Session I

Holding So That Others Can Hold

Intro to Reflective Supervision: Warming It Up

Rebecca Shahmoon-Shanok, LCSW, PhD

rsswork@gmail.com / 212.690.7234, ext 206

Connecting for Children’s Justice
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How do you do …

WHO IS HERE?

Why?
What does “Reflective Supervision” mean to you?

– Have you experienced it? Have you done it? If so, what was it like?

– What does it feel like to be in supervision that you consider to be “good”? 

Rebecca Shahmoon-Shanok
• What does it feel like to be in a supervisory situation that feels uncomfortable, “bad” or anxiety provoking?
Session Summary

• This session will focus on
  – What **reflective** supervision is and how it feels to have or give it
  – How reflective supervision helps providers exchange places with others and see from their point of view
  – Participants will discuss questions, doubts, apprehensions and appreciations.  

Rebecca Shahmoon-Shanok
Learning Objectives

– Participants will learn the differences between administrative/task supervision and reflective supervision.

– Participants will witness a role-play of reflective supervision in action.

– Participants will visualize how reflective supervision can be helpful across systems and settings.

Rebecca Shaltmoon-Shanok
Reflective supervision is a relationship for learning. The partnership nurtures a process of remembering, reviewing, and thinking out loud about a specific child, the people who surround that child, and what happens (or doesn’t) between them...It could be said that reflective supervision enhances vision, clarifying what is seen and even what is see-able. In a real sense, the effect of reflective supervision is that it nourishes “super vision” – the ability to see further, deeper and more.”

Shahmoon-Shanok, 2006, p.343
When it is going well, supervision is... a holding environment, a place to feel secure enough to expose insecurities, mistakes, questions, and differences. Supervision parallels good work with families, the place for parents and children to feel safe enough to recognize the worst and best of their feelings and capabilities with a partner who helps them get where they need to go.

Rebecca Shalom-Shanok
Mirror neurons → Imitation → Communication → Modeling → Empathy → Mismatches → Negotiations → Repairs

Mirror Neurons, Imitation and Empathy

- **Role Play**
  - Working agreement
  - Debrief
  - What happened?
  - What worked?
  - And what didn’t?
Kyrie and Brielle Jackson were born on 17 October 1995 at Massachusetts Memorial Hospital in Worcester. Each of the twins weighed two pounds at birth. Though Kyrie was putting on a bit of weight in the days following her arrival, Brielle was not doing as well. She cried a great deal, leaving her gasping and blue-faced.

Brielle was having a very bad day. Newborn Intensive Care Unit nurse Gayle Kasparian tried everything to calm her. She held her. She had her dad hold her. She wrapped her in a blanket. She suctioned her nose. Nothing worked.

Then she remembered hearing about something done in Europe. She put Brielle in the incubator with her sister Kyrie. Almost immediately, Brielle snuggled up to Kyrie. Kyrie threw her arm around Brielle. Brielle’s blood-oxygen saturation levels, which had been frighteningly low, soared. She began to breathe more easily. The frantic crying stopped and her normal pinkish color quickly returned. Over the next weeks, her health improved steadily in her new, less lonely quarters.

The children survived their rocky beginning and in time went home with their parents. When last heard from, Brielle and Kyrie were healthy preschoolers.
Selected Resources:


Selected Resources...


Several special issues of Zero to Three devoted to Reflective Supervision.
Do You Want a Next Step?