

Course Title: Using Reflective Supervision to Promote Staff Growth, Development, and Well Being

Instructor: Paige Light

2 day course

Course Description:

Engaging in reflective practices has a positive effect on agency practice and functioning. The use of reflective supervision is associated with increased client engagement and goal attainment, reduction in burnout and staff turnover, and increased job satisfaction. In this two day workshop we will examine the components that are necessary for reflective supervision, learn about the essential elements of reflective supervision, and develop our skills in being reflective, and providing reflective supervision, through observation and practice.

****Appropriate for those who provide Reflective Supervision to Others.**

Course Objectives:

Participants will:

- Define Reflective Supervision, including the differences between Administrative, Clinical and Reflective Supervision.
- Explore Key Components and Essential Elements of Reflective Supervision
- Identify strategies for overcoming common barriers encountered in providing reflective supervision in an agency setting.
- Develop skills in providing reflective supervision through observation, discussion and role play.

Instructor Bio:

Paige Light is a Licensed Professional Counselor and Infant Mental Health Mentor® who earned her Master's Degree in Counseling Psychology and Postgraduate Certificate in Infant/Toddler Mental Health. She helped found the Oregon Infant Mental Health Association and is currently the Endorsement Director for ORIMHA. Paige has been a faculty member of PSU's ITMH Program, is an Oregon Registry Master Trainer, an Infant Mental Health Consultant, and has been providing trainings to professionals and parents in the early childhood field for the past 20 years.

Target Audience:

Teachers, Early Childhood providers, Specialist and Administrators