

## Center for Reflective Communities

### 反思性社区中心

*Building reflective communities today, for our children's tomorrow*

为孩子们的明天，在今天建设反思性社区

The Center for Reflective Communities (CRC) provides early intervention and parent training to enhance relationships between children and caregivers, leading to greater school readiness, increased academic achievement, and more productive lives.

反思性社区中心(The Center for Reflective Communities ,CRC)提供早期干预和家长培训，以增强儿童与照护者之间的关系，提高学前准备，提高学业成就以及生活质量。

## VISION

### 愿景

Using an evidence-based, culturally responsive attachment approach, CRC strengthens the parent-child relationship which leads to socially competent children who have greater emotional health and are more likely to succeed in school and throughout their lives. Implementation of Reflective Programs in low income communities can ideally serve to end cycles of poverty and trauma.

CRC 采用基于实证的、包含文化考虑的依恋取向，强化亲子关系，这会促进孩子的社交能力，情感健康程度更高，更有可能在学校和他们的一生中获得成功。在低收入社区实施反思性项目会理想地结束贫困和创伤的循环。

CRC's programs teach parents effective parenting skills designed to decrease parental hostility and aggression, and increase a parent's ability to understand themselves and their child. This results in parents who are better able to soothe and calm their child's distress and set age appropriate limits.

CRC 的课程向家长传授有效的育儿技巧，旨在减少家长的敌对情绪和攻击性，并增强家长对自己和孩子的理解能力。这样可以使家长更好地安抚和缓解孩子的困扰，并设定适合于

该年龄段的限制。

Research demonstrates that secure attachment is a key factor in determining school-readiness. Our Reflective approach is especially effective in communities with risk factors including poverty, a history of loss or trauma, and other barriers to healthy child development and school readiness. The Reflective model results in children who feel safe enough to concentrate on the business of their own development and learning, and thus, prosper in school. The ultimate outcome is that children do better in school, community, and relationships across their lifespan.

研究表明，安全依恋是决定学前准备的关键因素。我们的反思性方法对存在以下风险因素的社区尤其有效：贫困，丧失或创伤的经历以及其他不利于儿童健康发展和入学准备的阻碍。反思模型使孩子们感到足够安全，可以专注于自己的发展和学习，从而在学校中茁壮成长。最终的结果是，孩子们在学校，社区以及整个人生过程中的人际关系方面都有更好的发展。

## **WHAT WE BELIEVE**

### **我们相信什么**

Strong relationships with children derive from a caregiver's ability to be reflective, which is a way of understanding what is going on inside a child and inside oneself in the course of interacting with one another. When care providers are reflective, children develop in a healthier way; but being reflective is at the core of all good relationships. We have programs that are specifically for parents and programs that are specifically for all the others who care for children, including mental health clinicians, child development specialists, teachers, day care providers and residential treatment counselors. CRC provides direct service and training for clinicians working in community agencies to run these programs for the families they serve. CRC runs

groups and provides curricula in English and Spanish. CRC has been approved by LAC-DMH as an Evidence Based, Prevention and Early Intervention (PEI) model.

与孩子的牢固关系源自于照护者的反思能力，这是一种在亲子互动过程中，对孩子以及自己内心发生了什么事情的理解方式。当照护提供者具有反思性的时候，儿童会以更健康的方式成长；善于反思是所有良好关系的核心。我们有专门针对家长的项目和专门针对所有其他关爱儿童群体的项目，包括心理健康临床工作者，儿童发展专家，教师，日托提供者和住院治疗顾问。CRC 为在社区机构工作的临床工作者提供直接服务和培训，以帮助他们在其所服务的家庭中开展这些项目。CRC 开展团体并提供英语和西班牙语课程。CRC 已由 LAC-DMH 批准，作为一个基于实证的预防和早期干预（Prevention and Early Intervention, PEI）模型。

## OUR PROGRAMS

### 我们的项目

CRC operates three program categories: 1) Reflective Parenting Groups; 2) Clinician Training; and 3) Reflective Community Workshops for Teachers and Childcare Professionals. Our approach is to partner with community agencies, clinics, schools and other sites that provide services to children and their families.

CRC 包含三个项目类别：1）反思性育儿团体； 2）临床工作者培训； 3）为教师和育儿专业人员举办反思性社区研讨会。我们的方法是与社区机构，诊所，学校和其他为儿童及其家庭提供服务的场所合作。

## 1. REFLECTIVE PARENTING PROGRAMS

### 1.反思性育儿授课项目

**Reflective Parenting Program (RPP)** is a parent group for 8-10 parents. The RPP group model is grounded in the most up to date research in child development, psychology, attachment, mentalization and neuroscience. RPP is recognized as an evidence-based Prevention and Early Intervention (PEI) program that helps protect children from growing up with Adverse Childhood Experiences (ACEs) and helps

prevent the intergenerational transmission of trauma.

**反思性育儿项目 (Reflective Parenting Program, RPP)**是由 8-10 个家长的育儿团体。RPP 组模型立足于儿童发展，心理学，依恋，心智化和神经科学方面的最新研究。RPP 是公认的循证预防和早期干预 (PEI) 项目，可帮助保护儿童免受不良儿童经历 (Adverse Childhood Experiences, ACEs) 的影响，并预防创伤的代际传递。

**Reflective Parenting Program for Two (RPP2)** is a dyadic parent group for 8-10 parents along with their infant or toddler. RPP2 is designed to meet the specific needs of parents of very young children which includes spending time observing children followed by a reflective discussion and prioritizing parents' urgent questions about their child.

**双人反思性育儿项目 (Reflective Parenting Program for Two, RPP2)**是一个由 8-10 位家长带着其婴儿或学步儿一起参加的家长团体。RPP2 旨在满足孩子还非常年幼的家长的一些特定需求，其中包括花时间观察孩子，然后进行反思性讨论，并优先考虑家长有关孩子的紧急问题。

**Prenatal Reflective Parenting (PRP)** is a group for 8-10 parents who are expecting a child. PRP is designed to meet the specific needs of parents during the prenatal period with a focus on the parent's expectations of, and feelings toward, their as yet unborn child and issues related to the possibility of postpartum depression.

**产前反思性育儿 (Prenatal Reflective Parenting, PRP)**是一个由 8-10 个待产的家长组成的团体。PRP 旨在满足家长在产前阶段的特殊需求，重点关注家长对他们尚未出生的孩子的期望和感受，以及与产后抑郁症有关的潜在问题。

## **2. PROFESSIONAL TRAINING**

### **2. 专业培训**

**Training in RPP** is available to Licensed or pre-licensed mental health professionals (under licensed supervision), as well as early childhood specialists and parent educators. There are three levels of RPP training: Level 1, Level 2 and Level 3.

**RPP 培训**适用于已经获得执照或获得临时执业许可的精神卫生专业人员 (在具有执照的督导之下) 以及幼儿专家和家长教育者。RPP 培训分为三个级别: 级别 1, 级别 2 和级别 3。

*Level 1* : Reflective Fundamentals, is an interactive 2-day, workshop that provides participants with a deep knowledge base regarding attachment and mentalization, illustrative clinical vignettes and role-playing exercises designed to engage participants in developing strategies for interventions with parents of differing attachment styles. Level 1 is a prerequisite for Level 2.

级别 1: 反思基础知识，是一个为期 2 天的互动式讲习班，为参加者提供有关依恋和心智化的深入知识基础，临床案例的示例和角色扮演练习，旨在让参加者制定干预策略以对不同依恋风格的家长进行干预。完成 1 级是参与 2 级的前提条件。

*Level 2* is training to become an RPP Group Co-Facilitator. A pair of trainee co-facilitators is assigned a supervisor, who provides 6 hours of preimplantation to evaluate parents and set up the group, followed by 14 (1.5 hour) weekly supervisory sessions to discuss what happened in the prior week's workshop and to prepare for the next week's workshop. Level 2 is a prerequisite for Level 3.

级别 2: 培训参与者成为 RPP 团体带领者。一对受训者共同带领团体，会安排一个督导，督导将提供 6 个小时的干预前评估，评估家长并成立团体，然后进行 14 次（每周 1.5 小时）督导会议，讨论之前的工作坊发生了什么事，并为下一周的工作坊做准备。完成 2 级是参与 3 级的前提条件。

*Level 3* is to become a trained Level 2 Supervisor. This train-the-trainer approach supports enhanced sustainability of the model.

级别 3: 培训成为受训过的 2 级的督导。这种培养培训师的方式支持增强了这个模型的可持续性。

### **3. PROGRAMS FOR ALL CARE PROVIDERS**

#### **3.开放给所有照护者的项目**

## **Reflective Care Program (RCP)**

In addition to our work with parents and training clinicians, CRC also offers programming to support the broader network for those involved in children's development, including, mental health clinicians, child development specialists, teachers, day care providers, residential treatment counselors, and all those who care for children.

### **反思性照护项目（Reflective Care Program, RCP）**

除了与家长和受训临床工作者的合作外，CRC 还为支持与儿童发展相关的人提供培训项目，以支持更广泛的工作网络，其中包括心理健康临床工作者，儿童发展专家，教师，日托提供者，住院治疗顾问以及所有那些照护孩子的人。

offers tailored training to enhance relationships amongst providers and within systems that target optimal child and family outcomes. Created to meet the evolving needs of diverse organizations, RCP implements reflective principles and practices in the service of improving staff retention, effectiveness, quality of services, and flow of organizational dynamics. By increasing the reflective capacities of direct care providers, supervisors, teachers and administrators, we aim to better equip entire systems with the resilience, responsiveness, and flexibility they need to most effectively serve children and families.

提供量身定制的培训，以增强服务提供者和以促进儿童和家庭最理想结果为目标的关系。创建 RCP 是为了满足各种组织不断在发展的需求，实施反思性原则和实践，在提高员工保留率，效率，服务质量和组织动态流程方面有所帮助。通过提高直接照护提供者，督导，教师和管理人员的反思能力，我们旨在为整个系统更好地完善其为儿童和家庭服务的效果最需要的弹性，响应能力和灵活性。

请联系 [info@reflectivecommunities.org](mailto:info@reflectivecommunities.org)，以获取更多有关 RCP 培训的详细信息。

[www.reflectivecommunities.org](http://www.reflectivecommunities.org)