



Supporting Your Team Through Reflective Practice

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New York State Association for Infant Mental Health



Uplifting & Acknowledging



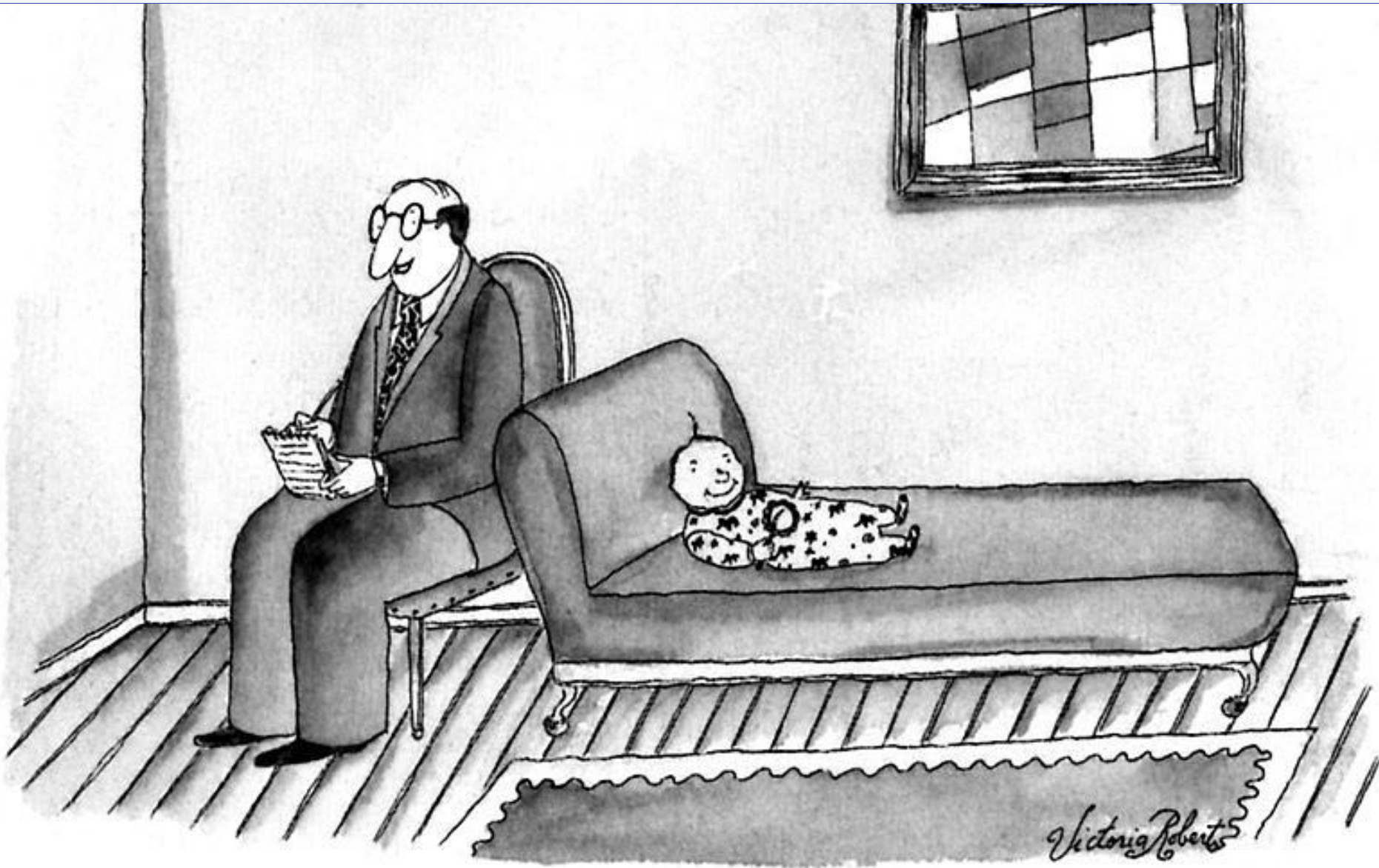


Welcome/Check In

Workshop Objectives

- Develop an understanding infant and early childhood mental health
- Gain reflective supervision skills to create brave, collaborative spaces that promote trust, curiosity, and self-reflection with their supervisees.
- Learn concrete strategies and how to integrate reflective supervision skills into practice.





“I wish I’d started therapy at your age.”



Infant Mental Health

The capacity of the child from birth to age five to:

- Experience, regulate and express emotions
- Form close and secure interpersonal relationships
- Explore the environment and learn all in the context of family, community and culture



History and Theory

- Term coined by Selma Fraiberg in 1975
- Theoretical framework based in Bowlby's attachment theory
- Growing attention in interdisciplinary fields

6 Key Concepts of Development

Brain
Architecture

Serve and
Return

Toxic Stress

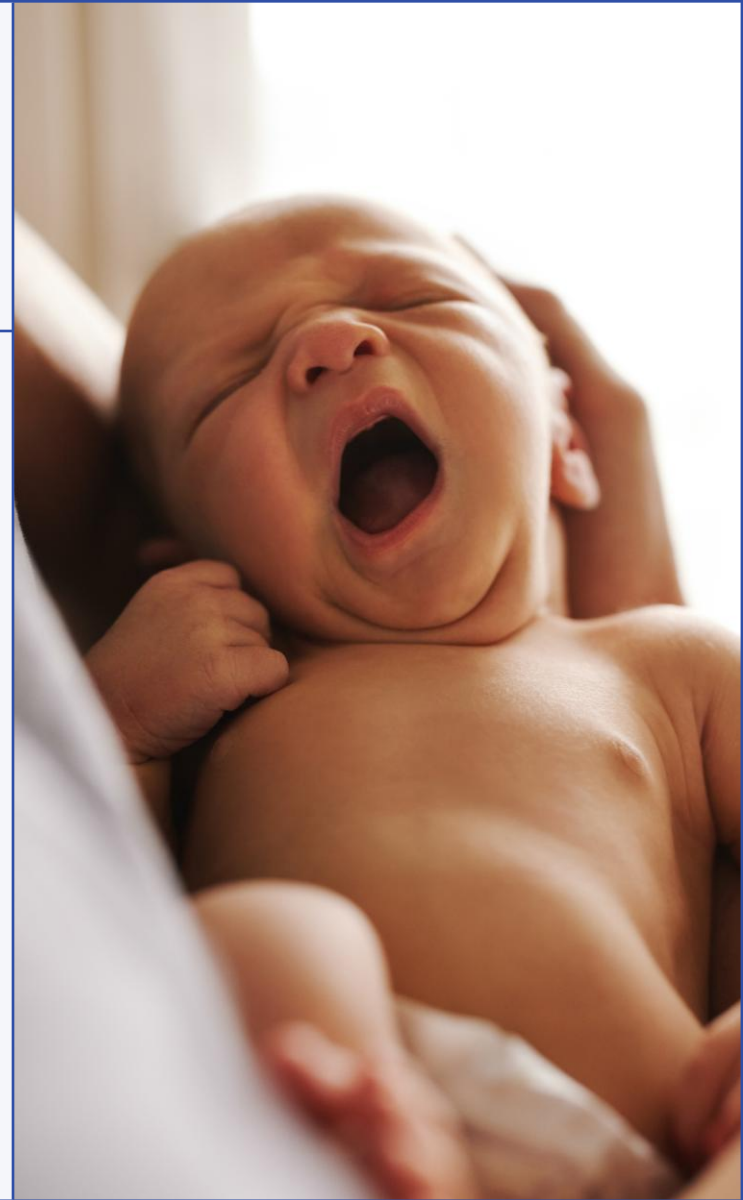
Lifelong
Health and
Well-Being

Timing and
Critical Periods

Developmental
Environments

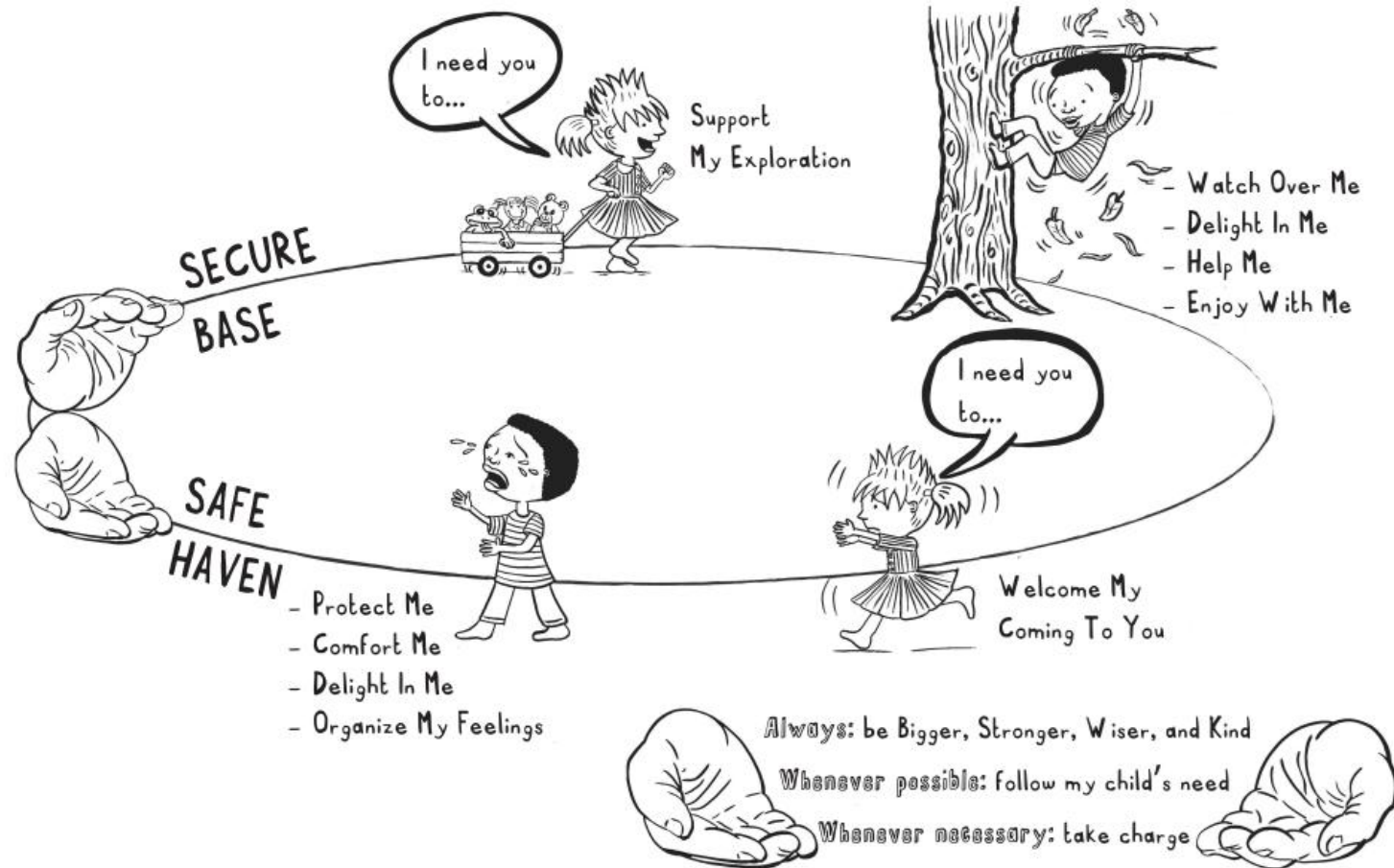
Services in Infant Mental Health

- Concrete Assistance
- Emotional Support
- Developmental Guidance
- Early Relationship Assessment & Support
- Advocacy
- Infant-Parent Psychotherapy



Circle of Security

Caregiver Attending To The Child's Needs





**Key
Ingredient to
Healthy
Development:
Positive and
Secure
Relationships**

"I've learned that people will
forget what you said, people
will forget what you did, but
people will never forget how
you made them feel"

MAYA
ANGELOU



Connection Between IECMH & RS/C

The Relationship





Reflective Supervision is,

“A safe, sacred, **relationship for learning** where strengths are supported, and vulnerabilities are partnered.”

-Rebecca Shahmoon Shanok



Reflective Process Reflective Practice

Reflective Process: Considering multiple perspectives including cognitive, relational, emotional, development, and cultural.

Reflective Practice: Looking back, looking out and looking within to increase our understanding of our self and of others.



The Relationship: What to Expect

Relational Consistent Intentional Personal

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“The beginning is the most important part of the work.”

- Plato



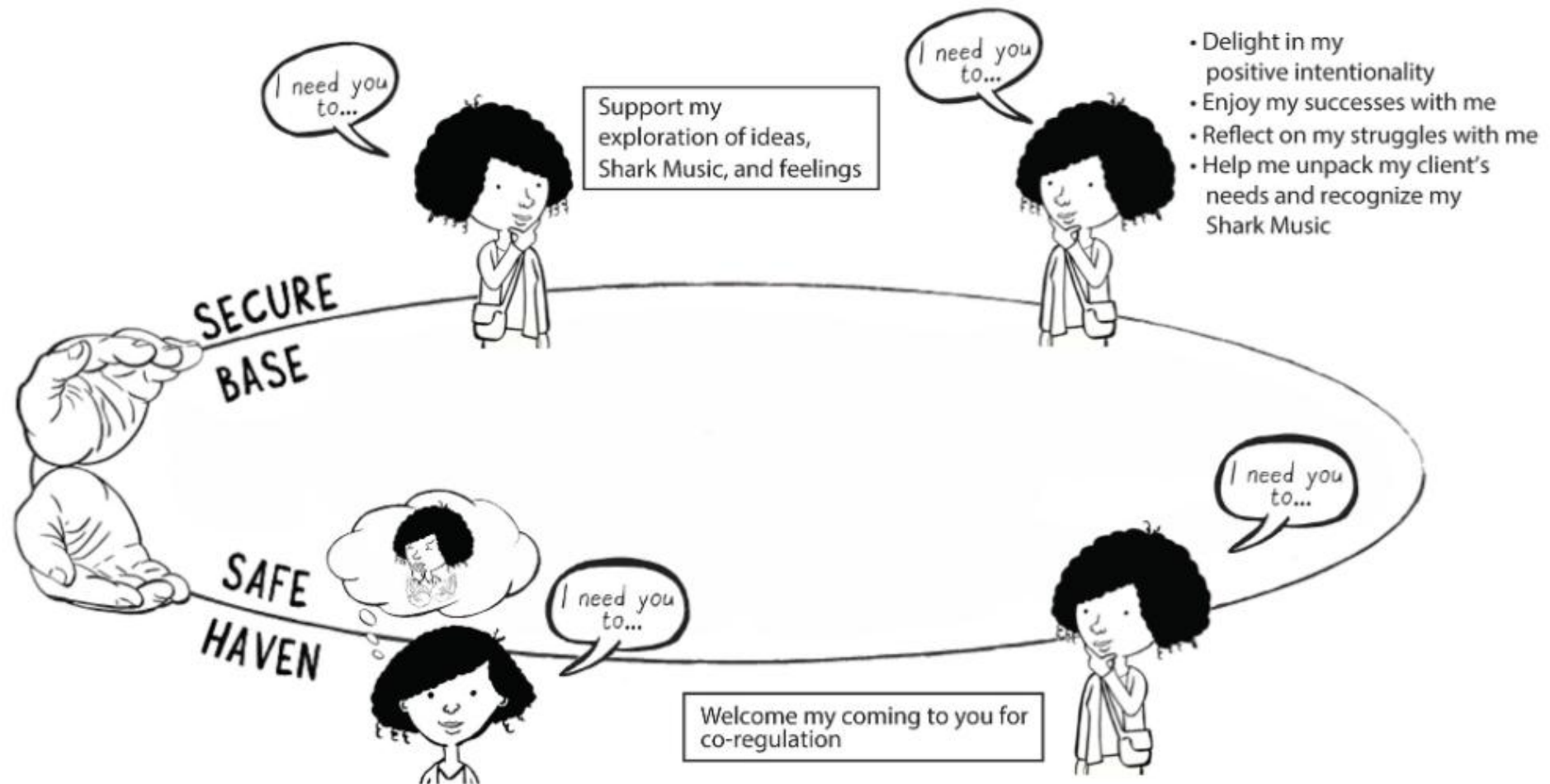


Role of Supervisor

**To Help
You Grow**

Supervisor's Circle of Security®

Supervisor Attending to the Provider's Needs



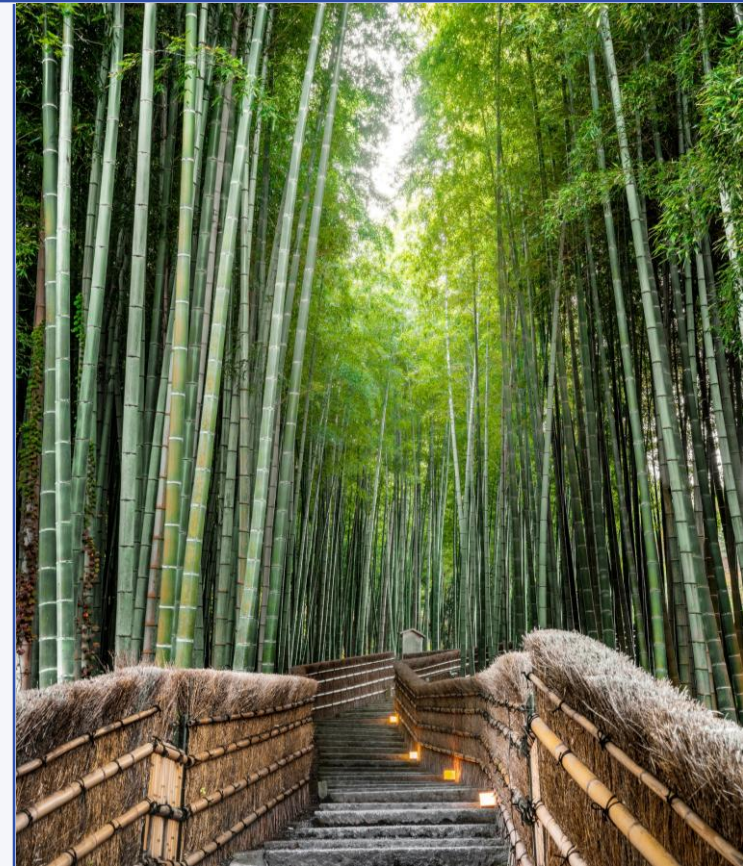
- Protect me from managing my feelings alone
- Be a comforting presence
- Delight in being a co-regulating other
- Help me organize my feelings and manage my Shark Music

**Each
Relationship
Is Different!**



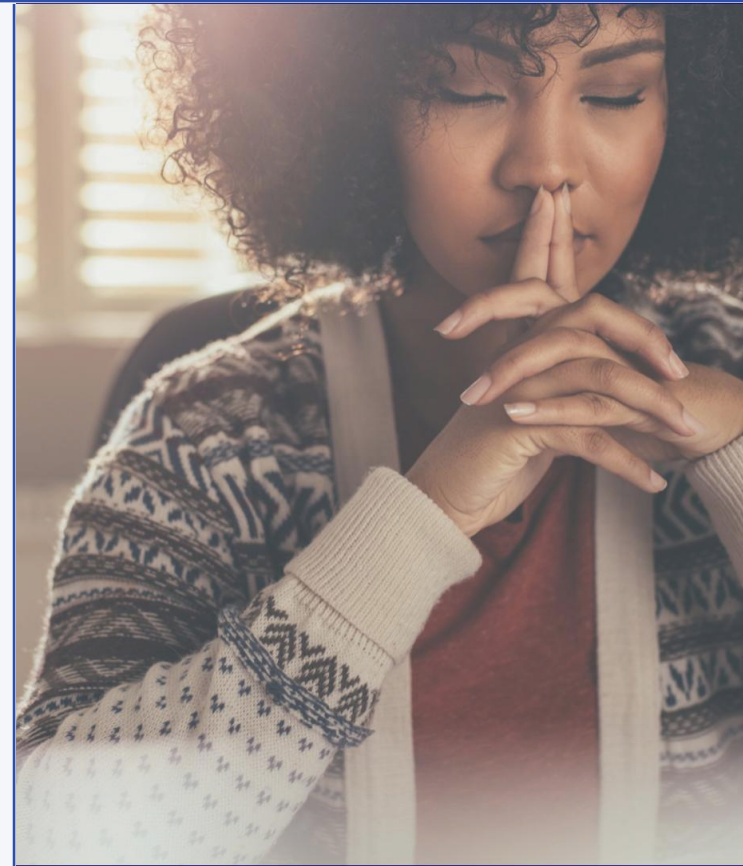
How I Show Up In This Space

- *Relationships at the center: Holding the baby in mind
- *Committing to Safety & Security: Consistency, Regularity,
Rituals & Routines
- *Curiosity: Developing ways of knowing
- *Bravery: Vulnerability



Critical Skills for the Supervisor

- Mindfulness
- Attunement
- Slowing Down
- Containment
- Professional Use of Self
- Perspective Taking
- Negative Capacity
- Critical Self-Reflection

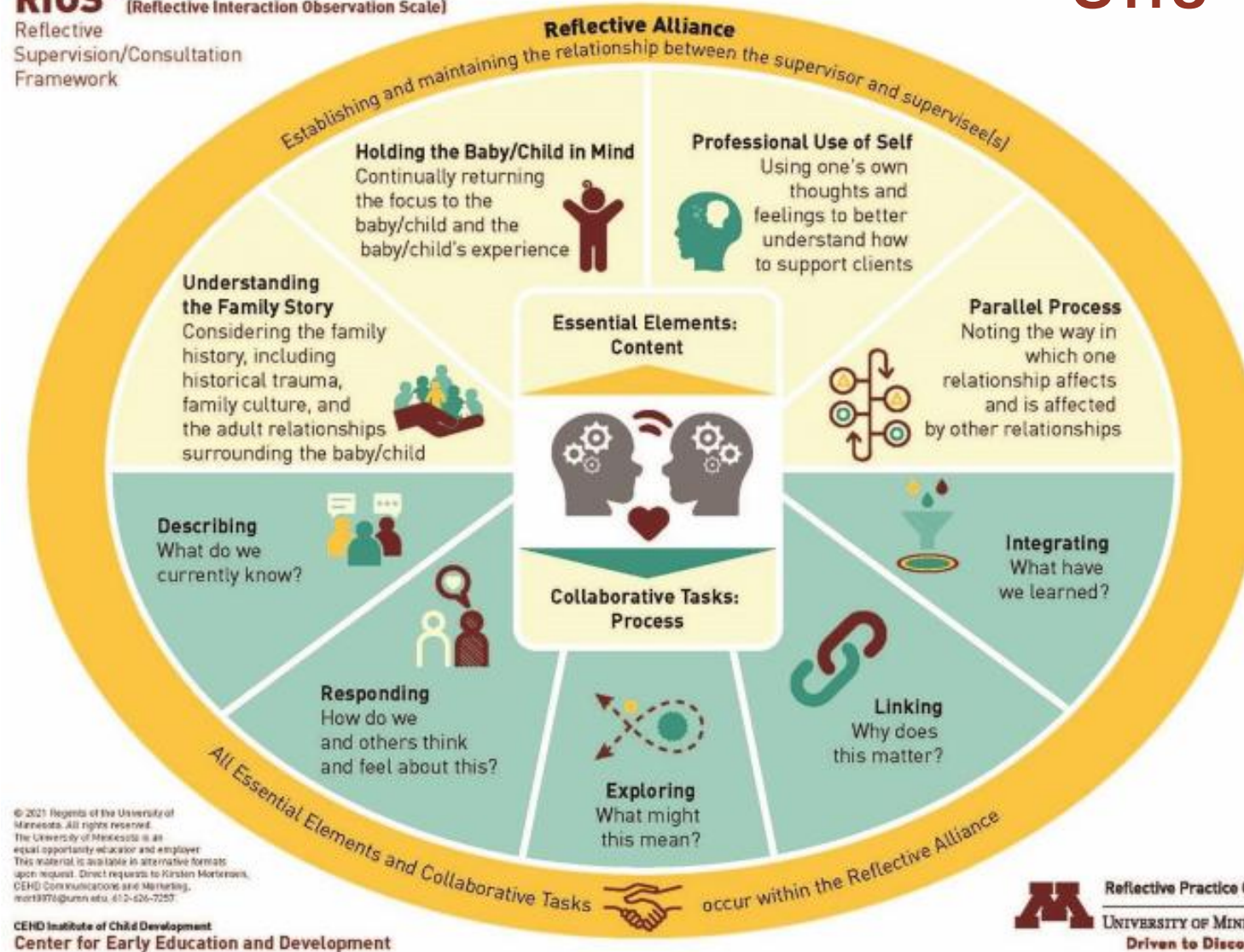


Rupture and Repair



One Tool To Use

RIOS™ [Reflective Interaction Observation Scale]
Reflective
Supervision/Consultation
Framework



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This material is available in alternative formats upon request. Direct requests to Kirsten Mortenson, CEHD Communications and Marketing, mort197@umn.edu, 612-626-7257.

CEHD Institute of Child Development
Center for Early Education and Development

Reflective Practice Center
UNIVERSITY OF MINNESOTA
Driven to Discover®



Tool #2:

Gibbs Reflective Cycle Through a Racialized Lens



Another Tool

Reflective Practice Through A Racialized Lens: *My Hero's Journey*

**You Are
The Best
Tool**



A full-page background image of a clear blue sky with soft, wispy white clouds. The text 'A Little Bit About Us...' is positioned in the upper right corner.

A Little Bit About Us...



NYS-AIMH

NEW YORK STATE
ASSOCIATION FOR
INFANT MENTAL HEALTH

What We Do

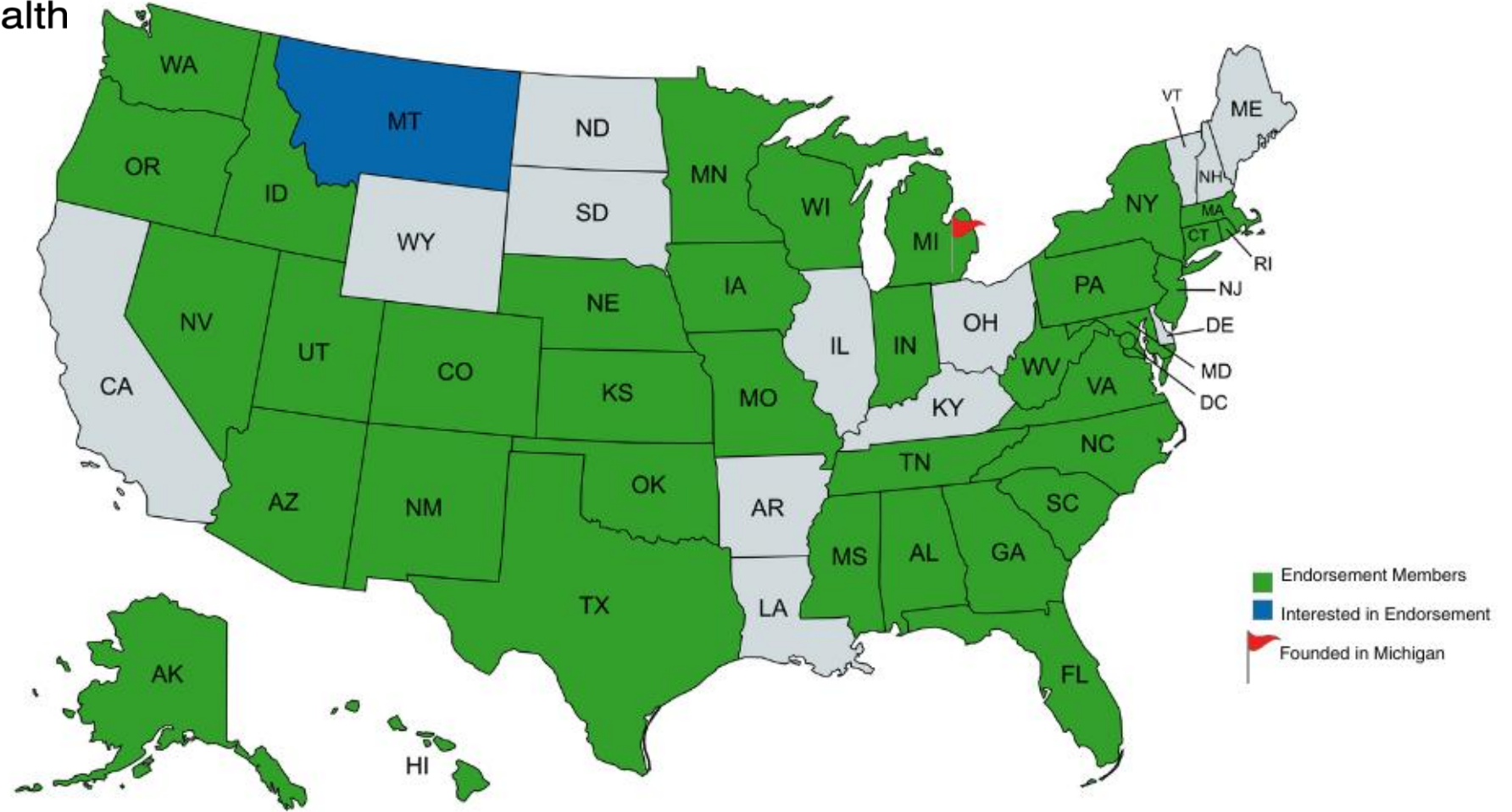
- Training
- Consultation
- Reflective
Supervision/Consultation
- Infant/Early Childhood
Mental Health
Endorsement

New York State Association for Infant Mental Health





Alliance for the Advancement of
Infant Mental Health



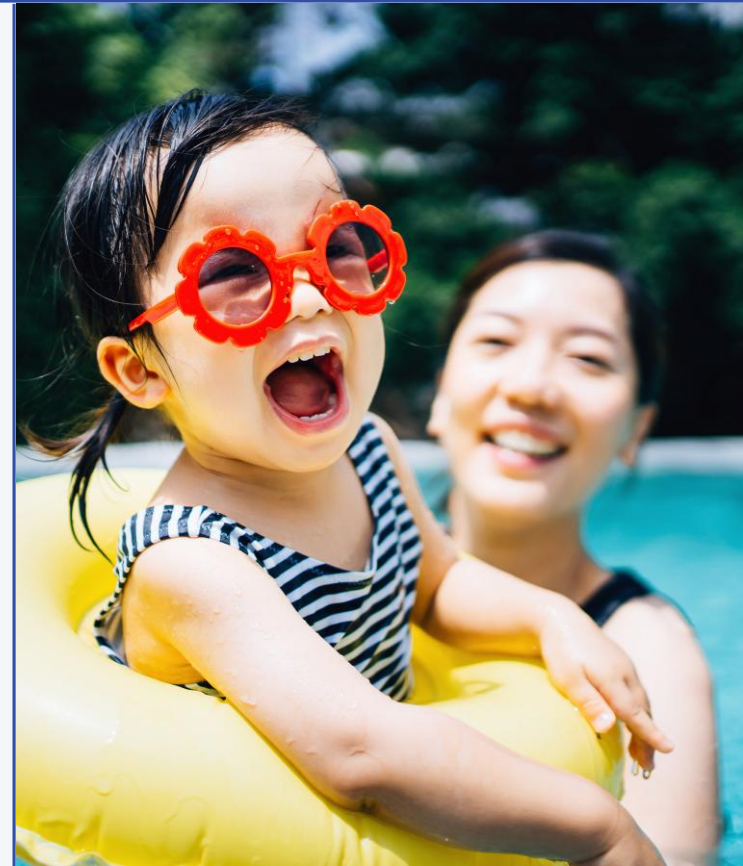
Join Our Membership

Organization and Individual Memberships

Discounted and Free Trainings

Advocacy Opportunities

Become a Board Member/Committee Member





Endorsement

Internationally recognized credential that acknowledges the specialized skills, wisdom, and competencies for professionals working with or on behalf of infants, toddlers, and families with young children.

Benefits of Endorsement

- Competency & Professionalism
- Continuous Learning
- Networking Opportunities
- Improved Outcomes for Infants & Children
- Bolster Confidence
- Recognition of Specialized Skills
- Broadened Impact & Reach
- Reciprocity

Thank You!

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