

Lacee Bukoskey

Benefits of Reflective Supervision in OT



Website:

<https://nota.wildapricot.org/event-4452998>



Date: Wednesday October 20, 2021

Time: 7:00 PM – 8:00 PM

Venue: Virtual/Zoom (see NOTA website for login)

Description: In this course, participants will be introduced to reflective practice. We will discuss the process of reflection and relate reflection to mindfulness in practice. Participants will learn the difference between reflective supervision and supervision. We will also discuss how reflective can improve your practice as an occupational therapy practitioner.

Course Objectives:

By the end of this course, participants will:

1. Identify components of self-understanding and self-awareness
2. Increase their understanding of reflective practice and its impact on parallel process
3. Learn strategies and tools, including therapeutic use of self to support reflective practice experiences when working with complex clients, families, and systems
4. Have reflective supervision tools to incorporate reflective supervision/practice into educational and work environments

Speaker Bio:



Lacee received her Bachelor of Science in Applied Psychology from Montana State University, in Bozeman, Montana. She later moved to Henderson, Nevada and went to Touro University for her master's degree in Occupational Therapy.