

## **Questions to Consider when Observing a Reflective Supervision**

What was awakened in you as you observed and listened closely?

What comes to mind as you reflect on what you saw/heard?

Did this supervision match your expectation of what "should happen" in reflective supervision?

Did you find yourself wondering about anything as you watched and listened?

Did you resonate with any particular thought, emotion or bodily sensation as you listened?

Did anything surprise you?

Did you become aware of a theme that emerged , e.g. safety, protection, anger, grief?

Did a metaphor emerge as you observed and listened closely?

Did you notice particular behaviors that contributed to the reflective exchange?

Were you aware of a balance between guiding or teaching and following or listening?

Did you find yourself wanting to ask a question, say something or jump in?  
At what point?

Did you find yourself wanting the supervisor to offer more, less, or something different? What else might you have wanted to see?

Were there points where you might have said something different or asked a different question?

What new knowledge are you taking away?

What are you curious about?

*It is this state of getting to know the other and for the other to be getting to be known that is at the heart of reflective practice in infant mental health. A. Berg, 2015*

DJWeatherston, 2016