

# Reflective Practice in ECMH Work: Seeing the Needs of the Other *with Barbara Stroud, PhD*

Provided by Family Paths (CEU Provider #62239) in conjunction with Chabot-Las Positas Community College District and Alameda County through Title IV-E Funding. This workshop is **free** & open to those who work with children in the foster care system in Alameda County

## REGISTRATION IS REQUIRED TO ATTEND

**Training Description:** How can we grow professionally in our use of reflective practice not only to build our alignment with Infant Mental Health principles but also to mentalize the needs of the family, from a developmental, cultural, and social-political context. Relationships are complex and individuals are diverse. As an ECMH work force, we understand that development occurs in relationships yet relationships are plagued with miscues, unconscious expectations and limitations offered as microaggressions. This training will focus on skills of reflective practice, getting to know ourselves as diverse cultural beings, and stepping out of our lens to more deeply understand another in order to model and promote healthy dynamics with the families we serve. Through experiential exercises, participants will learn how to hold all this complexity while remaining true to our purpose of relationship-based healing.

**The Trainer:** Barbara Stroud, PhD, is a licensed psychologist with over three decades worth of culturally informed clinical practice in early childhood development and mental health. She is a founding organizer and inaugural president of the California Association for Infant Mental Health, a member of the Academy of ZERO TO THREE Fellows and holds prestigious endorsements such as an Infant and Family Mental Health Specialist/Reflective Practice Facilitator Mentor. In April of 2018 Dr. Stroud was honored with the Bruce D. Perry Spirit of the Child Award. Embedded in all of her trainings, clinical service models, and consultations are the practices of reflective facilitation and sensitivity to cultural uniqueness. Dr. Stroud's book "*How to Measure a Relationship*" [published 2012] is improving infant mental health practices around the globe and is now available in Spanish. Her newest text, an Amazon best seller "*Intentional Living: finding the inner peace to create successful relationships*" walks the reader through a deeper understanding of how their brain influences relationships. Additionally, Dr. Stroud is a contributing author to the text "*Infant and early childhood mental health: Core concepts and clinical practice*" edited by Kristie Brandt, Bruce Perry, Steve Seligman, & Ed Tronick.

**Training objectives:** Participants will be able to...

- Name 3 foundational elements of reflective practice.
- Define mentalizing and practice this skill via role play.
- Outline the dynamic nature of relationships as influenced by development, culture and social context (inclusive of microaggressions)
- Analyzing personal implicit biases that might shape our work and discuss implications is small group work.

**CEUs:** Training meets the qualifications for 6 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. A one hour lunch break is not included in the total CEU time awarded. CEUs will be awarded in person at the end of the training. Provided by Family Paths, Provider #62239 thru CAMFT CEPA. We will be unable to provide attendees with certificates of completion if more than 15 minutes of course content is missed.

**Cancellation Policy:** We do not charge for our trainings at present and space is limited. If you cannot attend we ask that you contact us as soon as possible in order to open up that seat to someone else. If training is cancelled, participants are notified via email no later than one week prior to the training if possible. If a trainer has an emergency and notifies the training department in less than week, those registered for the training are notified as soon as possible. Training registrants are provided the makeup date that is scheduled for the training.

### ***Breakfast, Lunch & Snacks Provided***

**Disability Accommodation:** Family Paths will make reasonable efforts during the training to accommodate qualified individuals with disabilities and/or medical conditions in accordance/compliance with the State Fair Employment and Housing Act (FEHA), Federal Americans with Disabilities Act (ADA) and applicable statutes. To request an accommodation due to a disability/medical condition during this training, please contact the Clinical Training Coordinator no later than 5 days before the training. The buildings where most of our trainings are conducted are wheelchair accessible and have disabled parking available.

**Training Grievance Policy:** Family Paths is committed to providing a work/learning environment in which all individuals are treated with respect and dignity. A participant of trainings has the right to seek a remedy for a dispute or disagreement through Family Path's policies for filing complaints/grievances for participants. Training participants may use available informal means to have decisions reconsidered before filing a formal complaint/grievance. No retaliation of any kind shall be taken against a participant for filing a complaint/grievance. In an effort to provide the highest quality services to participants in our trainings, you are encouraged to report immediately any concerns regarding your training experience to the Clinical Training Coordinator who will provide the complaint form. All participant complaints/grievances should be in writing (which may be in your own language) to the Clinical Training Coordinator, Family Paths, 1727 Martin Luther King Jr. Way, Suite #109 Oakland, CA 94612 or by email to [Trainings@familypaths.org](mailto:Trainings@familypaths.org). Once a complaint or grievance has been submitted, you can expect a response no later than ten (10) business days. Upon receipt the Clinical Training Coordinator will conduct a formal review of the complaint/grievance and will attempt a timely resolution, taking appropriate corrective action if warranted by the investigation. If no resolution is forthcoming, or the problem is not satisfactorily resolved, the participant may direct any complaint/grievance to the Program Administrator, Family Paths' Clinical Director.

### **Questions?**

Email us at [Trainings@familypaths.org](mailto:Trainings@familypaths.org)

**Parking:** ***NOT provided.*** We are sorry, but there is NO parking in the Family Paths lot. The lot is reserved for staff and clients only. Parking options include: There is 2 hour meter parking around the building. There are also multiple \$7 lots in the area. These usually require cash. In addition we are located walking distance from 19th street BART station. And if you are open to a little walk, there is free parking across the freeway on and around 18th street. Please allocate enough time to find parking in the area. Here's the parking map for the area: <http://en.parkopedia.com/parking/oakland/>