



The Reflective Practice Center @ CEED

Studying & supporting early childhood professionals' reflective interactions

More than 14 states and numerous service models include reflective supervision or consultation (RS/C) in programs like home visiting and early childhood special education—and its use is growing. Yet, organizations that provide RS/C for their staff have lacked the empirical evidence to show that it makes a difference. Until now.

Establishing reflective supervision as an evidence-informed practice

Studies at The Reflective Practice Center (RPC) at the University of Minnesota's Center for Early Education and Development (CEED) are identifying ways to measure reflective supervision's impact on morale and staff turnover and effectiveness. We use the Reflective Interaction Observation Scale (RIOS), developed in collaboration with clinicians and researchers affiliated with the Alliance for the Advancement of Infant Mental Health.

"The RIOS opens up new horizons of research by allowing micro-level analyses of supervision sessions. This permits the measurement of the active ingredients of reflective supervision and objective assessment of variations in the reflective alliance between participants." — Christopher Watson, Ph.D., IMH-E®

The RPC online credential program: Your pathway to endorsement

No matter where you live, you can earn RPC's Supporting Early Social & Emotional Development Credential. Our program offers flexible scheduling and rigorous content that will help prepare you to apply for endorsement.

Online instruction in reflective supervision/consultation

We offer a three-week online course that introduces professionals to the RIOS framework as a guide for practice. Take our subsequent six-week online course to build on that knowledge, if you're a supervisor or consultant.

Feedback about supervision

We're building a system that allows practitioners to submit video or audio recordings of their sessions for review and coding by an RPC team member. We'll provide feedback using the RIOS framework.

















REFLECTIVE PRACTICE

is a relationship-based professional development approach that supports individuals who work with very young children and their families.

Our experts provide training and research around reflective practice to improve the effectiveness of the early childhood workforce.

We aim to support early childhood professionals to prevent burnout and maximize outcomes for the infants, children, and families they serve.

Reflective Practice Center staff & online faculty

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