



WHAT IS REFLECTIVE PRACTICE?

Reflective practice is a relationship-based practice that assists in mitigating the effects of emotionally intrusive work.

WHAT DOES REFLECTIVE PRACTICE HELP WITH?

- Examining your current and past actions, emotions, experiences, and responses to become more resilient in the face of work stress and improve your interactions with others.
- Developing your self-awareness and increase your awareness of others, allowing you to better regulate, make more thoughtful decisions, and have better interactions with others.

At the **Nebraska Center on Reflective Practice**, we strive to equip professionals with the knowledge and skills to attune with self and others through our training, consultation and community of practice.

Through the years, we have seen the FAN play a critical role in helping to create attunement between individuals, within organizations, and amongst systems.



WHAT IS ATTUNEMENT?

Attunement is the foundational concept for the FAN model of reflective practice. The FAN defines attunement as “feeling connected and understood”. Merriam-Webster’s Dictionary defines attune as “to bring into harmony”.



Brain science explains that when people feel heard and understood, they are able to calm the stress response in their body, and activate the prefrontal cortex in their brain which is responsible for logical thinking, problem solving, and perspective. No matter which way you look at it, attunement has a profound impact on the person, interaction, and relationship. When we can attune with people, they are able to carry that attunement into their interactions and relationships, creating a ripple effect.



REFLECTIVE PRACTICE FAN TRAINING MAJOR FINDINGS

Survey data from over 800 FAN training participants reports:



Significant decreases in personal distress



Significant increases in self emotional appraisal and emotional regulation

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