**Professional Philosophy: Reflective Practice Template END-POINT**

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| **Candidate:** |  | **Supervisor:** |  |

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| **Submission Stage:** | End-Point Submission | **Date:** |  |

“**Professional philosophy refers to the consultant’s beliefs and values concerning the nature of reality (sport reality in particular), the place of sport in human life, the basic nature of a human being, the nature of human behaviour change, and also the consultant’s beliefs and values concerning his or her potential role in, and the theoretical and practical means of, influencing their clients toward mutually set intervention goals**”

(Poczwardowski et al., 1998, 2004).

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| **Exploring your Professional Philosophy (500 words)** |
| **How have your personal core beliefs and values relating to your role as a Sport and/or Exercise Psychologist changed across the course of the SE process?** |
| **How have your theoretical paradigm and model of practice in your role as a Sport and/or Exercise Psychologist changed across the course of the SE process?** (Consider how these have influenced your approach to practice) |
| **Make a final statement about your professional practice philosophy as an applied Sport and/or Exercise Psychologist** |
| **What considerations must you make to ensure that your behaviours are congruent with your values/beliefs moving forwards?** |

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| **Supervisor’s Comments** |  |

**Supervisor’s Signature:**