



# Reflective Practice & the Science of Hope

Science of Hope Community of Practice– October, 2025

## WHY THIS MATTERS

Reflective practice enables us to pause, observe, and find meaning. In trauma-affected systems, this pause aids in regulating the nervous system, promoting thoughtful responses, and fostering safety and connection. Reflection enhances our ability to regulate emotions, connect with others, and maintain hope for ourselves, our teams, and the families we serve.



## DEFINING THE SCIENCE OF HOPE

The Science of Hope, shows that hope is built when we can:

- **Set meaningful goals** – What matters most to us.
- **Identify pathways** – Multiple routes to reach those goals
- **Build agency** – The belief and energy that “I can make it happen.”

Reflective practice supports each element by helping us notice barriers, adjust our pathways, and stay grounded in our sense of purpose.

## WHAT IS REFLECTIVE PRACTICE?



Reflective practice is a structured pause to explore our thoughts, emotions, and experiences.

It bridges experience and growth—deepening awareness, self-compassion, and alignment with values.

Through reflection, we attune internally (to ourselves) and externally (to others), which enhances safety, trust, and equity in relationships and systems..

## HOPE-CENTERED REFLECTIVE PRACTICES

Simple strategies to start:

- Begin meetings or transitions with a pause or grounding breath.
- Name what’s showing up, emotionally or physically, before reacting.
- Ask reflection questions: “What went well?” “What can I try differently next time?”
- Notice small wins (“micro-moments of success”) and celebrate them.
- Build psychological safety, model vulnerability and curiosity.
- Hold compassion for imperfection, both yours and others’.

## ADDITIONAL RESOURCES

- Hope, Burnout, and the Child Welfare Workforce — available at [RESOURCES](#)
- Watch the October Hope CoP recording: [VIDEO](#)
- Reflective Practice tools and training resources from Dr. Gina Veloni — available at [FYJP HOPE CoP](#)



## ABOUT THE HOPE COMMUNITY OF PRACTICE

The Hope Community of Practice is a learning space for professionals and lived experts exploring how the [SCIENCE OF HOPE](#) can strengthen systems, practices, and communities.

We meet monthly with rotating topics and speakers.



Learn more and register to join at:

<https://fyjp.org/hope-science>



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This resource was co-created by the Hope Community of Practice.