

HANDOUT: Sample Questions that illustrate and explore dimensions of reflection*:

SELF/OTHER:

- *With whom or with what part of the family do you identify? What feelings arise in response?*
- *What aspects of this family situation challenge you, or even worry or scare you?*
- *How do you explain the behavior of the family members? Is there an alternate explanation?*
- *How do you think your perspectives and assumptions might impact your work with this family? What role might difference such as culture, context, age, or ethnic identification play in your perspective? In the family's perspective?*
- *How do you think your background or role might impact work with this family?*

IMPLICIT/EXPLICIT:

- *What are some of the non-verbal qualities that are communicated in this interaction? If you could watch this parent and child together without sound, what would you notice?*
- *How might the process of relating to this family parallel the dynamics occurring in our supervision or in the team or the court?*
- *What do you notice about how you speak about your experience of observing this family? Your tone of voice, your pacing, your interest level..*
- *Are there ways that you imagine your work with this family might change based on your reflection?*
- *Are there particular assumptions you feel pulled to make about this parent and child? How might they impact the decisions you make about interventions? How you hold this awareness so the assumptions don't take over?*

COGNITIVE/AFFECTIVE:

- *Where is your attention pulled in this situation? What issue or issues seem to be requiring more thought?*
- *What is your role in this situation? What are your expectations of yourself in your role?*
- *What does it feel like for you to anticipate working with this family? How would you characterize your felt sense of this family?*
- *Are there emotional triggers for you in this family? Do you find yourself drawn to exploring emotion/thoughts or moving away from exploration with this family?*

- ***How might your state of mind or your worries impact your perception of and interventions with this family?***
- ***Where is your attention pulled in this case? What issue or issues seem to be requiring more thought? Do you feel there are parts of the work you are avoiding a bit?***
- ***What is your role in this situation? What are your expectations of yourself in your role?***
- ***What does it feel like for you to anticipate working with this client? In a word, how would you characterize your felt sense of this client?***
- ***Do you find yourself drawn to exploring emotion/thoughts or moving away from exploration with this client?***
- ***How might your state of mind impact your perception of and interventions with this client?***
- ***Are there particular parts of the assessment or protocol that you feel will help get a deeper understanding of what is going on for this child and family?***

****As described by Fonagy and others.***

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