

REFLECTIVE PRACTICE PLAYBOOK



Multi-modal experiential activities to guide integrative
reflective development in legal education and law practice

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Game Plan



Integrative Law Lens



How we Play



Translate into Practice

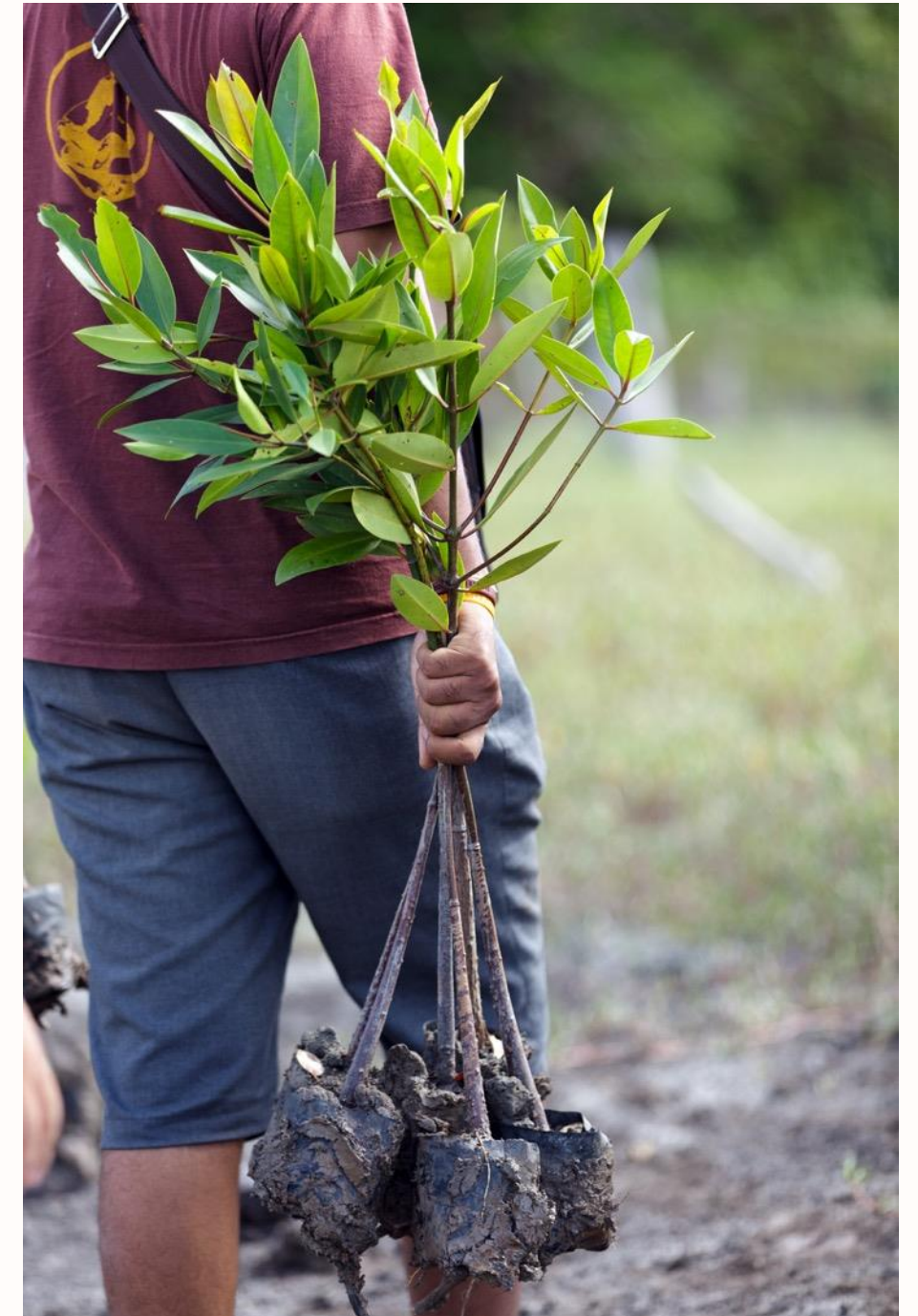


Let's Play

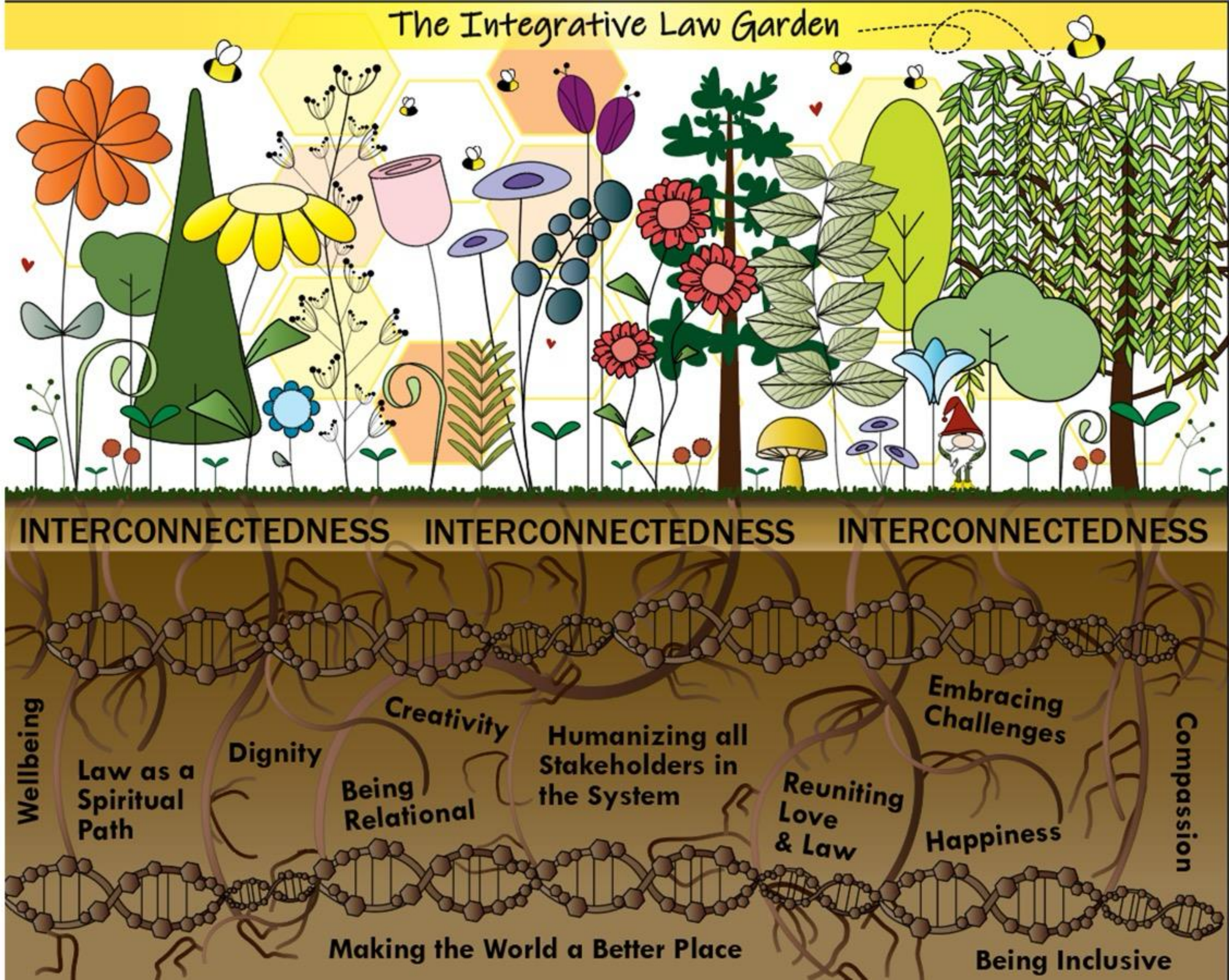
Integrative Law for societal change

Legal structures as framework for:

- 🌱 Weaving our relationships together
- 🌱 Setting boundaries
- 🌱 Defining duties and obligations
- 🌱 Enforcing accountability
- 🌱 Supporting business
- 🌱 Protecting creative expression



The Integrative Law Garden



Integrative Law includes

MODELS OF LEGAL PRACTICE

- Collaborative
- Restorative
- Therapeutic
- Peacemaking & Conflict Resolution

SYSTEMIC CHANGE

- Building new systems
- Creating new models
- Organizational Change

LAW FIRM & LEGAL WORK CULTURE

- Well-being
- Shared values
- Interfacing with conscious business

REFLECTIVE & CONTEMPLATIVE PRACTICES

- World views
- Consciousness
- Personal growth
- Spiritual inquiry

Integrative Lawyers are



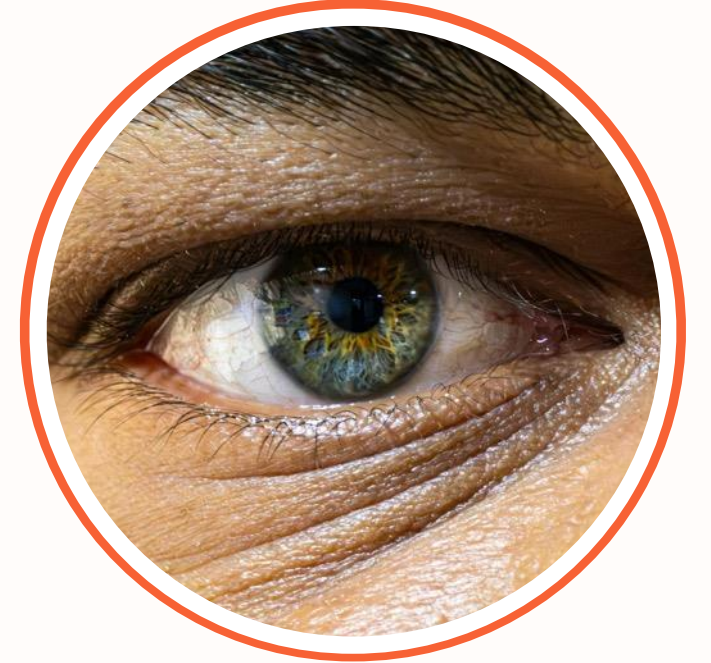
Reflective



Systems-
Oriented



Values-Based



Conscious

Reflection

- fertile soil
- deep roots
- nourishment

to cultivate a more human-centered, regenerative legal profession.





How we play

A Regenerative Ecosystem



**Growth Mindset
+ Heart-connection**



**Experiential and
Multi-modal**



Trauma-Informed



Integrating Play





**All five domains
of reflection**

Experiential

Playbook

Multi-modal

Translating Into Practice



**Evidence-
informed**

Actionable



Let's Play!



ARE YOU READY?



Lawyer Well-being

					
EMOTIONAL	INTELLECTUAL	OCCUPATIONAL	PHYSICAL	SPIRITUAL	SOCIAL
Value emotions. Develop ability to identify and manage our emotions to support mental health, achieve goals, & inform decisions. Seek help for mental health when needed.	Engage in continuous learning. Pursue creative or intellectually challenging activities that foster ongoing development. Monitor cognitive wellness.	Cultivate personal satisfaction, growth, and enrichment in work. Strive to maintain financial stability.	Strive for regular activity, good diet & nutrition, enough sleep, & recovery. Limit addictive substances. Seek help for physical health when needed.	Develop a sense of meaningfulness and purpose in all aspects of life.	Develop connections, a sense of belonging and a reliable support network. Contribute to our groups and communities.



1. Just Be:



practice the pause



PRESENCE



CLARITY



CONNECTION

2. TimeWise

What was your pace?
1-10
.....

What would have been the Most Optimal Pace?
↓ slower
faster ↑

WHEN DID YOU FIND YOURSELF IN A HIGH STAKES + HIGH TIME PRESSURE SITUATION?

Options to adjust your pace?
.....
.....

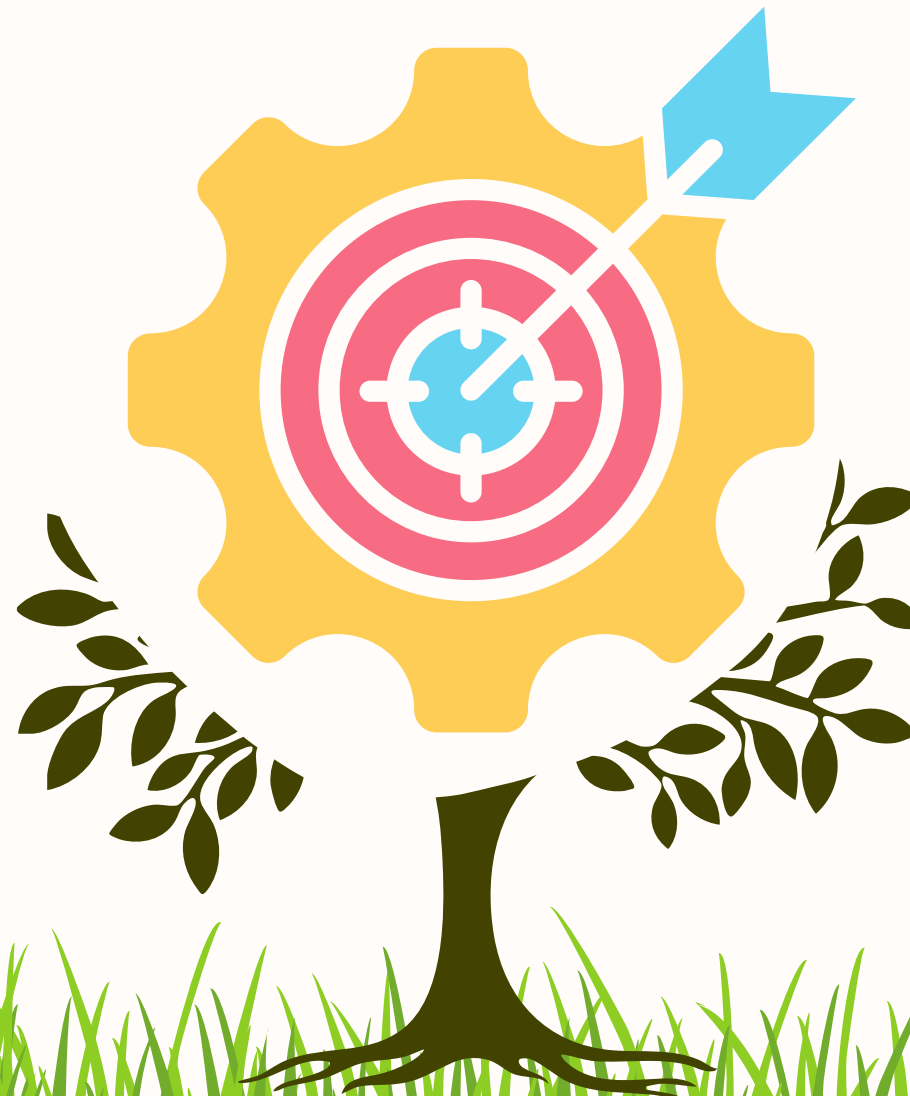
my pace reminder
.....
.....

* Value of Values

**Orientation &
Direction**



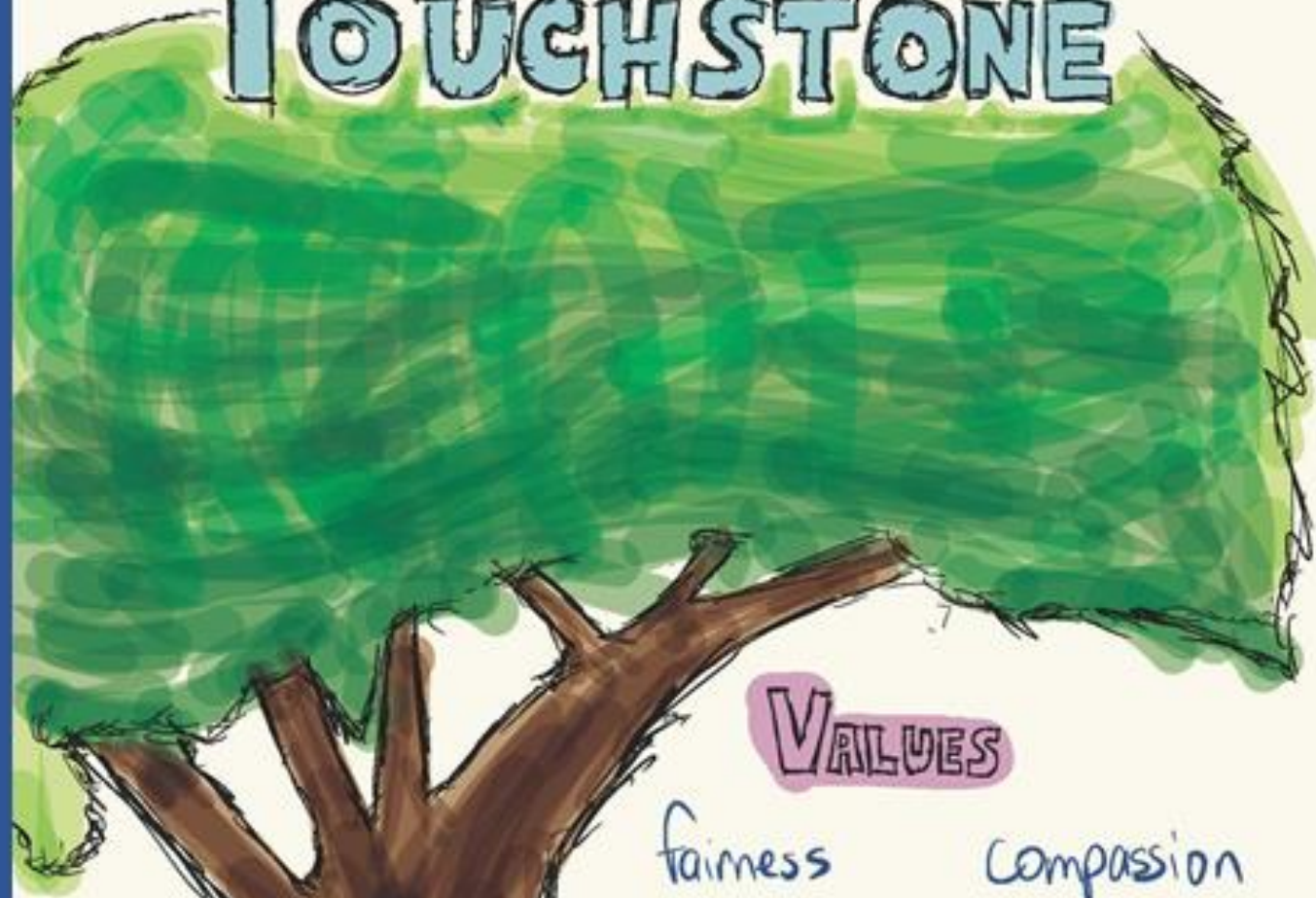
Alignment



**Centering in Chaos
and complexity**



HANNAH'S TOUCHSTONE



PURPOSE

Be kind.
Be curious.
Be strong.

VALUES

fairness
integrity
patience
safety

compassion
competence
self-discipline
continuous learning

MISSION

Be a tree. Offer a safe place to rest, to grow, to be protected. Keep growing. Keep reaching. Remember that strength is about stability, adaptability, and peace.

Amy's PANCAKES

A Recipe for a fulfilling life

🕒 Daily Practice 🍳 One well-lived life

The first pancake often lands in the trash, a principle that applies to both cooking and life.



Ingredients (Values)

- ♥ 2 cups of Wisdom
- ♥ 1 cup of Courage & Justice
- ♥ 1 packet of Self Control
- ♥ 1 cup of Gratitude, freshly harvested
- ♥ A pinch of Patience



Preparation (Vision)

To live virtuously, fostering resilience and inner peace while positively impacting society.

"The happiness of your life depends upon the quality of your thoughts." - Marcus Aurelius



Maintain the highest standards of kitchen ethics, even when no one is watching.

Cooking Instructions (Mission)

- Embody Stoic values daily
 - wisdom, courage, justice, and self-control
- Face life's ups and downs with equanimity
 - resilience, tranquility, and integrity
- Practice constant self-improvement
- Express genuine gratitude

"Waste no more time arguing about what a good man should be. Be one!"
- Marcus Aurelius

Purpose

To pursue a life of virtue, aligning our actions with nature's rational order—the idea that the universe operates according to logical principles. By focusing on what we can control—judgments and actions—we realize our potential as ethical beings and can contribute meaningfully to society. Living virtuously is both the means and the end of a fulfilling life.

Through self-reflection we find contentment in the pursuit of moral excellence.

"In the midst of winter, I found there was, within me, an invincible summer."
- Albert Camus



Chef's Tips



Operating Principles & Beliefs

Focus on what you can control; accept what you cannot.

We suffer more often in imagination than in reality.

Strive for excellence in all actions. Appreciate what you have.

Embrace discomfort to build resilience and empathy.

"When force of circumstance upsets your equanimity, lose no time in recovering your self-control, and do not remain out of tune longer than you can help."

Dealing with Adversity

When life serves you a "burnt pancake":

- Maintain equanimity
- Analyze the situation for hidden lessons
- Adjust your "recipe"
- Apply these lessons to future "batches"

One imperfect "pancake" doesn't ruin the entire batch of life.

Gratitude and Contentment

- Appreciate what you have rather than craving for what you lack
- Find joy in simple pleasures
- Recognize the good in your life daily
- Inner peace through acceptance

"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has." - Epictetus



VISION

A world that fosters individuality and sustainability.

MISSION

To love boldly and fearlessly, to always respect myself and others.

VALUES

SELF RESPECT

Seeing value in myself no matter what.

SERENITY

Fostering an environment of tranquility and relaxation for myself and others.

RESPECT

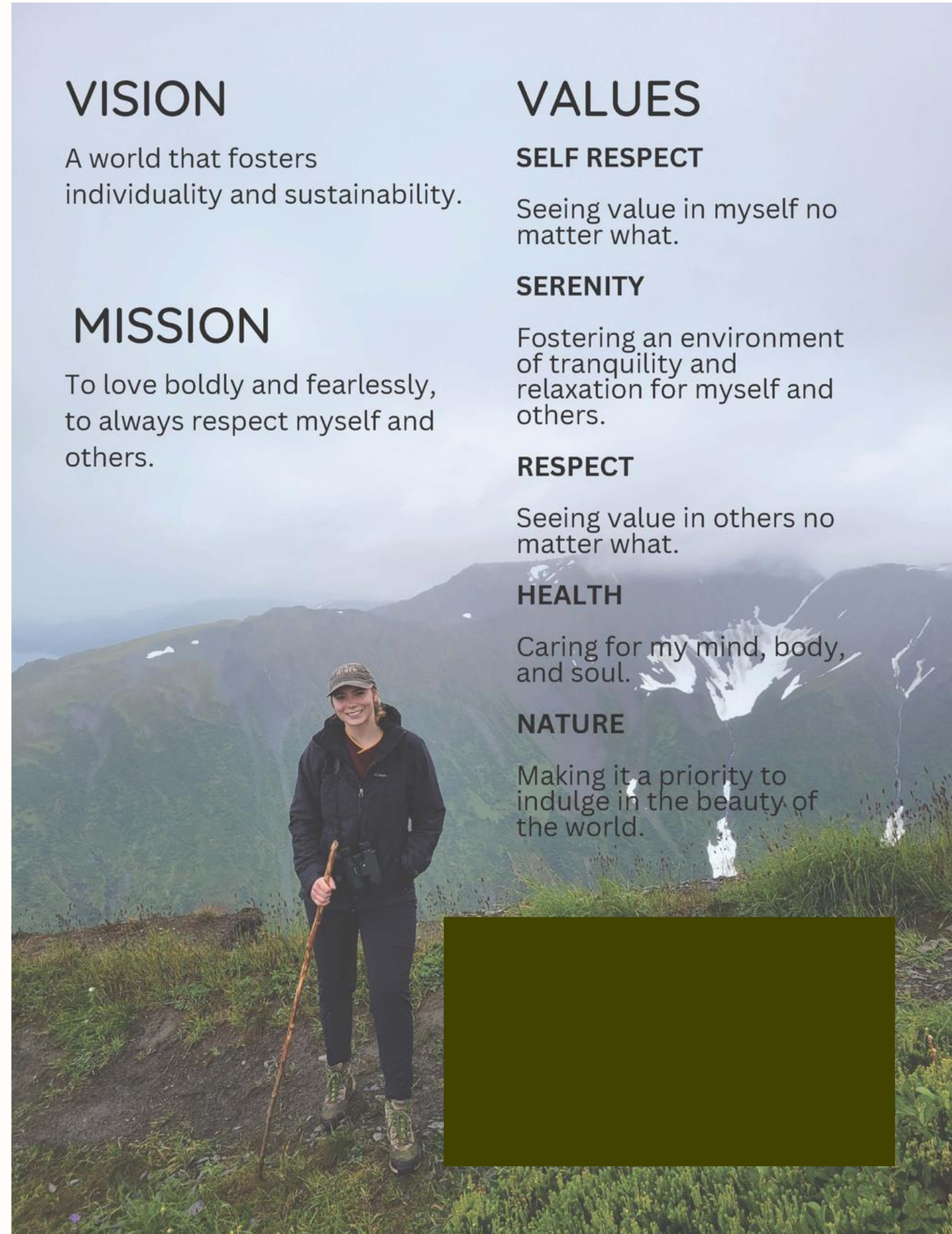
Seeing value in others no matter what.

HEALTH

Caring for my mind, body, and soul.

NATURE

Making it a priority to indulge in the beauty of the world.



About Kim

Vision

A world that generates and supports systems that prioritize dignity, compassion, peace, love, wellbeing, and interconnectedness.

Mission

Through leadership, writing, and teaching, Kim initiates, supports, and participates in projects to fulfill her vision by creating a legal system that works for all.

Values

Love and kindness
Belonging & Connection
Courage and Boldness
Playing with serious intent
Integrity (Wholeness, Alignment)

Purpose

To disrupt the dominant paradigm of separation and awaken connection.
To inspire, grow, and nurture a relational legal system that is boldly and unapologetically based on love, purpose, inclusivity, and respect.

SuperPowers

Connecting people and ideas.
Weaving community.
Inspiration. Attunement. Magic.

Strengths

Adaptability, Resourcefulness, Resilience, & Persistence
Seeing the greatness and potential for greatness in everyone and holding that space.
Sifting through complexity to find the simplicity on the other side
Seeing the whole and working with the pieces

Operating Principles & Beliefs

We can't always control our circumstances but we can choose our reactions.
Life can be a work of art. I am writing my own story as I live it.
I choose Love.
We are all relations, including all the birds and the bees, the flowers and the trees. We are family.

In order to change an existing paradigm, you do not struggle to try and change the problematic model. You create a new model and make the old one obsolete. That, in essence, is the higher service to which we are all being called.

– R. Buckminster Fuller

About Kara

Joy

laugh · play · delight

Connection

family · friends · community

Growth

forward · brave · alive

*I see a world where we live consciously, love deeply, and
laugh often.*

Gratitude

present · open · content

Integrity

true · whole · steady

*Every step inward is a step toward something bigger than
ourselves.*

Contribution

serve · give · uplift

Consideration

kind · boundaried · caring

*“Fight for the things you care about, but do it in a way that will lead others to join
you.”*

— RUTH BADER GINSBURG

one breath · one laugh · one step at a time

about Susanne ...

I am a weaver

loom brings structure
warp holds tension
weft allows for play

playful depth
and textures of care

visual
thinking

communication

carin
g

la

w



philosoph

collaboratin

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somatic

movemen

t

clarity

3: craft your values



1

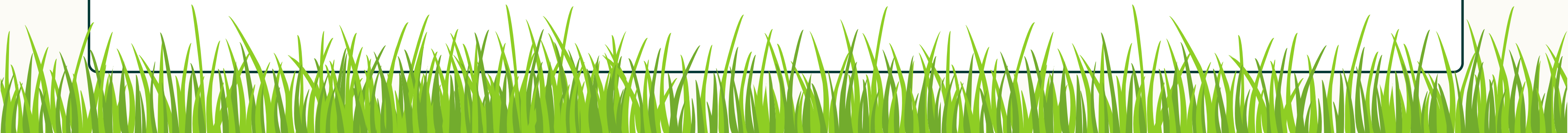
Identify five people you admire or respect (family, friends, mentors, public figures).

2

Describe them using concrete words – that represent what you admire about that person or the characteristic they embody.

3

Craft a personal values statement using these same descriptive words. This statement reflects who you are and what you stand for.





THANK YOU



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