

Goals / Objectives



- Identify Core Principles and define skills of Reflective Practice
- 2. Explore- How Reflective Practice can improve professional interactions/ interventions
- 3. Practice -Build skills through experiential simulation and shared reflection



Approach to Shared Learning



Reflective Practice is...



Reflective Practice is an effective **interactive process** that can improve the quality of service within early childhood mental health. This best practice involves an **internal journey of exploring oneself, others, and the environment** to influence professional interactions/interventions.

PRINCIPLES OF REFLECTIVE PRACTICE

- Parallel Process
- Sense of Safety
- Observation
- Focus on Process
- Use of Self

- Exploring Differences
- Trial in Action
- Being Held in Mind
- Regulation
 - Rupture & Repair

What qualities come to mind when you think of Reflective Practice?

Elimination of Safety reactive judgments Open communication Shared power Responsiveness and collaboration Empathy Curiosity or Acceptance of a wide inquiry variety of cultural values and Flexibility childrearing practices Self-awareness Essential Qualities

3 Key Elements

Reflection

Pausing & zooming out to consider one's emotions, sensations, thoughts and reactions. This is also a time to slow down to consider another's perspectives.

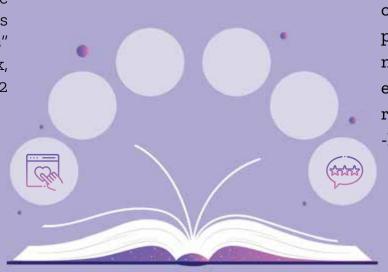
Collaboration •

Built on a reciprocal relationship built on trust, mutuality of endeavor and respect.

Regularity

Together
supervisor &
supervisee set a
consistent time,
structure &
approach to
foster a sense of
safety within the
process.

"When it's going well, supervision is a holding environment, a place to feel secure enough to expose insecurities, mistakes, questions and differences" -Rebecca Shahmoon-Shanok,



"Reflective practice has helped me be more open to new ideas, listen more closely to the needs of others, and engage better with peers and staff. My goal is to model how reflective practice can enhance self awareness and relationships in many settings." -Reflective Practice Student, 2013

Quotes









Benefits of Reflective Supervision

Staff Children Family Contributes to Supports Creates Development understanding professional identity Nurturing Reflect on beliefs and career Experience and values development Enhances awareness

RESOURCES

- Flowers, K., LCSW, IF-ECMHS RPF-II, & Burgeson, M., MA CCC-DIR/SLP. (2015, December). San Diego: San Diego Early Childhood Mental Health Leaders Collaborative.
- Heffron, M. C., & Murch, T. (2010). *Reflective supervision and leadership in infant and early childhood programs*. Washington, DC: Zero to Three.
- Heller, S. S., & Gilkerson, L. (2009). *A practical guide to reflective supervision*. Washington, D.C.: Zero to Three.
- Provence, S., Pawl, J., Fenichel, E., & Powers, S. (Eds.). (1980). Home. Retrieved August 25, 2020, from https://www.zerotothree.org/

Centering with Intention



How might you advance your own reflective practice? How might you support reflective practice within your work setting?