Reflective Practice Part I

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.

Course Objectives: Participants will:

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

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.

*** The Santa Clara County Behavioral Health Services Department (SCCBHSD) 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. SCCBHSD 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 re-quired by the CA Board of Behavioral Sciences (BBS). CAMFT is the BBS recognized approval agency-Provider # 131775. SCCBHSD also is approved by CA Consortium of Addiction Programs and Professionals (CCAPP). Lunch and sched-uled breaks during the training do not count towards CEU credit.

Post test will be available immediately after the training and open for only 30 min. Participants must pass the post test with 80% and higher to receive CEU credits.

◊ Contact Learning Partnership if you need accommodations for one of our training at 408-792-3900 or LPTraining@hhs.sccgov.org.

◊ Do You Have a Grievance? Contact Learning Partnership at LPTraiing@hhs.sccgov.org.

◊ You can download/print your own CEU Certificate online at sccLearn 3-5 weeks after the training date.

◊ **Our Trainings are free. Register on line at sccLearn**

◊ Handout & Zoom ID/link will be emailed to registrants 1 day before the training.

Space is limited. Registration Deadline is 48 hours before the training. No walk-in/add-on.

<u>Target Audience</u>: Santa Clara County Behavioral Health Services staff and contracted agencies.

**February 25, 2022;
May 9, 2022;
Or June 17, 2022**

9:00 am - 4:00 pm

ZOOM

**WebCam Participation is required for this training.
Click here to : <u>test camera</u>. You will be dismissed if your camera is not on..**

Use **GoogleChrome** if you have trouble with zoom link.
Click here to : <u>Download Google Chrome</u>