

Spots Available in Monthly Reflective Consultation Group

Spots will be filled on a first come, first served basis. Contact pcrp@uw.edu to reserve your space

Parent-Child Relationship Programs is pleased to announce that we will be offering an opportunity for IECMH providers to participate in high quality, affordable small group reflective consultation.

Reflective Consultation is monthly, protected time that gives providers the opportunity to explore their work with caregivers and young children in a safe, supportive space. It offers a time to think about the provider's own needs and to think about the emotional needs of caregivers and children.

It also provides an opportunity to hear and learn other perspectives. Participants report feeling increased joy and competence in their work and increased empathy for the caregivers and children they work with. *Hours count towards WA-AIMH endorsement requirements.*



Facilitator: Meeghan Bergmann, LICSW, IMH-E®, provides early childhood mental health consultation and reflective supervision. Meeghan has training and experience in IECMH, Promoting First Relationships, and Circle of Security. Meeghan also has experience as an early learning teacher and approaches every aspect of her work from a Diversity, Equity and Inclusion (DEI) perspective.

Dates/Times: Wednesday evenings from **5:00 to 6:30 pm Pacific Time** for a six-session block with the following dates - **Jul 13, Aug 3, Sep 14, Oct 12, Nov9, and Dec 14, 2022.**

Cost: \$250 for the six sessions. (Can be paid in smaller quarterly amounts)
Needs based assistance is available for WA state professionals.

Testimonials:

"The RSC group provides deeper insight than individual supervision can. Even when not sharing, there is always something to learn from and take with me. The closed group also provides a safe space to be authentic about our experiences with the families we serve - and how our personal experiences shape that too. I would do this indefinitely if it were an option! I have never felt so safe in a group supervision setting before."

"I have been participating in a RC group with Meeghan Bergmann. Our group consists of individuals who are all working with the infant and early childhood population. All of us are dedicated to our service to young children and families but are not connected with an employer who offers reflective consultation. Our group includes medical social workers, private practice therapists, certificated teachers, and an EI employee. Meeghan has been an outstanding facilitator and has a calm and natural ability to guide our discussions towards reflection and help us hold space for the complex scenarios we encounter in our work."

"Over the past two decades, my career has progressed from early intervention and childhood education programs to research and now K-12 education. Though my professional roles change, my training in infant mental health informs my perspective and approach to my work. Reflective spaces are so important, and it is a great service to have accessible groups available when it is not built into one's job. Accessible to me means affordable and meeting at a time that is compatible with my work schedule, which for now is evenings."