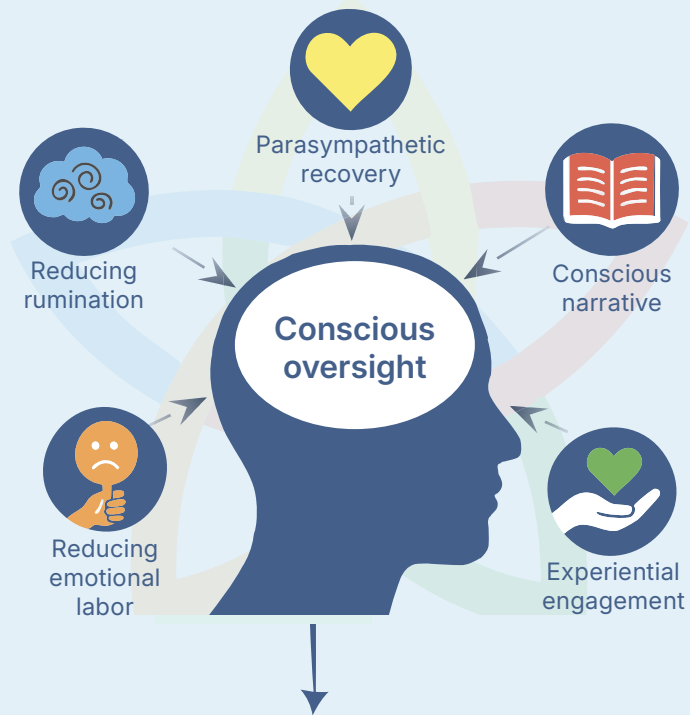


Reflective Practice CE-CERT Model

Supports intentional nervous system
regulation through 5 core skills



*Helps you manage work
demands while building a
deeply fulfilling career*

Developed by Dr. Brian Miller



Nebraska Center on
Reflective Practice

<https://nebraskababies.com/ncrp>

CE-CERT Training

🕒 6 months

1.5 days of CE-CERT training

*centered on the
5 skill domains*



BONUS: 3 hours of supervisor training

- *optional*
- *for supervisors*
- *focuses on coaching CE-CERT skills in staff supervision*



10 consultation calls over 5 months

- *facilitated by a CE-CERT consultant*
- *reflect on and integrate the skill domains*

Real Outcomes for Helping Professionals

Based in initial results, three months after completing our training, participants report:

- **Stronger emotional coping skills** when exposed to others' trauma
- **Greater confidence** managing difficult emotional reactions
- **Reduced burnout** and improved wellbeing



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