

RIOS™ REFLECTION SELF-CHECK

Supervisor/Consultant or Supervisee/Consultee: _____

Session Dates

Please use the reverse side to note any key ideas or thoughts you wish to capture for your next session.

REFLECTIVE ALLIANCE —Which of the three descriptions best fits your Reflective Alliance during this session?					
We held safe space for vulnerability and attunement, and we joined in deeper understanding and shifted perspectives as a result of new learning.					
We were willing to share thoughts, emotions, and concerns and show interest in states of mind of ourselves and others.					
We reported facts, and we taught or addressed administrative issues with little exploration or attention to emotion.					
Using the lists below, note which Essential Elements were covered and which Collaborative Tasks were utilized during the session; check all that apply.					
UNDERSTANDING THE FAMILY STORY —those in the caregiving environment and their relationships, ancestry, parenting values, and historical trauma					
Integrating: co-created a summary of what has been discovered and implications for the work going forward					
Linking: made explicit connections to theory/IECMH principles					
Exploring: considered meaning and used perspective taking					
Responding: expressed thoughts and feelings					
Describing: shared facts; nonreflective					
HOLDING THE BABY/CHILD IN MIND —any babies or children and their relationships with others					
Integrating: co-created a summary of what has been discovered and implications for the work going forward					
Linking: made explicit connections to theory/IECMH principles					
Exploring: considered meaning and used perspective taking					
Responding: expressed thoughts and feelings					
Describing: shared facts; nonreflective					
PROFESSIONAL USE OF SELF —the participants in the work, including relationships and potential bias					
Integrating: co-created a summary of what has been discovered and implications for the work going forward					
Linking: made explicit connections to theory/IECMH principles					
Exploring: considered meaning and used perspective taking					
Responding: expressed thoughts and feelings					
Describing: shared facts; nonreflective					
PARALLEL PROCESS —how a relationship affects and is affected by other relationships					
Integrating: co-created a summary of what has been discovered and implications for the work going forward					
Linking: made explicit connections to theory/IECMH principles					
Exploring: considered meaning and used perspective taking					
Responding: expressed thoughts and feelings					
Describing: shared facts; nonreflective					

Note: IECMH = infant and early childhood mental health.

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REFLECTIVE INTERACTION OBSERVATION SCALE (RIOS™) REFLECTION SELF-CHECK

Respond to any or all of the following questions that resonate with you.

What happened in this session that was particularly important? Did any significant feelings or moments of connection arise?

Were there new self-discoveries? Was there a sense of safety during the session? A feeling of “holding or being held”?

What was not discussed? What is being missed? What is painful to discuss?

Is/are there something(s) you want to remember going into the next session?

Date:

Date:

Date:

Date:

Date:

Date: