional Development Workbook

A Reflective Workbook for Ethical Practitioner Development, Professional Awareness, and Ongoing Learning

This workbook has been created to support reflective practice, ethical development, professional awareness, and ongoing practitioner learning within the MBIR™ framework. Reflective practice is an important aspect of trauma-informed and regulation-focused professional development. The process encourages practitioners to remain aware of their own state, pacing, boundaries, learning edges, and professional responsibilities while working with clients. The exercises and prompts in this workbook are designed to support thoughtful self-reflection rather than performance evaluation or self-criticism.

## 1. Reflective Practice Principles

Reflective practice supports ongoing learning, self-awareness, ethical development, and professional growth. It encourages practitioners to remain curious, grounded, and aware of both strengths and limitations. Reflective inquiry is intended to support thoughtful professional development rather than perfectionism.

## 2. Practitioner State Awareness

Reflection Prompts:

- How regulated did I feel before beginning client work?
- Was I aware of my own nervous-system state during sessions?
- Did I notice moments of activation, overwhelm, urgency, or disconnection?
- What supported my own regulation most effectively?

Notes:

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## 3. Client Pacing & Safety Reflection

Reflection Prompts:

- Did the pacing feel appropriate for the client?
- Were there signs of overwhelm, dissociation, shutdown, or activation?
- How effectively did I respond to nervous-system cues?
- Did I remain present-state-focused and regulation-aware?

Notes:

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## 4. Professional Boundaries & Scope Awareness

Reflection Prompts:

- Did I remain within my competence and professional role?
- Were there any situations requiring referral or additional support?
- Did I feel pressure to 'fix', rescue, or overextend?
- Were professional boundaries maintained appropriately?

Notes:

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## 5. Ethical Communication Reflection

Reflection Prompts:

- Was my communication grounded, ethical, and non-exaggerated?
- Did I avoid making assumptions or unsupported claims?
- Was my language trauma-informed and respectful?
- Did I communicate within appropriate professional limits?

Notes:

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## 6. Practitioner Learning & Development

Reflection Prompts:

- What did I learn from recent sessions or experiences?
- What areas would I like to develop further?
- What patterns or themes am I noticing in my professional growth?
- What support, mentoring, or supervision may be helpful?

Notes:

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## 7. Regulation & Self-Care Reflection

Reflection Prompts:

- How well am I balancing work, rest, and recovery?
- What helps me maintain coherence and regulation?
- Are there signs of fatigue, overwhelm, or nervous-system strain?
- What supportive practices would help me most right now?

Notes:

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## 8. Continuing Professional Development (CPD) Tracking

Suggested areas to reflect on:

- Courses attended
- Mentoring or supervision
- Professional reading
- Reflective learning
- Skills development
- Ethical and governance awareness

CPD Notes:

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## 9. Closing Reflection

Reflective practice is an ongoing process of awareness, curiosity, learning, and professional development.

MBIR™ encourages practitioners to remain grounded, ethically aware, reflective, and professionally responsible throughout their development journey.

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