

## Reflective Practice and our own ACEs

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### Training Tips

- Stretch/stand/care for yourself
- Mute yourself until you're ready to speak
- Participate by typing comments & questions in the 'Chat Box', and in virtual Break Out Room discussions
- Sensitive topic, handle with care:
  - Listen to your needs and nurture yourself
  - Actively use your coping strategies
  - Seek help from your support system or Employee Assistance Program, San Diego Access & Crisis Line (888-724-7240)



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### Objectives

- Learn about Adverse Childhood Experiences (ACEs) and understand how these may impact us
- Gain knowledge about Reflective Practice and it's benefits
- Engage in experiential learning activities designed to promote Reflective Practice in Early Childhood Education work
- Set an intention for incorporating Reflective Practice into the workplace as a form of "self and other care"

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What are ACEs?

<https://youtu.be/ccKfKcFXc>

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Resiliency & Relationships  
(Trauma-Informed Care Model)

**The Three Pillars of Trauma-Informed Care**

SAFETY  
CONNECTIONS  
EMOTIONS

Cultural, Historical, and Gender Issues

Bath, H. The Three Pillars of Trauma-Informed Care. 2008.

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Have you ever had a time where someone went into "fix-it" mode way too soon? Or when you didn't want this?

- Feelings of mis-attunement and disempowerment can occur
- Complex interactions need a safe relational space to process, sort, and tentatively understand

**The Three Pillars of Trauma-Informed Care**

SAFETY  
CONNECTIONS  
EMOTIONS

Cultural, Historical, and Gender Issues

LIVE CHAT

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Reflective Practices

Self-reflection (Introspection)

Reflective Supervision

Peer-to-Peer Reflective Conversations

Self and Other Awareness

Reflection means stepping back from the immediate, intense experience of hands-on work and taking the time to wonder what the experience really means

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Reflective Supervision = Relationship (with a focus on reflection and the social-emotional)

- Safety, predictability, regularity
- Partners assume the best about each other/ nonjudgment
- Shared responsibility, power & decision-making
- Open, bi-directional, free-flowing communication

In Reflective Supervision, we explore the range of emotions (positive and negative) related to observations and interactions with families/ supervisees/work and seek to regulate, access wisdom to understand, take perspectives, and if appropriate, identify next steps.

Am I  
CO-ESCALATING  
CO-REGULATING?

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Video Vignette: Focus

What did you observe in Lyndsey, physically, emotionally or cognitively?

What did you observe in Marlene?

What do you think Lyndsey needs from her reflective partner?

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Video Vignette #1 Lyndsey & Marlene



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What did you observe in Lyndsey, physically, emotionally or cognitively?

What did you observe in Marlene?

What do you think Lyndsey needs from her reflective partner?

Chat it up! 

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Think about a moment as a teacher (or other early childhood professional) where you felt really challenged/stuck/overwhelmed

- A particular child whose behavior you weren't sure how to handle.
- A parent who you had a tense conversation with or felt frustrated by
- A disagreement with a co-worker or supervisor

In your breakout room...

**Speaker** Talk about this challenging experience. What was it like for you? What did you learn about yourself? How would you respond now if you could go back?

**Listener** Any responses should be around reflecting the feelings you hear; avoid problem-solving & asking questions.



\*After 2 minutes, switch roles.

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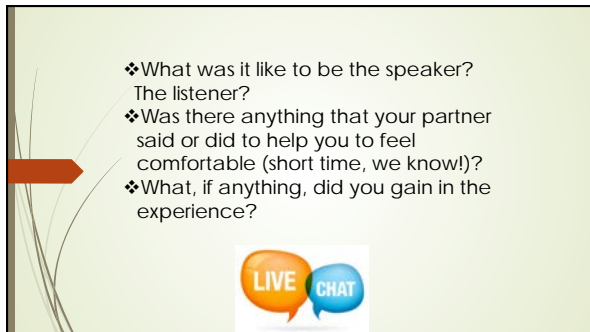
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❖What was it like to be the speaker?  
The listener?  
❖Was there anything that your partner  
said or did to help you to feel  
comfortable (short time, we know!)?  
❖What, if anything, did you gain in the  
experience?



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Benefits of Reflective  
Practice

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Essential Elements of Reflective  
Supervision/Consultation

- Understanding the Family Story
- Holding the Baby (Child) in Mind
- Professional Use of Self
- Parallel Process
- Reflective Alliance

From: The Alliance for The Advancement of  
Infant Mental Health

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The elements of RS/C are observed in the following collaborative tasks:

- Describing: "What do we know?"
- Responding: "How do we and others think and feel about this?"
- Exploring: "What might this mean?"
- Linking: "Why does this matter?"
- Integrating: "What have we learned?"

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How will you incorporate reflective practice into your work?

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| <p>Remember all the different types of self-care to try!</p> <ul style="list-style-type: none"><li>• Physical</li><li>• Social</li><li>• Emotional</li><li>• Spiritual</li><li>• Cognitive</li></ul> <p>• Colleagues, supervisors, etc.<br/>• Employee Assistance Program</p> <p><b>SD Access &amp; Crisis Line:</b><br/>888-724-7240<br/>Every day, 24 hours/day</p> |  <p>Don't forget about self-care &amp; your own support!</p> |
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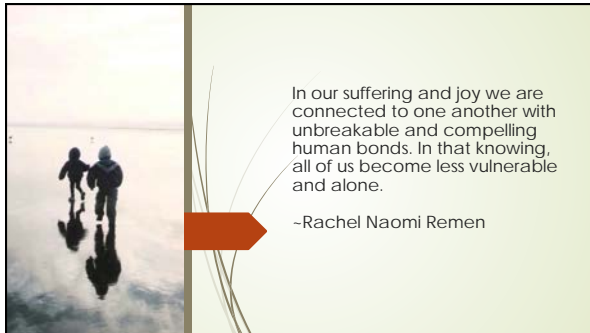
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