

Reimagining Reflection

Uplifting Dreams, Harvesting Wisdom, Birthing New Possibilities



Over six months, nineteen community partners from across Washington State gathered in brave and tender spaces to hold the question:

What is and what can be reflection?

What emerged was a reimagining, a pivoting. We moved from transactional reflective supervision and consultation to transformative reflection. We expanded from holding babies in mind to holding families in our hearts and building healing communities for providers. And we dreamt about shifting from individual coping to purposeful action for collective liberation and justice. *Reimagining Reflection* weaves our partners' courageous wisdom and dreams. It also invites us, all of us, to birth the possibilities together. This executive summary highlights the findings shared in the [full publication](#).

DID YOU KNOW?

1 in 5

Professionals pay the financial costs associated with reflective practice.

2 in 3

BIPOC providers noted a cultural mismatch between themselves and their reflective consultant.

9 in 10

Professionals reflective practice as valuable or extremely valuable.

Emergent Wisdom

Nurturing *Being*: Reflection is who we are.

Practitioners across Washington State are calling for a pivot away from reflection as a contained, time-limited activity, and toward reflective practice as an embodied way of being and showing up, with ourselves, with families, and with one another.

Cultivating *Being With*: To heal the child, we must hold the whole family and the whole provider. Reflective practice expands when we move from holding babies in mind to holding parents and caregivers in our hearts. And when we remember that providers, too, need communal spaces where they are seen, witnessed, and renewed.

Empowering *Being For*: Reflection is more than a pause; it can be a pivot. It offers providers, agencies, and communities possibilities to transform fear and pain into love and hope. It involves understanding how *power-over* harms families, providers, and organizations, and how we cultivate *power-within* and *power-with* for healing and justice.

“Reflection is who we are.”

~ Gil Romero-Mewharter

The field is at a threshold. The question now is not whether to pivot, but how to move together.



From Possibilities to Practices

- **Deepen reflective practices.** Create conditions for ongoing reflections-in-representation across roles and settings. Diversify modalities and spaces for reflection, such as somatic practices and affinity groups.
- **Expand access with intention.** Prioritize early learning educators, paraprofessionals, families, and BIPOC practitioners, with attention to language, culture, and power.
- **Embed transformative learning in training for reflective partnership.** Promote deep learning and parallel reflection by centering experiential learning, cultivating presence, in vivo practice, meaning-making, and collective reflection.
- **Resource communities of learning and practice for reflective partners** as essential infrastructure. Fund peer spaces where practitioners can be meaningfully supported and sustained for lifelong and life-deep learning.
- **Cultivate an ecosystem of and for reflective practice.** Infuse reflection in organizational leadership and culture. Build and support networks of reflection by brokering community voice for policymaking, increasing cross-sector collaborations, and infusing equity and healing at all levels.
- **Translate wisdom into impact through public dissemination and engagement.** Share stories of the power of reflection. Offer experiential reflective opportunities for professionals and the public at large.



Reflection-in-Relationship: A Living Vision

Grounding, reigniting, and inspiring — our felt realness, our vision, and our shared responsibility. Reimagining reflection as reflection-in-relationship invites us home to belonging, healing, and collective creation. Together, we come in our wholeness, hold each other's dreams, and lovingly labor to birth the future in the present for ourselves and children and families in our care.



"These spaces are purposeful and meaningful... We are going somewhere to do something bigger and better and greater than ourselves, and for others. Sometimes it's a lot of weight to carry, but we're doing it together."

~ Maria Vasquez



**Center for
Early Relational Health**

Click to explore the full publication:
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