**Course Description:**

This workshop is designed for those that work in systems serving clients of all ages. The training focuses on reflective practice as a strategy for enhancing skills, understanding our reactions when working with others, and examining the emotional content of our experiences in ways that can reduce work stress, and improve our sense of 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. Simple ways to expand our reflective activities will be discussed, and the relationship between our own reflective capacities and our ability to support others in their journey, though the parallel process, will be explored.

**Course Objectives:**

As a result of this training, participants will be able to:
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

***Santa Clara County Behavioral Health Services Department (SCCBHSD) is approved by the CA Association of Marriage and Family Therapist to sponsor continuing education for Santa Clara County LMFTs, LCSWs, LPCCs, and/or LEPs. SCCBHSD maintains responsibility for this program/course and its content. This course meets the qualifications for 6 hours of continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs, as required by the CA Association of Marriage Family Therapists. The CA Association of Marriage and Family Therapist is the BBS recognized approval agency-Provider # 131775.***

**Target Audience:** Santa Clara County Behavioral Health Services staff and contract agencies.

**Presenter:** 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.

**Learning Partnership**

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