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Reflective Essay

In this essay, we would like to hear about your reflections of the challenges you encountered as well as your learning points in relation to the DIT model. You should keep a log of your experience during the course and draw on these notes when writing up your reflections of the course. This involves critically analysing your experience on the 20-Day DIT course, describing how it has impacted you and what you intend to do with this new knowledge. The key to reflective writing is to be analytical rather than descriptive - asking 'why' rather than describing. This should be written in the first person and be free flowing and subjective. We expect to see something about your use of the transference in DIT and your capacity to reflect on your own countertransference at some point in the essay. The word limit is 1,000, with a 10% margin of tolerance.

Here are some starting points to consider when writing this:

- how did you experience the pre-course learning component (podcasts, reading, MCQ test)?
- how did you find the teaching days?
- what did you find challenging and difficult?
- what did you find rewarding and enjoyable?
- how did you find working psychodynamically?
- how did you find offering DIT in your IAPT setting?
- how did your work develop across the three cases?
- would you change the IPAF in retrospect?
- how did you find supervision in this model, including the experience of recording your sessions, being rated by your supervisor, remote or group supervision?
- what challenges did particular patients present, and how did you respond?
- what are your thoughts now about the patients' suitability for DIT?