

REFLECTIVE PRACTICE

Reflective Practice for the legal profession...

because we've walked in your shoes.

What on earth is reflective practice?

Also known as reflective or therapeutic supervision, it's a dedicated space for lawyers to decompress and download the day-to-day challenges of work.

As one of our therapists puts it:

"All humans are sponges, taking on everything we are exposed to every day. Reflective practice gives us somewhere to squeeze out what we've taken on - before we become saturated."



How Does Reflective Practice Benefit Lawyers?

Legal work moves fast. Reflective practice creates a space for you to step back from the immediate case demands and to think about the work on a deeper level.

A session might explore:

- What happened?
- How did I respond?
- What did I notice in myself?
- What was difficult about it?
- Has this case stayed with me?
- What might I want to do differently?

Reflective practice helps lawyers:

- Process difficult experiences
- Recognise patterns
- Maintain boundaries
- Develop self-awareness
- Manage emotional load
- Sustain a long career

Valuable for anyone in law, it's particularly vital for those working in emotive or high-stakes areas such as those involving conflict, vulnerability, mental health and safeguarding, trauma and abuse, family breakdown, injury and death.



How Does It Benefit Law Firms and Chambers?

Reflective practice isn't a wellbeing 'add-on'. It is a vital pillar in supporting the quality, sustainability and resilience of your organisation. Lawyers with the skills to process difficult experiences are better equipped to sustain demanding roles, lead effectively, and remain engaged with their work.

It will help your organisation:

- Retain your people
- Strengthen communication and leadership
- Build healthier teams
- Support professional growth
- Enhance client service
- Demonstrate a commitment to values-based, sustainable, ethical working practices



Why TCC?

We are at the forefront of the movement to make reflective practice standard for the legal profession.

A trusted partner to many law firms and chambers, we provide this service to solicitors and barristers across family, medical negligence, catastrophic injury, private client, employment, criminal and corporate law settings. We provide both individual and group supervision - a vital mental health maintenance service that helps our clients 'stay sane!'

As a team of high-achieving professionals who have retrained as therapists, supervisors and coaches, we are uniquely placed to support our clients, offering the highest standards of confidentiality and independence.



Supporting both lawyers and law firms

There's sometimes a tension between an organisation's and an individual lawyer's needs.

The firm wants to support and retain its people, build a sustainable professional environment and ensure productivity.

The lawyer needs somewhere that feels genuinely confidential, independent, and theirs alone.

Our experience in navigating a wide range of ethical and confidentiality situations, including those involving conflicting needs, means we are ideally placed to support both sides, ethically and effectively.

"We have worked very closely with TCC for many years… It is so useful for us to be able to access a comprehensive suite of services which are confidential and independent… we simply could not replicate this in-house."

RUPERT TICEHURST,
MAURICE TURNOR GARDNER



Reflective Practice Made Easy

Book through our online system, in person or online. Sessions don't need to fall at the same time each week; fortnightly and monthly sessions are also available.

It Starts With a Conversation

If you'd like to explore how reflective practice could support you or someone in your organisation, get in touch today.

support@carvalhotherapy.com →

Book a Session →