Figure 1.3 Advantages and Disadvantages of Different Method of Critical Refection

METHOD	ADVANTAGES	DISADVANTAGES
Unsupervised		
Individual	- Not threatening - Can be undertaken according to individual needs - May be able to be more honest - Concentrates on personal issues	- More difficult to challenge self - Have only one world perspective - May become negative - May self deceive
Pairs	- More than one world perspective - Can feel supported - Can provide a more objective view of the experience	- May collude rather than challenge - Need to consider another when engaging in the process
Group	- Many world perspectives - Have a support group when initiating action - Can learn from the experiences of others	- Need to consider others when engaging in the process - Others needs may be more urgent. - Personal needs may not be the priority for the group. - Need to adhere to ground rules - May be scapegoated - May develop 'cliques'
Supervised		
Individual	- Can be undertaken according to individual needs - May be able to be more honest - Concentrates on personal issues - Can be undertaken according to individual needs - Have the experience of a facilitator (see p 8 & 9) - May be more motivating for supervisee	- May respond to please the facilitator - Need to find a personal facilitator - Need to trust and respect the facilitator - May be costly
Pairs	- More than one world perspective - Can feel supported - Can provide a more objective view of the experience - Have the experience of a facilitator (see p 8 & 9) - May be more motivating for supervisee	- Need to consider another when engaging in the process - May respond to please the facilitator - Need to find a personal facilitator - Need to trust and respect the facilitator - May be costly
Group	- Many world perspectives - Have a support group when initiating action - Can learn from the experiences of others - Have the experience of a facilitator (see p 8 & 9) - Less costly than individual supervision - May be more motivating for supervisee	- Need to adhere to ground rules - May be scapegoated - May develop 'cliques' - Need to consider another when engaging in the process - May respond to please the facilitator - Need to find a personal facilitator - Need to trust and respect the facilitator - Participants may be at different developmental stages - Personal needs may not be the priority for the group.