Reflective Supervision

Reflective supervision is a particular type of supervision that is focused on the exploration of issues related to the work with infants, young children, and their families within the context of a safe, trusting, and supportive relationship between supervisor and supervisee. The supervisor and supervisee mutually engage in this exploration of the parallel process, i.e. how the relationship between the parents, between the individual parent and the child, between the practitioner and the parent, the practitioner and the child, and all other relationships affect the work that is happening with the family. The reflective supervisor listens and waits for the supervisee to develop insights and solutions. This “holding environment” has been described by Jeree Pawl (1998). She has proposed the Platinum Rule as a way to think of this process: *Do unto others as you would have others do unto others.*