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	Autore	McIntosh Paul
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	Sommario/riassunto	The use of reflection as a tool to support and develop practice is becoming increasingly recognised across education, healthcare and the social sciences. Reflection is assumed to create depth of knowledge and meaning, both for self and those practised upon. Running alongside the use of reflection is the prevalent use of action research which some see as a way of approaching the study of human beings

from a philosophical perspective, in which sharing takes place within mutually supportive environments. As a result, many academics and practitioners suggest that one cannot improve the methodol