

Understanding Reflective Practice

Professionals in the human services field are engaged in work that is both rewarding and intensely challenging. It is often difficult to separate professional from personal, which leads to high rates of vicarious trauma, stress and burnout, all of which affect the quality of services a professional is able to provide.

Reflective Practice serves as an umbrella term for Reflective Supervision and Reflective Consultation. Reflective Supervision is a model that incorporates reflective practice into how someone supervises others. Reflective Consultation refers to an outside trained consultant who meets with an individual or team on a regular basis to provide reflective practice. Reflective Practice assists in addressing the emotionally intrusive nature of the work by helping individuals examine their current and past actions, emotions, experiences and responses in order to evaluate their work performance and learn to improve in the future.

Benefits Include:

- Improve case conceptualization and critical thinking skills
- Promote appropriate management of emotions
- Strengthen relationships between supervisors and their employees
- Contribute to professional identity and career development
- Positively affect workplace culture and accountability



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"Follow effective action with quiet reflection.
From the quiet reflection will come even
more effective action."

- Peter Drucker



Nebraska Center on
Reflective Practice

**Supporting those
who help others**

How We Support You

TRAINING

Training Program for Agency Staff to be Trained to Provide Reflective Practice: Nebraska Center on Reflective Practice (NCRP) trainers work with individuals and groups, teaching them to provide reflective practice to their supervisees, colleagues and staff.

This program provides:

- In-depth training
- Consultation
- Mentoring and
- Fidelity monitoring

Once completed the trainee can provide reflective supervision or consultation within his/her agency or organization.

CONSULTATION SERVICES

Reflective Consultation Services for Agencies and Organizations: NCRP provides a network of consultants and staff to facilitate regular, ongoing reflective consultation services to leadership and staff in agencies, offices and organizations.

What We Provide

The Nebraska Center on Reflective Practice (NCRP) provides training, mentoring, consultation, and evaluation to individuals and organizations in need of Reflective Practice.

