

# Learning Partnership Presents:

## Reflective Practice Part I

Trainings are Free!!



### Course Description:

This workshop is designed for providers of all disciplines and roles who work with individuals and families across the lifespan, including those working with infants and children of all ages, and their parents. The training focuses on reflective practice as a strategy for enhancing skills, understanding our reactions and responses when working with others, and examining the emotional content of our experiences in ways that can reduce work stress, and improve our sense of professional competence and well-being. The goal of continuous professional transformation through personal awareness and incorporation of new knowledge into practice is the primary theme throughout the day. The basics of neurobiology will be covered with a special focus on how to achieve the neurobiological state necessary for quality reflective work. Simple ways to expand reflective activities will be discussed, and the relationship between our own reflective capacities and our ability to support others in their reflective work, through the parallel process, will be explored.

### Learning Objectives:

Participants will be able to:

- Describe the differences in reacting and responding in the context of encounters with clients.
- Inventory activities that support practitioners in exploring, enhancing, and understanding the work.
- Discuss the benefits of reflective activities.
- Identify opportunities for reflecting on their work.
- Describe the relationship of reflective activities to reflective practice.
- Explain the concept of "Parallel Process" in working with individuals and families.

### Training Information

Register online at <http://scclearn.sccgov.org/>

#### Accommodation

If you need an accommodation to attend this training, please email us at [LPTtraining@hhs.sccgov.org](mailto:LPTtraining@hhs.sccgov.org).

#### Continuing Education (CE) Certificates

CE Certificates are available to download in sccLearn 2-3 weeks after the training date.

#### Registration & Cancellation

Registration and cancellation close 2 working days prior to training date at 9:00 am. Please note that if you can't make a training and don't cancel you will be marked as a No-Show in sccLearn.

#### Grievance

If you have a grievance, please contact us at [LPTtraining@hhs.sccgov.org](mailto:LPTtraining@hhs.sccgov.org).

**Target Audience:** Behavioral Health Services staff and contract provider staff.

**Dr. Kristie Brandt**, is Director of the Parent-Infant & Child Institute in Napa, CA and an Assistant Clinical Professor of Pediatrics VF at U.C. Davis School of Medicine. She is a Child Trauma Academy Teaching Fellow with Dr. Bruce Perry in Houston, TX and faculty with the Brazelton Institute at Children's Hospital, Boston where she provides training in the Newborn Behavioral Assessment Scale. With Dr. Ed Tronick, Director of the Child Development Unit of Boston Children's Hospital, she co-developed and now directs the University of Massachusetts Boston Infant-Parent Mental Health Post-Graduate Certificate Program in Napa, CA, a national award winning 15-month training program for professionals.

#### Continuing Education Information

County of Santa Clara Behavioral Health Services Department (CSCBHS) is approved by the CA Association of Marriage and Family Therapist (CAMFT) to sponsor continuing education for Santa Clara County LMFTs, LCSWs, LPCCs, and/or LEPs. CSCBHS maintains responsibility for the program/course and its content. This course meets the qualifications for 5.5 hours of continuing education credit for LMFTs, LCSWs, LPCCs and/or LEPs, as required by the CA Board of Behavioral Sciences (BBS). CAMFT is the BBS recognized approved agency-Provider # 131775. CSCBHS is approved by California Consortium of Addiction Programs and Professionals - Educational Institute (CCAPP-EI) Provider number 4S-95-305-0425 for 5.5 CEHs. Lunch and scheduled breaks during the training do not count towards continuing education credit.

August 24, 2023

9:00 - 4:00 pm

Virtual Training - Zoom

Zoom link will be emailed to registrants 2 business days before the training.  
Post-test will be available immediately after the training. Participants must pass with 80% or higher to receive continuing education credits.

Training Website: [www.sccbhsd.org/training](http://www.sccbhsd.org/training)