

Gibbs Reflection

Réalta Boundaries Workshop (written on Oct 10th 2025)

1. Description

During the CPD workshop with Lucy Hyland we were guided through a short meditation and invited to make a creative response, which then opened up a group discussion on boundaries in arts-and-health practice.

Later that day, I toured Waterford Healing Arts' projects in the hospital and spent time speaking with arts-and-health professionals. I also saw the Library and Corina Dunn's project archive. Taken together, the day offered a rare, integrated view of practice, documentation, and the broader field.

2. Feelings

I felt steady and receptive. The workshop slowed me down and gave me the sense of thinking *with* others rather than alone. The Waterford visits were energising; seeing creative work embedded in a hospital setting and speaking with experienced practitioners made the field feel more coherent and grounded.

3. Evaluation

The creative prompt at the workshop was surprisingly effective; it cut past jargon and allowed people to speak directly from experience. Hearing others describe blurred roles and emotional spillover normalised things I'd struggled with.

The afternoon visits reinforced this. Seeing exhibitions, archives, and live projects showed how reflective practice, documentation and creative work can sit together — not as an afterthought, but as part of how the work lives on.

4. Analysis

I've often relied on instinct and empathy, which makes it easy to slip into emotional territory I'm not positioned to hold. The most useful tool from the workshop was the question:

"Is this expanding me or diminishing me?"

It offers a quick way to check whether my boundaries are intact or blurring.

The visits later that day clarified something else: reflection isn't separate from creative practice, it *is* practice. Seeing how Waterford Healing Arts and Corina Dunn archived their work helped me understand the power of documentation as part of the creative process rather than a record of it.

5. Conclusion

I could have been clearer about my role in earlier projects and more deliberate about protecting my boundaries. The day solidified the direction of my research, particularly the role of reflection and documentation in sustaining ethical arts-and-health practice.

6. Action Plan

- Communicate my role and boundaries clearly at the start of any project.
- Use ‘expanding or diminishing?’ as a quick boundary check.
- Build boundary-thinking into planning, not as a late-stage correction.
- Process emotional responses before acting on them.
- Integrate reflection into my creative process rather than keeping it separate.
- Maintain working practices that keep me steady, present, and within scope.