# Reflective practice:

# Criterion 1 template

Please provide evidence of your reflective practice for criterion 1. Further information and a guidance video are available in the [[Application guide](https://www.bacp.co.uk/membership/accredited-membership/apply-for-individual-accreditation/criterion-6/%22%20%5Ct%20%22_blank)](https://www.bacp.co.uk/membership/accredited-membership/apply-for-individual-accreditation/criterion-1/)

## Considerations

* **Referencing:** please ensure you indicate where you meet each individual sub criterion. Either use the headings provided in this template, or reference within your work by using brackets, section headings or margin notes.

* **Word limit:** the word limit for criterion 1 is 2,500 words.

You do not need to include any titles or referencing in the word count. Show the word count at the end of your piece of work.

Members who identify as living with a learning difference or disability can use an additional 10% word count for all criteria.

If you’ve not already done so, please contact accreditation@bacp.co.uk to tell us if you identify as having a learning difference or disability. We will also be able to offer further support.

Please see the [[Application guide](https://www.bacp.co.uk/membership/accredited-membership/apply-for-individual-accreditation/criterion-6/)](https://www.bacp.co.uk/membership/accredited-membership/apply-for-individual-accreditation/criterion-1/) for more information.

**Your name**:

 **BACP membership number**:

## Criterion 1: Current way of working

Describe and explain your current way of working and how it has evolved over time. You will need to address each of the following five points:

1.i. **The theory or theories and approaches that you draw on in your work, and how you bring them together. This should include references to your core training as well as any subsequent training/CPD you have undertaken that have influenced your way of working:**

1.ii. **The different types of interventions and/or responses you use and why:**

1.iii. **The role of your reflective self-awareness in your way of working:**

1.iv. **The impact of issues of difference and equality on your therapeutic relationships and how you work with these:**

1.v. **How you adapt your approach and why when considering the following:**

1. **the setting(s) that you work in**
2. **the modes of delivery for therapy (for example, face-to-face, online, phone)**
3. **The different client groups that you work with (for example, individuals, couples, CYP, families, groups, clients based outside of the U.K. etc.)  (These needs to reflect the disclosure you made in the Current Practice section of the application form)**
4. **different client presentations, issues, and concerns.**

Total word count: