



WHAT IS REFLECTIVE PRACTICE?

Reflective practice is the process of examining your thoughts, experiences, and decisions to improve future practices and sustain your work in a meaningful and healthy way.

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 two training models, consultation and community of practice.

WHAT DOES REFLECTIVE PRACTICE HELP WITH?

Our reflective practice models help you build skills that strengthen:

- Internal awareness
- Emotional regulation
- Reactions to stressful situations

These skills help you:

- Manage the emotional impact of your work
- Improve your interactions with others
- Achieve more effective outcomes

Learn more at
nebraskababies.com/ncrp



FAN MODEL

The Facilitating Attuned Interactions (FAN) model helps professionals improve their interactions with others through attunement.

Long-term evaluation has shown that individuals who have completed this training program often experience personal and relational benefits including:



Increases in self-reflective ability, self-compassion, emotional insight, effective emotional regulation, reflective communication, perspective taking, understanding of other's emotions, and emotional intelligence



Decreases in personal distress and burnout

CE-CERT MODEL

The Components for Enhancing Career Experience and Reducing Trauma (CE-CERT) model offers practical skills and strategies to help sustain your career in a helping profession.

Unlike after-hours self-care practices, CE-CERT equips you with acquirable skills to transform your experience while you're helping others, in real time.



The CE-CERT model focuses on 5 key domains that enable you to:

- Stay engaged
- Process intense experiences
- Recover from stress



NEBRASKA
RESOURCE PROJECT
FOR VULNERABLE
YOUNG CHILDREN



CENTER ON CHILDREN,
FAMILIES, AND THE LAW