

# Reflective Supervision Critical Skills & Strategies

- **Attunement & mindfulness**  
Mindful attention to the supervisee's needs, expressed or not
- **Containment**  
Supporting effective management of strong feelings
- **Sorting and selecting**  
Choosing from a variety of themes in a session for action in a complex situation
- **Gentle inquiry**  
Using questions strategically and carefully to build broader insight
- **Professional use of self**  
Awareness of how values, biases, cultural background, regional perspectives, personal history, and beliefs can impact work with children and families