



Department of Family Medicine

Presents:

# Reflexivity: a tool to learn from experience and to question practices in health and health research

With:

**Dr. Mary-Claude Tremblay, PhD, Public Health.**

Regarded as a crucial component of practice improvement and development, reflexivity has received much attention in recent decades in literature of many fields, such as education, nursing and psychology. Although there is no single definition of reflexivity, it is conceived broadly as an intended and conscious intellectual activity in which individuals (or groups) explore or examine their experiences to develop new understandings that ultimately shape their actions. In a professional context, reflexivity challenges the practices, roles, beliefs, and values of practitioners and promotes learning and redevelopment of practice. This seminar will explore different types and models of reflexivity, discuss ways to stimulate and encourage development of reflexivity among health professionals and researchers, as well as emphasize reasons why reflexivity should be an essential part of practices in these areas.

**Thursday February 20, 2014**

**From: 12:00-1:30 p.m.**

**Department of Family Medicine**

**5858 ch. de la Côte-des-Neiges, 3<sup>rd</sup> floor, suite 300**

BRING YOUR LUNCH! There will be light refreshments.

Please RSVP to [research.fammed@mcgill.ca](mailto:research.fammed@mcgill.ca) or (514) 399-9109

There is no parking on site and parking is limited in the area.

Taxis and public transport are advised.

**More details:**

Marie-Claude Tremblay holds a Ph.D. in public health (health promotion) from the Université de Montréal. Her doctoral thesis, which consisted in the evaluation of a professional development program in public health, materialized her interests in complex interventions, reflective practice, and non-traditional evaluation methods. She is now a post-doctoral fellow at the Department of Family Medicine of McGill University, where she works within the Participatory Research at McGill (PRAM) group. Her project aims to explore the community level outcomes of a participatory health promotion program in an Indigenous community, Kahnawake. Besides program evaluation and health promotion, her research interests also include complexity theory, ecological approaches, social inequalities in health, and reflexivity.

**Cannot make the seminar physically, but would like to attend? Contact [research.fammed@mcgill.ca](mailto:research.fammed@mcgill.ca) to inquire about other options. (Please Note: Students from FMED 504 are expected to be there)..**