



INFANT-TODDLER MENTAL HEALTH
COALITION OF ARIZONA
PO Box 2234
Phoenix, AZ 85002-2234

The Infant-Toddler Mental Health Coalition of Arizona

Presents

Held, Heard, and Honored: The Crucial Role of Reflective Supervision and Consultation in Infant Mental Health Practice

Cathleen M. Phelan, LCSW, IMH-E®

Friday, September 20th, 2024
9:30am – 12:30pm

Tempe Library
3500 S Rural Rd, Tempe, 85282
Community Connections Room
Near the back of the library

The experience of sharing hard stories in reflective supervision/consultation and having them be held, heard, and honored is a core theme of our work as IMH professionals. This training will provide an engaging exploration of the key themes of reflective supervision/consultation (RSC), the role of reflection in developing self-awareness and personal and professional growth. Participants will explore key principles of RSC and the RIOS framework and engage in reflective activities. The training will consist of a structured presentation followed by a panel of reflective supervisees/consultees and supervisors/consultants to share a range of experiences with RSC. This training will address competencies required for *ITMHCA Endorsement for Culturally Sensitive, Relationship Focused Practice Promoting Infant Mental Health*.

Cathleen M. Phelan is currently the Clinical Supervisor for the Early Childhood Mental Health team at Casa de los Niños in Tucson. In this role, she supervises a team of masters' level therapists who provide relationship-based interventions to young children and their caregivers. Cathleen has over fourteen years of experience in infant and early childhood mental health. Cathleen is endorsed as an Infant Mental Health Specialist (IMH-E®) and is in the process of obtaining IMH-Mentor endorsement. Cathleen is passionate about reflection as a tool to support staff and families in growing their capacity to hold the hard stories.

The cost is \$50 for members & \$65 for non-member
Pre-registration required at www.itmhca.org