

CONTENTS

<i>List of Figures and Tables</i>	<i>ix</i>
<i>Preface</i>	<i>xi</i>
1 Getting into Reflective Practice	1
2 Contemplation and Reflection	6
3 <i>Framework for Reflecting on Practice</i>	22
4 Philosophy	35
5 Principles	49
6 Theory	66
7 Practice	81
8 Beyond Practice	95
9 Navigating the Framework	110
<i>References</i>	<i>125</i>
<i>Index</i>	<i>133</i>