

Outline for First Night of Relationships Count Series

“Providing regular, ongoing reflective consultation may assist early interventionists in meeting the challenges of working with families in their homes.” Hirschber, L., *Zero to Three*, 1997

1. **Introductions – Why here?**
2. **What is Infant Mental Health?**
3. **What is Reflective Supervision?** (Best Practice Guidelines Handout)
4. **Structure** – Quiet, check-in, topic, group process, closing
5. **Quiet time at beginning**
6. **Setting Group Norms**
 - Arrival
 - Full presence – what does that mean
 - Monthly attendance
 - Important to suspend judgments
 - Avoid/delay problem solving – how hard is that?
 - Listen for the emotional experience – yours, babies, parent, others
 - Notice your own physical sensations/emotional reactions
 - Be prepared to share
 - Remain curious and openly available to yourself and each other
 - Accept ambiguity – things not always clear and concrete
 - Notice resistance/anger/sadness/irritation – *all* feelings may come up
 - Trust the process
7. **Monthly Topics** – possibilities may explore others
 - Infant mental health and reflective practice
 - Professional use of self in relationship building skills
 - Attachment
 - Diversity and culture
 - Problem solving skills/challenging situations/severe impairments
 - Separation and loss
 - Promoting Resiliency
8. **Closing and quote**

“One sees clearly only with the heart. Anything essential is invisible to the eye” -

Antoine De Saint Exupery (1943)