



From: CMLTA <cmlta@cmlta.org>
Sent: 8/15/2024 12:35 PM
To:
Subject: Reflective Practice for Health Professionals Webinar and Committee Opportunity



Free Online Webinar

The CMLTA is providing a free online webinar where participants will learn about reflective practices for health professionals.

As health professionals, we want to be and do the best that we can for our clients, and we are challenged by our professions to use sound clinical reasoning and evidence based practice. This interactive seminar will discuss the benefits and challenges of reflection in and on professional growth. We will explore a variety of ways to utilize reflection as a means to explore our professional and educational needs, and to foster a process of continual improvement in our practice. The session will include practical reflective exercises, and we will discuss barriers and opportunities for integrating reflection into work as occupational therapists.

The goals of this session are:

- To recognize the benefits of critical reflection on practice
- To complete a reflective practice exercise for personal and professional growth
- To identify opportunities to integrate reflection into our day to day activities.

Ruth requests that participants come with an open mind, willingness to learn, and a few of your own professional development objectives for us to work with.

Ruth is an Occupational Therapist with over 35 years experience working with people of all ages and diagnostic groups in hospital, home, community and employment settings in Canada, Kuwait, and the Caribbean. She earned her Master of Science in Occupational Therapy in May 2002; her post-graduate master's thesis involved using reflective education to foster an increasingly client-centred practice. She has been working exclusively in the private sector since 2000, providing education and consultation to employers and insurers, and community-based rehabilitation for individual clients throughout Nova Scotia.

Ruth lives in Chester, Nova Scotia, and spends much of her free time in creative activities such as painting, photography and gardening.

Online Webinar

When: Tuesday, September 10, 2024
Time: 5:00 PM to 6:30 PM
Where: ClickMeeting
Click [here](#) to register.

When: Thursday, September 12, 2024
Time: 11:30 AM to 1:00 PM
Where: ClickMeeting
Click [here](#) to register.

Online webinar will be recorded and available at a later date.

Committee Opportunity

The College of Physicians and Surgeons of Alberta (CPSA) is reaching out as their Medical Facility Accreditation Committee (MFAC) is currently looking for Albertans with a passion for patient safety who are interested in playing a role in facility accreditation. The ideal candidate would reside in Alberta, have experience with ethics, patient advocacy and/or community groups and have a strong desire to contribute to safe medical spaces and

improved healthcare experiences for Albertans.

Committee members meet 4-5 times a year (virtually) for 3 hours per meeting. Honoraria is provided and expenses covered in accordance with CPSA policy. More information on this committee opportunity and the application form are available on: <https://cpsa.ca/about-cpsa/committees/#Medical-Facility-Accreditation-Committee-Public>.

Election Reminder

For those who haven't voted in the election yet, please refer to the link in the email sent August 6, 2024.

If you have any questions, please email cmlta@cmlta.org.

301-9426 51 Avenue NW
Edmonton, AB T6E 5A6

t. 780 435 5452
f. 780 437 1442

e. cmlta@cmlta.org
w. www.cmlta.org

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We acknowledge that the land on which the CMLTA office is located is Treaty 6 territory and a traditional meeting ground for many Indigenous people. This is home to the Cree, Blackfoot, and Metis, as it is for the Nakoda, Tsuu T'ina, Chipewyan, and other Indigenous people. Their spiritual and practical relationships to the land create a rich heritage for our life as a community.

