

Strategies for Encouraging Reflective Process

- Observing
 - I noticed you got quiet when we started to talk about...
 - Whenever you talk about working with that family you make a point of saying its not as bad as it used to be.
- Checking
 - Am I understanding how you see the situation?
 - Is that a pretty accurate account of what you were telling me?
- Problem Questioning
 - Is this how you expected it would turnout?
 - Are you satisfied with the way it's going?
- Emotional Brainstorming
 - Do you have some ideas about what he's feeling when he's the last one to be picked up at the end of the day?
 - What's your sense of what it's feeling like for that mom as the only African American family in the program?
- Pausing and Reviewing
 - Could we take a minute and revisit what just happened?
 - Might it be useful to pause and take stock of what collectively you are learning about this child?
- Individual Resonating
 - What was that like for you when
 - Were there particular thoughts or feelings called up by what's been going on this week.
- Perspective Taking
 - Can you imagine what its like to be four years old and your mom is a police officer?
 - I wonder what it feels like to be a Native American teacher in the program right now?
- Inviting Visioning
 - How would you want the circle time to feel?
 - Can you envision a different outcome?
- Considering Action
 - What could you say or do that might repair things with your co-teacher?
- Inviting Action
 - What would be the first step?
 - What do you think is getting in the way of you saying that to her?

- Weighing Options
 - What would be the benefit of that?
 - Is there a down side to trying that out?
- Taking A Pulse
 - Do you think you are ready to put those feelings into words?
 - As we are about at the end our meeting time, would anyone like to say a few words about the process felt or what you are taking away with you?

Adapted from Peter Fonagy 2009