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# The Partnering Professional

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**When:** Monthly / Every 4th Friday of the month

**Where:** Virtual Platform / In-Person Platform

**Fee:** USD 00 Entire Training or \$00 Each Session

**Manual Fee:** Included in the price of the training

**Audience:** Professionals who work with the African American (AA) Family. Professionals who work with African American mothers and children. Multidisciplinary groups are welcome.

**Facilitator/Content Expert:** Dr. Sheila Sweeney, LICSW

Reflective Functioning in Young Adult African American Mothers Curricula

The parent-child relationship is crucial to child development because it helps shape the child's sense of self. How parents respond to their children's needs and cues impacts how children (a) feel about themselves, (b) learn to handle and express emotions, and (c) how they relate to others. Therefore, understanding parents' ability to be reflective, and potential challenges to that ability, helps us understand how children feel about themselves and get along in the world.

Many caregivers, regardless of racial or cultural background, may assume that their experiences are normal and relatively unimportant. But once they begin talking about their experiences, they may uncover long-suppressed feelings and thoughts. Often these unconsciously suppressed thoughts and feelings are about traumatic childhood experiences.

**The experiences of being heard, acknowledged, and validated can help individuals rethink and rework narratives.** You can help individuals begin to confront previously unexamined patterns of parenting and to assist in making conscious changes that break destructive patterns.

**Professionals** often hesitate to ask people to open up old wounds, fearing that individuals will be re-traumatized. However, this research shows that individuals can be immensely helped and relieved by discussing difficult past experiences. It takes training and consultation to be able to do this effectively. **Professionals working with African American mothers** may have an opportunity to model reflection. This could help mothers prevent unhealthy patterns that are present in histories of neglect and abuse.

**Partnering with the Professional: Reflective Functioning in African American Mothers and Children** combines interactive experiences, guided activities, and reflection to support your professional journey. You will engage in a (1) guided interaction (2) have in-depth discussions (3) reflective activities.

**The Partnering Professional Training** includes 6 modules (each module covers up to 2 hours of curricula):

Module 1: Introduction to the Study: Why this study

Module 2: What Factors are Affecting the AA Mother and her Children

Module 3: Supporting Professional: Truly Hearing Families' Voices

Module 4: Together: Integration and Reflection

Module 5: Professional Narratives: Strengths and Biases

Module 6: Building Community and Connection

**Objectives:** Participants will call upon skills that will challenge them to:

- **Examine** AA professional-parent-child relationships
- **Uphold** the parent-child-professional connectivity
- **Support** social-emotional development
- **Reduce** toxic stress
- **Reflect** and integrate
- **Partner** to listen and learn
- **Explore** professional-parent-child dynamics
- **Consider** culture, class, and race

**Manual:** You will receive slides and worksheets to go along with this training. These resources will be used to assist the experiential learning process.

**Presentation Slides and Activities:** All PowerPoint slides and activities used, during training, will not be available as handouts. Slides and worksheets that can be shared, will be included. These resources are not transferable.

Reference:

Sweeney, S. (2018). Reflective Functioning in young adult African American mothers (unpublished doctoral dissertation). The Institute of Clinical Social Work, Chicago, Illinois.