Reflecting Practices in Critical Incident Debriefing

TAMFT
March 1st, 2019
Austin, TX
Introductions
Who are we?

Adriana Gil-Wilkerson, M.S., LMFT-Supervisor

Jessica Gonzalez, M.S., LMFT-Associate

Sue Levin, Ph.D, LMFT-Supervisor, LPC-Supervisor

Joanna Robertson, M.MFT, LMFT, LPC-Intern
Who are you?

Raise your hand if:

- You work in school settings
- You work in disaster response/crisis response
- You have used reflecting teams or practices before

Why did you choose this workshop?

What do you want to get out of this time?
HGI Counseling

WALK-IN COUNSELING
No Appointment Necessary
Monday – Friday 3 p.m.-7 p.m.
Saturday 9 a.m. – 5 p.m.
2990 Richmond Avenue, Suite 530
Houston, TX 77098
Houston Galveston Institute

- Began as the Galveston Family Institute in 1978

- Founded by Harlene Anderson, Ph. D., Harry Goolishian, Ph.D., Paul Dell, Ph. D., and George Pulliam, M.S.W.

- A Collaborative Learning Community

- Serving the community in 3 different offices, 19 schools, and various community partnerships.
Collaborative Therapy: Our Way of Being

● Our client is the expert on their own life
● “Not Knowing” stance
● Being Tentative and Respectful
● Engaging in Conversation/Dialogue-
  ○ Mutual Inquiry -where both parties contribute to the co-creation of meaning
  ○ Curiosity
● Developing Possibilities together
● Host/Guest Metaphor
Reflecting Practices
Guidelines for Reflecting Teams

Share ideas with each other. The goal is to maximize the number of ideas we have to work with.

Use the language and metaphor of the clients.

Keep the reflecting process short - go slow and in small steps.

The client is the expert of their own story.

Our expertise is in developing a conversation about that which is relevant and central for the client.
Ways to Use a Reflecting Practices

Reflecting Teams:
- Including the Clients
- Reflecting on Reflections

Reflective Writing

Reflecting without a Team

Supervision

Critical-Incident Debriefing
How we will use them today

● Get into groups of 4-5

● Listen from the not-knowing, curious position

● When the consultation is complete, share your reflections together and write them down on the paper provided

● Groups will then be given a chance to share what they noticed
Taking a much needed break with Abner, one of the many therapy dogs present for victims and support staff
Processing the Experience
Sharing Reflections
How can you care for your team?
Reflecting Practices for Critical Incident Debriefing

● Do you think you might use reflecting practices to help your team debrief?
  ○ Why or Why Not?

● What challenges do you think might exist?

● What would be helpful?
Questions?
Stay in Touch!

joannatalkhgi@gmail.com
jessicatalkhgi@gmail.com
sue@talkhgi.com
agil-wilkerson@talkhgi.com
(713) 526-8390

Andersen, T. (1995). Reflecting processes; acts of informing and forming; you can borrow my eyes but you must not take them away from me! In Friedman, S. (ed.) The reflecting team in action.


