

# LA COCINA PRESENTS: LA RED

A community of practice network supporting Latinx supervisors ready to codesign and train in Liberation-Based Reflective Consultation (LiBRC)

## WHAT IS LA RED?

La Red de La Cocina is a nine-month, cohort-based capacity building and training program that will bring together Latinx and/or Hispanic (self-identified) individuals who either supervise and/or provide support and consultation to persons who work with and/or serve pregnant people, babies and young children (ages birth-5 years old), and/or who provide support to the adults who care for babies and young children (parents, family members, educators, caregivers). La Red is a bilingual (Spanish-English) Latinx-founded, Latinx-led and Latinx-serving program that supports equitable access and language justice, which means all programming materials and training will be delivered in both English and Spanish.

As part of La Red's unique "codesign" approach to building reflective capacity and a supportive community of practice, La Red's training team will support program participants as they build a shared understanding of these key learning objectives:

1. Learning how to facilitate reflective conversations/consultation, including liberation-based reflective supervisory dialogues as part of a caring community of practice.
2. Participating in La Cocina's innovative group and individual Liberation-Based Reflective Consultation (LiBRC) and dialogues.
3. Building capacity and knowledge by training in La Cocina's LiBRC, a community codesign framework that applies a Liberation Psychology approach to maternal, infant and early childhood service(s).

## WHO CAN APPLY?

Individuals who are Latinx-identified and who work with, or on behalf of Latinx pregnant people and/or babies, young children and the adults who care for them. Program applicants may be:

- currently working as supervisors of staff who provide these services
- currently working as coaches and/or mentors to peers/colleagues who provide these services
- volunteers/peer supervisors providing support and oversight to other volunteers and/or peers
- MIECMH (Maternal, Infancy & Early Childhood Mental Health) providers/consultants
- graduate students completing a degree in a relevant study field
- community members who provide support to groups and/or individuals connected to pregnant families or families with infants/young children



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**PROGRAM COST=\$3500**

La Cocina is committed to making this important resource available to Latinx supervisors, consultants, coaches and/or peers committed to caring, more equitable approaches to supervision. Full and partial scholarships are available to qualified candidates.

## APPLICATION INFORMATION

La Red applicants are now welcome to apply for participation in the program by completing [THIS online application](#).

## NEED MORE INFORMATION?

Please write to us at [LaRed@lacocinahome.org](mailto:LaRed@lacocinahome.org). We are excited to hear from you.



## HOW MUCH TIME WILL I NEED TO DEDICATE TO LA RED?

Program participants must be able to commit seven-to-eight hours of training per month for nine-months. The program will launch in late June 2022 and will continue until late March 2023. Here is how participants can expect to spend their time while enrolled in La Red:

- Attend monthly training sessions over Zoom; each training session is three hours (3-hours)
- Participate in two 90-minute reflective consultation practice sessions per month (3-hours)
- Participate in at least one individual LiBRC supervision/consultation session per month (1-hour)
- Homework and LiBRC-project time (estimated at 1 to 2-hours each month)



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## Frequently Asked Questions

### **Do I need to be a psychotherapist and/or mental health professional to participate in La Red?**

No. You do not need to be a psychotherapist and/or mental health professional to participate in La Red. In fact, the program has been designed to support the work of Latinx professionals, volunteers, mentors, and/or students who offer support outside of mental health settings.

### **Do I need to know about, or be trained in reflective supervision/consultation to participate?**

No. It is not necessary to know about and/or be trained in traditional reflective supervision/consultation to participate in La Red!

### **Do I need to be providing reflective supervision/consultation to an individual or group to be eligible to participate in this project?**

No. It is not necessary to be providing reflective supervision/consultation to participate in La Red. Our program is designed for individuals who are providing any type of supervision, oversight, and/or support to others working with pregnant and/or birthing people, new parents, babies and young children, parents and/or caregivers of babies and young children.

### **I am brand new to reflective supervision/consultation...is that ok?**

Yes! That is completely ok.

### **What does it mean that La Red is a “codesigned” or co-created project?**

Codesign is a process that elevates the voice of lived experience and is a way of designing a program or project that occurs with others, not for others. Co-design and co-creation welcomes the sharing of knowledge and power. And while La Red is being designed with the framework of Liberation-Based Reflective Consultation at the center of this project, we know that in order to create an inclusive, accessible, culturally-relevant and truly liberatory training program, we must do this work together. This means that rather than having La Red be an experience created for you, we are creating an experience, a knowledge base, and a way of being with each other.

### **What is expected of me at the end of this project?**

Participating in La Red will provide you with a training experience that will strengthen your abilities to support your staff, colleagues, community members/groups, and/or peers in co-designing Liberation-based reflective spaces, opportunities, and practices that are inclusive, accessible, culturally relevant, and truly liberatory.



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**I see that there is a cost for participating in this project. What if I cannot afford to pay? Or what if my agency cannot afford to pay?**

La Cocina is committed to making this important resource available to Latinx supervisors, consultants, coaches and/or peers committed to caring, more equitable approaches to supervision. Full and partial scholarships are available for qualified candidates. Tell us you need a scholarship when you [apply to the program HERE](#).

**Is this only open to folks who live in certain parts of Colorado?**

La Red is open to individuals living and working anywhere in the greater United States.

**What if I am a FFN provider, how do I fit into this project?**

If you are an FFN provider that supports, coaches, and/or mentors others and you want to grow your knowledge, understanding, and skills in Liberation-Based Reflective Consultation, La Red is for you!

**Can you share examples of folks who may be a good fit for this project?**

Sure!

- Supervisors overseeing the work of maternal, infant, and early childhood (MIEC) teams
- Peer supervisors (paid or volunteer) overseeing the work of peers who work in MIEC teams
- MIEC health promotion support for teams and/or community groups providing services to pregnant people, babies, young children, families and caregivers
- Mental health consultants
- Infant and early childhood educators overseeing infancy and early childhood education professionals, paraprofessionals and volunteers
- Other persons who are in an oversight role and provide support to professionals, paraprofessionals and/or volunteers working with MIEC families and caregivers.
- People who work and/or volunteer for an organization, as well as people who are self-employed
- This may include individuals who work/volunteer in the following settings:
  - Head Start
  - Family Resource Centers
  - Department of Human services (Caseworkers and Supervisors)
  - Early Intervention
  - Early childhood educations (teachers and directors)
  - Home visiting
  - Integrated behavioral health settings at OBs and pediatric offices
  - Public health
  - Spaces that support pregnant and birth people (Doulas, Midwives)
  - Early childhood councils
  - Friend, Family, and Neighbor providers
  - Mental health settings



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