Confluence: Reflective Supervision and Consultation while Navigating the Journey as Parent and Helping Professionals

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Reflective Prompts

- If you worked before becoming a parent, what hopes and worries did you have about becoming a parent while working in the field? What, if anything, did you imagine might shift? If you were a parent before beginning your professional work, what of your experience as a parent did you carry into your work?
- How did your professional knowledge within the field impact you or your relationship with your partner as you moved through pregnancy (and/or the adoption or foster care process) and into the role of new parents?
- As your children have moved from one age and stage to the next, what shifts have you noticed in your professional practice?
- How have your experiences as a parent impacted your overarching sense of compassion towards children, parents, and families?
- If you experienced a perinatal mood and anxiety disorder (PMAD) while pregnant or following the birth of your child, how does your experience impact your work in the field? How has your experience of finding and receiving help and support, or struggling to do so, impacted your work?
- How has your experience of difficult outcomes with clients, harrowing experiences with families, or "worst-case scenarios" impacted your parenting?
- Have there been times when you chose to self-disclose and then wished you hadn't? What might be good factors to consider when deciding if you will share personal information related to your experience as a parent with a client?
- What wise and compassionate words might you say to yourself or a dear friend or colleague struggling with the complexity of being a parent and helping professional?
- How has your identity as a parent influenced your stance as a reflective supervisor or consultant? Within reflective supervision/consultation, how has your experience of countertransference and self-disclosure been impacted related to your identity as a parent?

excerpts from Confluence: A Reflective Workbook

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