

BHSD LEARNING PARTNERSHIP PRESENTS:

Basic Skills For a Reflective Practitioner: Learning More About Ourselves Through Reflection-1 Day Training

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

*****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 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 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) and CA Association for Alcohol/Drug Educators (CAADE) and the Board of Registered Nursing (BRN) to provide CEUs. Lunch and scheduled breaks during the training do not count towards CEU credits.**

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.

April 29, 2019 April 30, 2019
June 28, 2019
9:00 am - 4:30 pm
Registration begins at 8:30 am

Learning Partnership
1075 E. Santa Clara St.
2nd floor
San Jose, CA 95116
Our Trainings are free-register online at [sccLearn](#)

Please contact Learning Partnership if you need accommodations for one of our trainings at 408-792-3900.

You now can download/print your own CEU certificates online at [sccLearn](#) 2 weeks after the training date.

Do you have a Grievance? Please call Learning Partnership at 408-792-3900.

*****Target Audience: SCC BHSD staff and contract agency staff**

*****Dr. Brandt provides her own handouts**