

Expert to Expert: Using Reflective Practice to Find Solutions Together

**Celebrating Oregon's Communities:
Supporting Children and Families**

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Objectives

- Learn concepts of reflective practice
- Learn 2 key foundations of Reflective Practice
- Understand how personal feelings and impressions affect consultation and communication

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Outline

- Why Reflective Practice
- What is Reflective Practice
- Foundations of Reflective Practice
- Setting the Stage for Implementation
- Six “Beginner Steps” to get you started
- A “dramatized” example

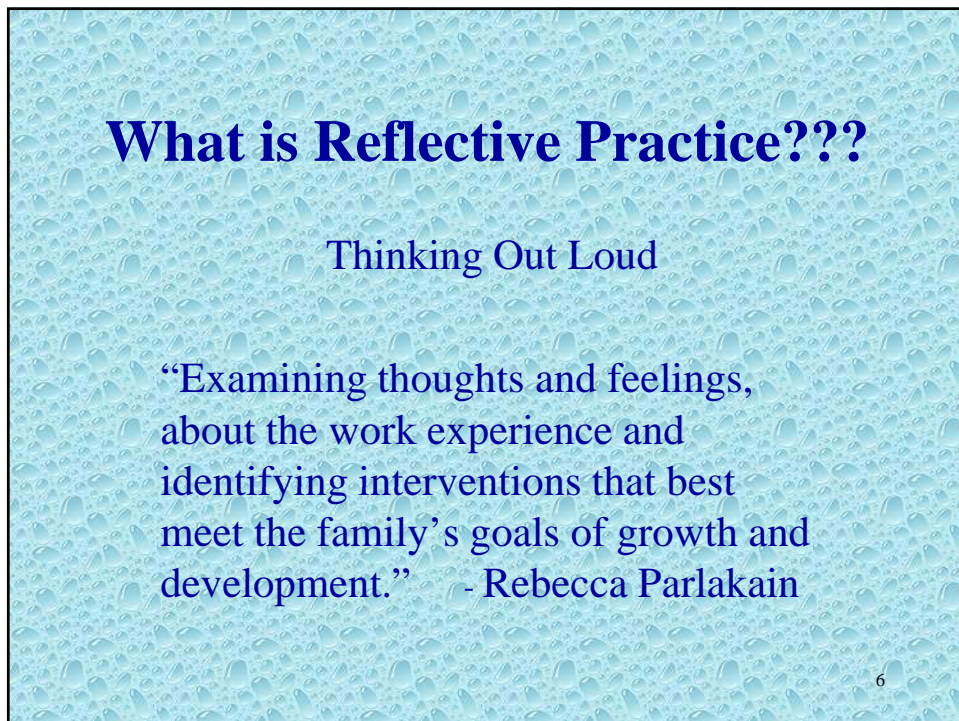
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Why Reflective Practice???

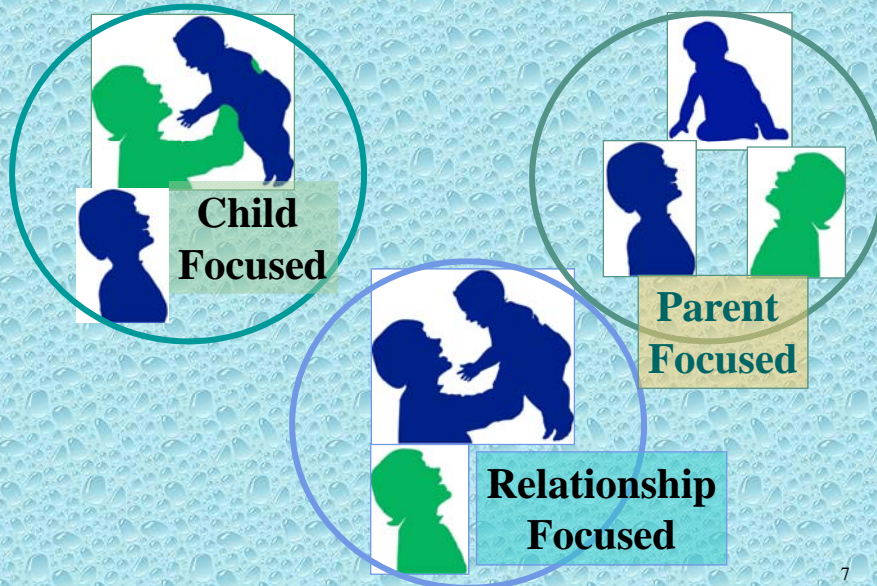


- Heavy Caseloads
- Strengths
- Struggle to connect
- Objectivity
- Vicarious
Traumatization

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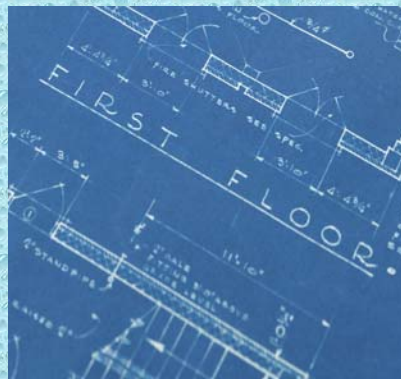


Intervention Models



Foundations

- Management Support
- Acceptance and Trust
- Active Listening
- Thoughtful Questioning





Setting the Stage

- Assure shared intention & Clarify Expectations
- Commit to evolving growth and change
- Commit to reflecting on one's work



More on Setting the Stage

- Respect Individuals
- Be Sensitive to Context
- Open communication
- Set standards

6 “Beginner Steps” for the Listener

1. Learn about the family, child, and/or issues
2. Positive Feedback
3. Wonder about...
4. Grand Wonderings
5. Wrap it up
6. Self in relation to the family/the work

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Step One: Learn about Family

- Who is the Child?
- Who is the Parent?
- How is the parent-child relationship described?

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Step Two: Positive Feedback

- Specific
- Contingent on something you've observed
- Positive

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Step Three: Wonder about...

...The Speakers feelings

... The Parent's feelings

...The Child's feelings



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By putting relationships at the heart of our work, we acknowledge the profound effect that others have on us, and that we have on others. —Rebecca Parlakain

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Step Four: Grand Wonderings

Offer “wonderings” for the speaker to start thinking about.

“The ability to wonder is an open door to new ideas, fresh experiences, and greater insight”

—Rebecca Parlakain

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Step Five: Wrap It Up

- Permissive Ideas
- I wonder what might happen if....



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Step 6: Self in relation to the work/family

- How does it feel to work with this family?
- What do *you* need to support this family to be the kind of family they want to be?

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Last Thoughts

- Reflective Practice is an approach designed to encourage learning, through thoughtful observation of oneself and others.
- When we grow strong relationships with each other we are helping to grow strong relationships with clients as well.

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A Comparison

Our Goal

**By reflecting, we will learn to master
our challenges and refine our balance.**



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References

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