

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>

"Ghosts in the Nursery": Fraiberg, Selma, Adelson, Edna and Shapiro, Vivian. 1975. "Ghosts in the Nursery: A Psychoanalytic Approach to the Problems of Impaired Infant-Mother Relationships." Journal of American Academy of Child Psychiatry, 14(3): 387-421.

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/>