

**Reflective Practice Center @CEED
University of Minnesota**

**CCEEPRC Meeting Materials
April 17-18, 2019**

Reflective supervision/consultation (RSC) is an innovative model of professional development and support for front-line workers and practitioners working with children and families at-risk. It's a promising professional development practice where practitioners work with a trained reflective supervisor to explore how they relate to the children and families with whom they work and address challenges. Evidence showing that RSC helps to combat burnout and turnover is accumulating. RSC providers report that they see improvements in staff skill and psychological wellness.

The Reflective Practice (RPC) at the Center for Early Education and Development at the University of Minnesota serves as an intellectual home for high-quality, cutting-edge research in reflective practice. At RPC, we also disseminate knowledge about reflective practice, help professionals incorporate reflective practice principles into their work, and inform policy dealing with infant and early childhood mental health. The center is the first of its kind internationally.

The findings presented at CCEEPRC are part of a larger study, *The Landscape Survey: Current Training and Delivery of Reflective Supervision in the United States*. We collected three waves of a survey investigating the training and delivery of reflective supervision (RS), a type of mentoring used with the infant-toddler workforce to maximize intervention effectiveness and combat job stress. State infant and early childhood organizations (N=31), RS providers (N=97) and RS recipients (N=100) responded to questions regarding types and delivery of training they offer and have received, supports and barriers to offering and receiving RS training, and impact RS had on their professional and personal lives.

We are currently in the process of coding and analyzing the data. Reports will be available at: <http://ceed.umn.edu/reflective-practice-center/>

For more information about the Reflective Practice Center @CEED or *The Landscape Survey*, please contact Amy Susman-Stillman (asusman@umn.edu).

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