Reflective Supervision Resources

Resources/Articles/websites:

https://eclkc.ohs.acf.hhs.gov/search/eclkc?q=reflective+practice
https://ceed.umn.edu/reflective-practice-center/
https://mi-aimh.org/reflective-supervision/getting-started-with-reflective-supervision/

Books:

‘A Practical Guide to Reflective Supervision’ Edited by Sherryl Scoot Heller and Linda Gilkerson (can be purchased for $36 on Amazon though likely available at other bookstores as well)

Videos:

Reflective Supervision 1 & 2 (Video Training Series)- $125: http://mi-aimh.org/store/reflectivesupervision/

Endorsement – include links to the specific detailed list of IMH Competencies for each Category I - IV

https://wiaimh.org/endorsement

UW-Madison Infant, Early Childhood and Family Mental Health Capstone Certificate Program

http://infantfamilymentalhealth.psychiatry.wisc.edu/

Other IMH and Mindfulness Resources

Mindfulness Video: https://youtu.be/w6T02g5hnT4

Loving Kindness Meditation for teachers: https://centerhealthyminds.org/join-the-movement/loving-kindness-practice-for-teachers


Dan Siegel, M.D. Parenting from the Inside Out

Still Face Experiment Video: https://youtu.be/apzXGEBZht0

Calm App: https://www.calm.com/

Kindness Curriculum: https://centerhealthyminds.org/join-the-movement/sign-up-to-receive-the-kindness-curriculum

Insight Timer: https://insighttimer.com/meditation-app
HeadSpace: https://www.headspace.com/

MindYeti: https://www.mindyeti.com/v2/s/

Liberation Meditation (specifically for empowering People of Color): https://liberatemeditation.com/

10% Happier Meditation App: https://www.tenpercent.com/