

Reflective Practice Group

Support for Student Support Staff



“If you light a lamp for somebody, it will also brighten your path.” Buddha

The Reflective Practice Groups, facilitated by counselling staff from the Student Counselling and Wellbeing Service, are aimed at Student Support Officers (and those in similar ‘front line’ roles) who often have to deal with complex, distressing and challenging situations in their roles supporting students. These roles can make heavy demands on staff, both professionally and emotionally so having safe, formalised, accessible support in place protects both them and the students they work with.

The groups are offered on a monthly basis and offer a safe and confidential space for staff to:

- Discuss the demands/ challenges /dilemmas/ complexities/ rewards of their work
- Support and share good practise with each other
- Offer different perspectives using combined knowledge, skills and experiences
- Look at complex issues together
- Recognise how the work impacts upon them personally
- Reduce stress and isolation
- Explore boundaries between pastoral support and specialised supporting services

Feedback from participants include:

‘This is a great time/space for really sharing experiences and thoughts and sometimes feelings too. This ensures that for staff in a student support role (which at times is a very difficult role) you really understand that you're not alone in doing what you're doing and also that you can communicate about it with others who understand’.

Current Reflective Practice Groups (online) are held on

The first Tuesday and the first Thursday of each month 9.30am – 10.30am.

If you are interested in joining one of the Reflective Practice Groups please contact Madeleine Robinson, Senior Counsellor, 19, Clarendon Place, 0113 3434107 or by e mail at m.r.c.robinson@leeds.ac.uk