Nebraska Center on Reflective Practice

Reflective Practice - a way of helping others examine their own experiences and thought processes to build capacities that enhance their work and communication with others.

The Nebraska Center on Reflective Practice (NCRP) provides in-depth training and consultation for organizations committed to infusing reflective practice into their work. NCRP utilizes the Facilitating Attuned Interactions (FAN) model developed by the Erikson Institute. The NCRP works in partnership with the Nebraska Department of Education, Nebraska Children and Families Foundation, and UNMC - Munroe-Meyer Institute.

The reflective practice training process prepares and supports practitioners during all stages of implementation:

- In-depth training
- Post-training mentoring
- Post-training consultation
- Program evaluation

The training process starts with a two-day initial FAN training, and ends around six months later with a one-day advanced FAN training. Practitioners will attend monthly mentoring sessions and complete their post-contact reflection tools between training sessions.

Individuals who complete the training process are invited to the NCRP Community of Practice, which includes:

- An invitation to the free, ongoing Community of Practice booster sessions
- Access to a listserv to receive updates and network with FAN-trained colleagues across the state
- Access to a regularly updated library of reflective practice materials

Infusing reflective practice into an organization increases critical thinking and communication capacities of personnel and creates a parallel process which benefits front-line professionals, management, and the overall organization.

Organization

Strengthen program quality

Create a culture shift from an environment of reacting to an environment of responding

Provide a strong foundation for trauma-informed work

Management

Increase staff confidence and competence

Build staff reflective capacity

Handle staff issues more effectively

Promote open communication

Frontline Employees

Strengthen individual competencies including critical thinking skills, emotional regulation and reflection, and personal accountability

Provide a safe space to help mitigate the negative effects of emotionally intrusive work

Rooted in Relationships
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NEBRASKA DEPARTMENT OF EDUCATION

UNMC MUNROE-MEYER INSTITUTE

Erikson Institute