

Using Reflection in Critical Clinical Moments

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Before During and After

- Reflection on Action
- Reflection in Action-While it is happening
- Getting Ready for Next Chapter

Slow it down



Paying attention to what We Bring to our Work

- From the past
- From our own lived experience
- From our believe systems
- From our skill set

Pain, Joy, Knowledge, Wisdom,

How do we Use these Treasures?

What Influences these reactions?

- Internal and external Reactions to others and to particular situations
- Reactions becomes sources of information that can inform our work

How do we hold

- Responses we have to people and situations
- Internal and external reactions that others have to us. What is our impact on others? What is in our awareness?
- What might not be in our awareness?

How do we avoid

- Taking the bait and running...
- Pouncing on a port of entry that is just barely open
- Creating a whole out of a fragment
- Filling in the blanks
- Knowing the end before we finish the first chapter

Learning to Use Self

- Active use of self
- Negative capability-waiting, silence, choosing our responses carefully

The Imagined World of the Other

What might the person be thinking or experiencing?

How can I imagine somebody else's reality?

How does this help? How might it not help?

Negative Capability



Attuning without acting



Embracing Not Knowing



Resonating with what is there



Negative Capability

- Don't do something just stand there

Negative Capability

Knowing when you need it

- When emotion/uncertainty is present, tendency to “disperse affect”

Knowing why you need it

- Let ourselves feel some of what the other is feeling, hold it a moment so we can digest it/process it and respond in a way that is useful to the other

Dispersal of Affect

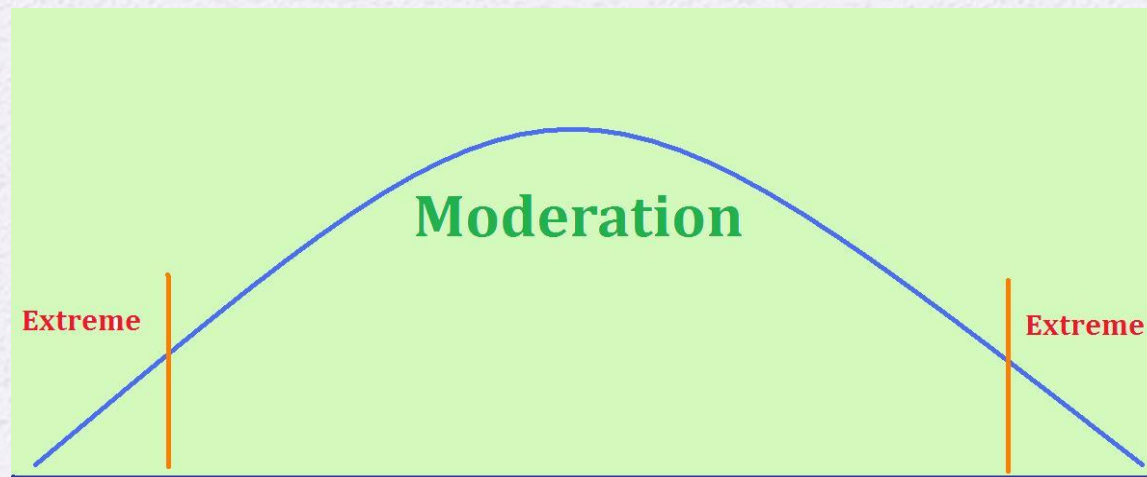
- Into Emotion-Rev up or Tune out
- Into Action-Do, do, do,
- Into Explanation, stereotypes, previous beliefs, convenient explanations

Group Process

- What triggers you in a visit or session with a family?
- How do you know you are dysregulated or have a lot of affect that you want to disperse?
- How do you react when you're dysregulated?

Applying Regulation Theory to Self

How do we remain aware of our own state as we do our work?



Graphic courtesy of <http://psychchallenge.blogspot.com/>

THINGS TO NOTICE ABOUT YOURSELF

- **Actions**
 - Talking too fast; taking over, providing too much information that is not attuned to parents' needs
- **Feelings**
 - Feeling anxious or afraid when you are not sure what to do
- **Thoughts**
 - Wondering when you can leave
- **Bodily sensations**
 - Muscle tension; stomach pains; extreme temperatures; holding breath

To bring calm,
first you have to possess it.



Parallel Process of Holding

We can learn to hold ourselves,



So we can hold the parent,



So the parent can hold/contain herself/himself,



And then hold the baby...



And the baby can internalize the holding
and balance self and interactive regulation

FBN[®] Tool to facilitate

Self-Regulation Process and Slow Down

