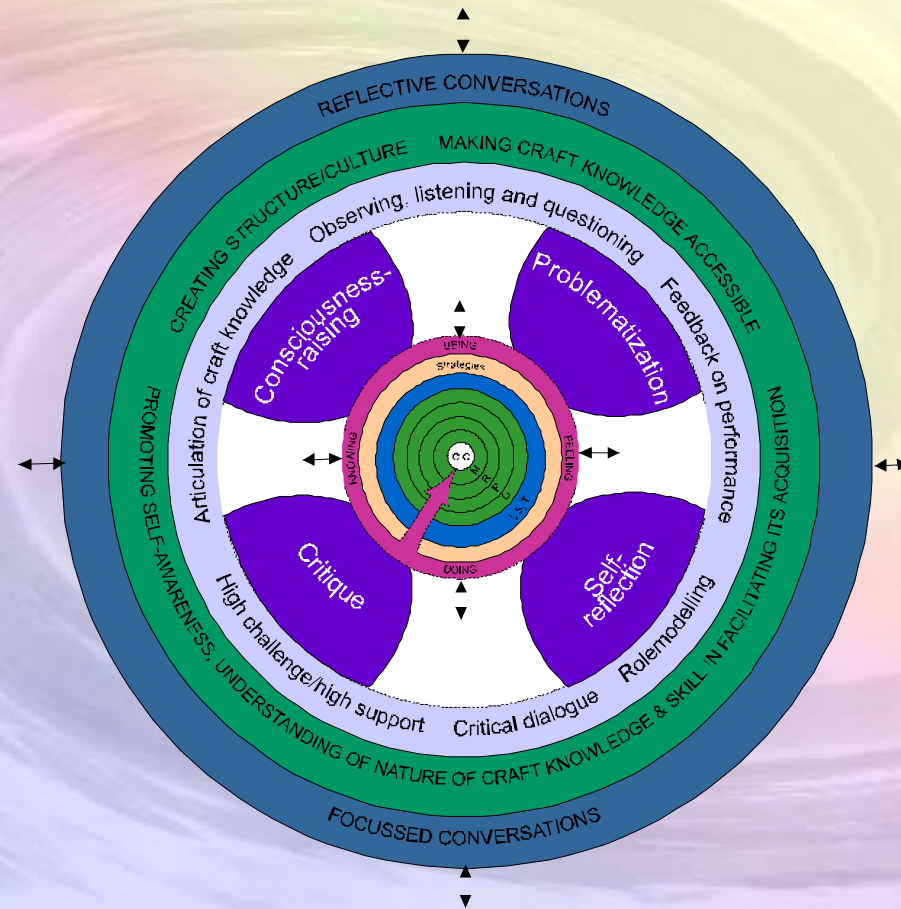
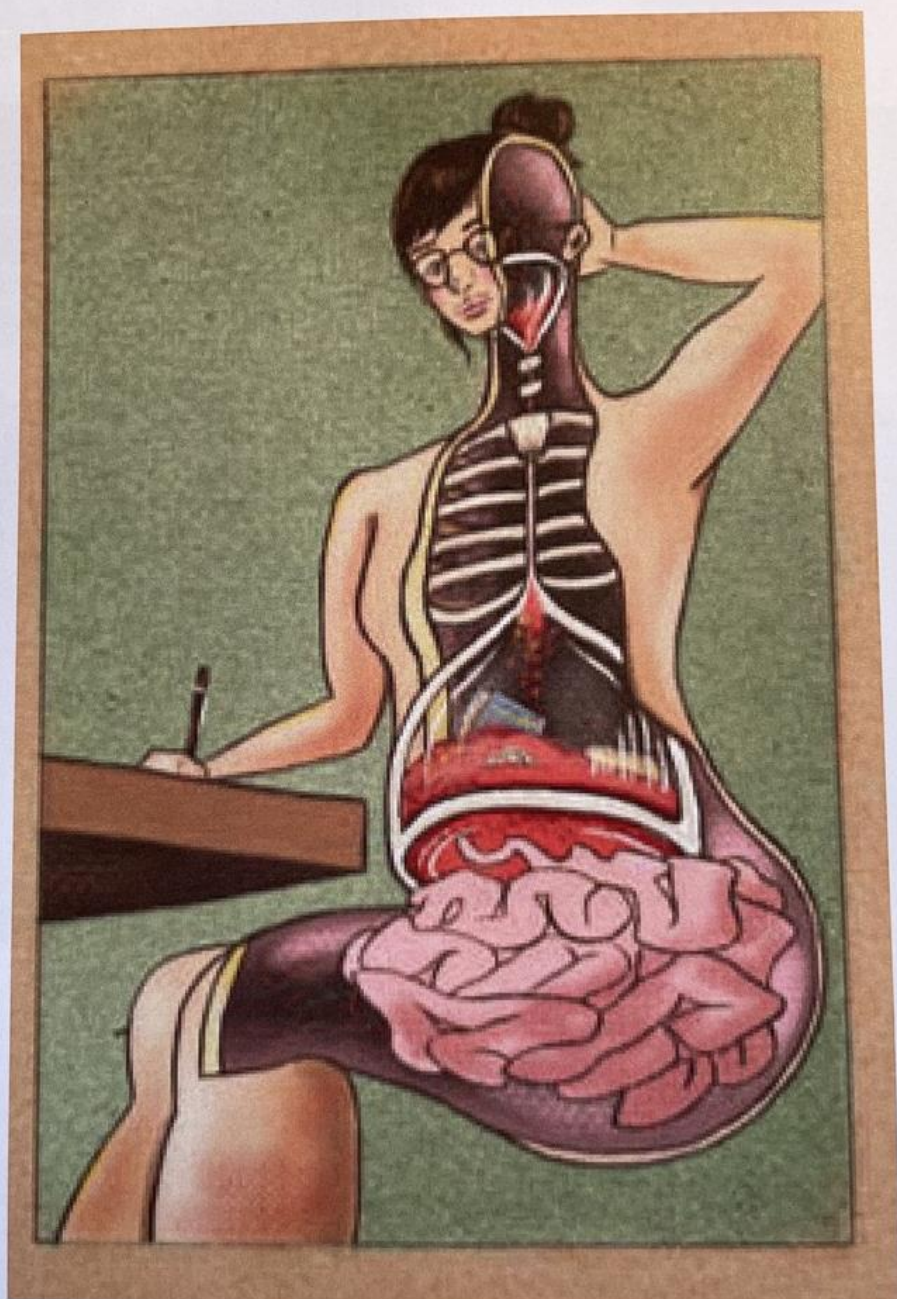


Uncovering Critical Companionship



Angie Titchen (2000)



Vanessa Tam, Occupational Therapy

Digestion takes a long time.

However, it assists us in maintaining our health for as long as it takes. It is critical to digest new knowledge slowly before moving on to the next step in the learning process.

UEA School of Health Sciences Art Exhibition, 2022

Gribben & Cochrane, 2006

‘When we were first introduced to the idea of critical companionship, we thought “duh!” what on earth is that!..... And then... “What would we ever want it for!!?” However, as with all new ideas, and as encapsulated in the proverb, “you can’t eat the elephant in one bite” we decided not to try but to take it nice and slow...bite by bite. As we are committed to developing facilitated reflective practice, we were prepared to explore this concept a bit further.’

See The Unique Selling Point (USP) of critical companionship (CC) and exemplar in action in the IMPACT Resources

Relationship domain

Processes:

- Mutuality
- Reciprocity
- Particularity
- Graceful care

Rationality-intuitive domain

Processes:

- Intentionality
- Saliency
- Temporality

Professional artistry overarching domain

Learning/inquiry spaces

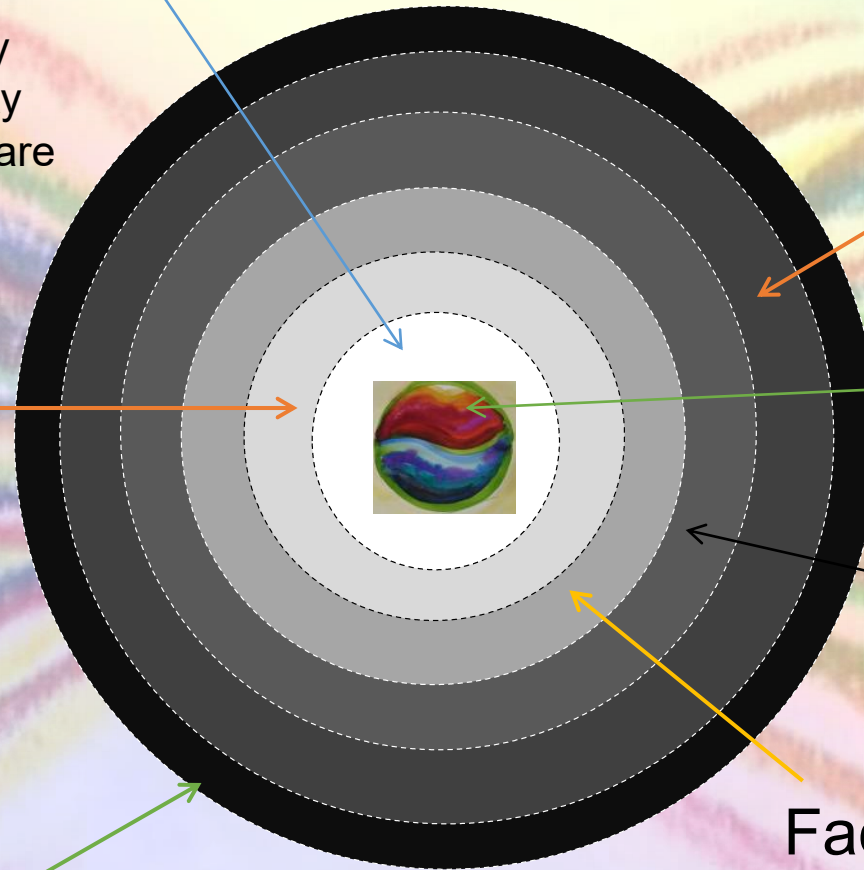
Human flourishing

Focus of learning/inquiry

Facilitation domain

Processes:

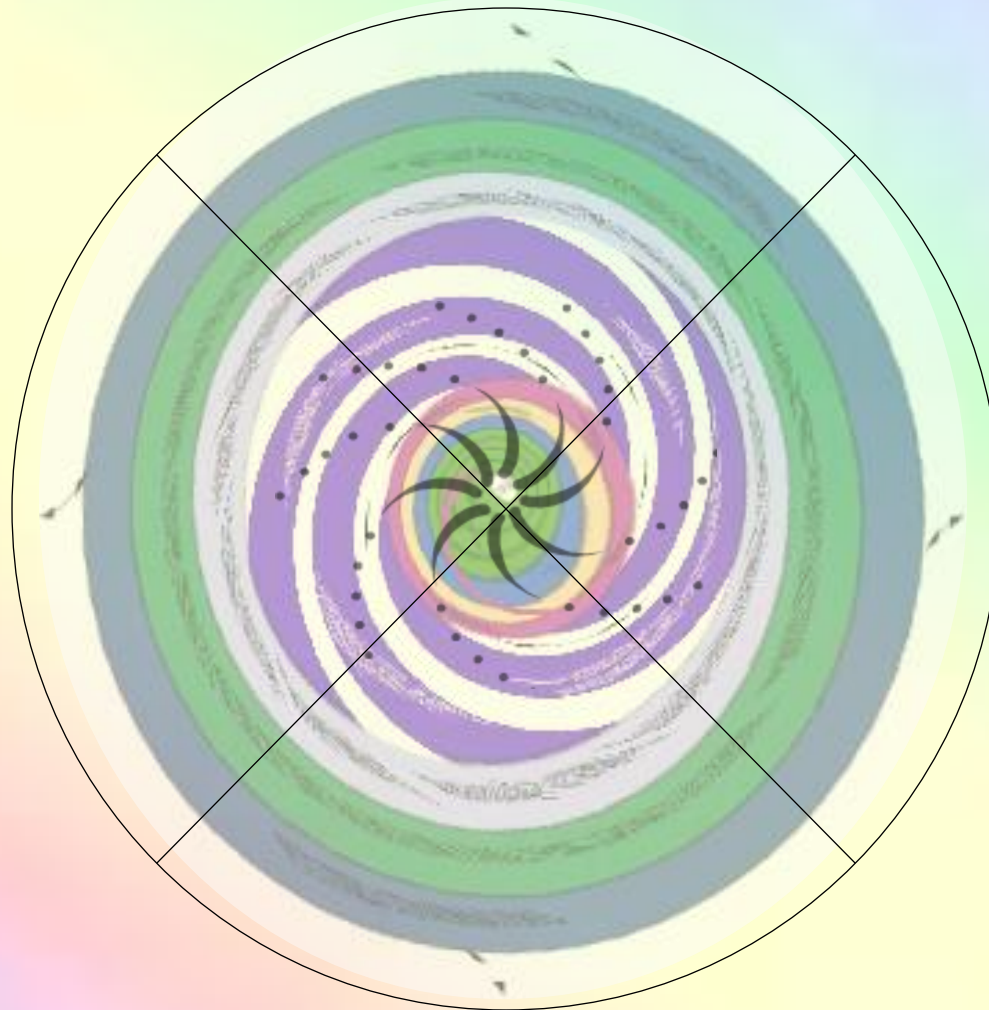
- Consciousness-raising
- Problematisation
- Self-reflection
- Critique



CRITICAL COMPANIONSHIP PROCESSES & STRATEGIES ENABLING FLOURISHING CULTURES AND SYSTEMS WITH IMPACT

Learning, developing, improving across systems

Consultancy across
all domains: practice
to systems levels



Strategic Enabling
Leadership



Critical companionship

Embedded research & innovation

Overview

- What is critical companionship and its impact?
- How is it different from other helping relationships?
- Is it generic, i.e., does it go across disciplines and fields of practice?
- Is it effective?
- Is it worth the effort?
- If yes, how could its development be nurtured in the consultant practitioner role?

What is Critical Companionship?

Critical companionship is based on co-learning through co-inquiry. It is a person-centred relationship in which the facilitator **accompanies** a person or people on an **experiential learning journey**. Within a trusting relationship and using high challenge/high support, the companion enables co- **inquiry into their own practices**.

Human flourishing for all is the ultimate outcome.

Human Flourishing

Maximising people's achievement of their potential for growth and development and helping them to flourish during change, **especially through turbulence**, whether they are the givers or receivers of services.

Purposes of critical companionship

To enable:

- givers and receivers of healthcare to flourish and develop full potential
- Safe, effective person-centred care through culture transformation
- Enable development of expertise so people to become **person-centred, critical, creative and effective** practitioners, leaders, educators, facilitators, practice developers, researchers and multi-professional consultant practitioners!

How does it work?

- In the midst of everyday practice (negotiated with learner) in a variety of contexts/settings
- Can be used formally in clinical supervision, active learning groups, work-based learning, workshops and learning activities in the workplace, action research and collaborative inquiries
- Without negotiation when it becomes part of who we are and imbues our everyday work

How do we know it works?

- Major studies suggest that it works, i.e., developing person-centred care (Titchen, 2000), expertise (Hardy et al, 2011), practitioner inquiry (Manley & Titchen, 2012) and methodological development (McCormack & Titchen, 2006; Titchen & McCormack, 2010)
- PhDs to develop it as a methodology (Frost, 2020) and to create stepping stones to it for practitioners (Hardiman & Dewing, 2014)
- Published papers by others who have found the framework effective

Critical dialogue



Facilitation strategies in clinical practice (1998)

Role-modelling



Observing, listening, questioning



Articulating craft knowledge



High challenge/high support

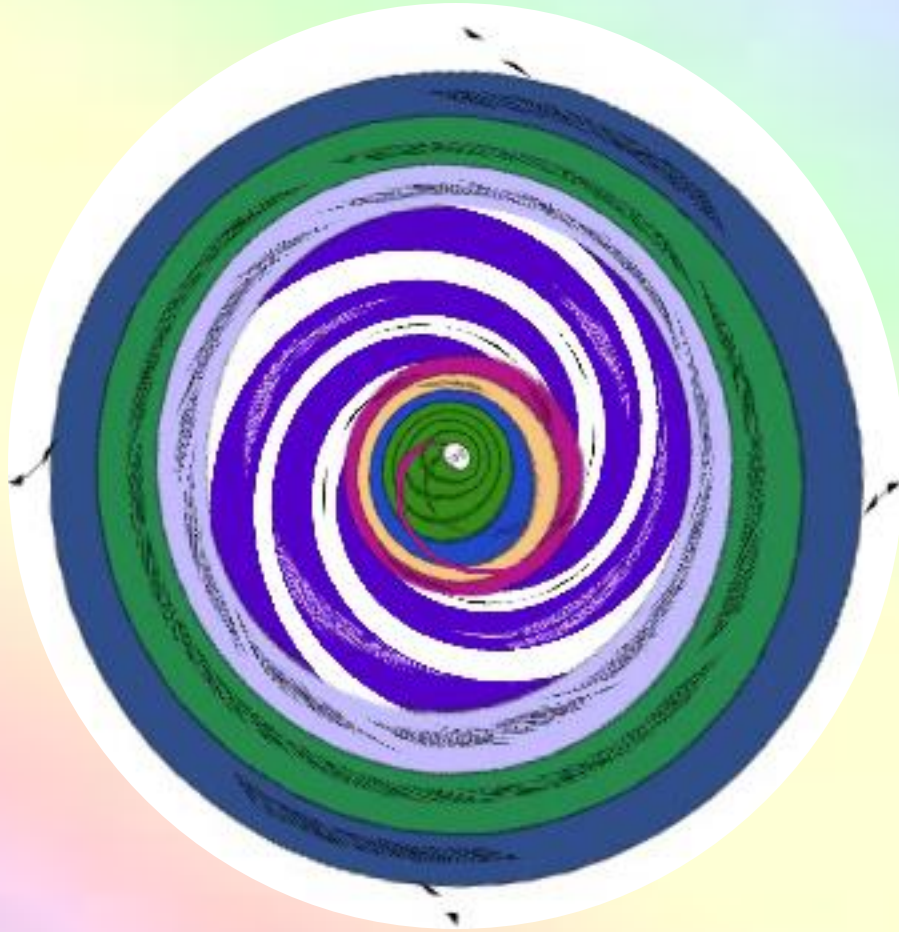


Feedback on performance



Facilitation strategies
using body, creative
imagination & expression
Walking in nature



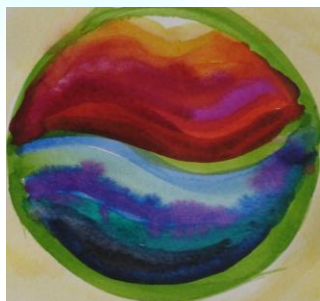


The parts of
the framework
are blended
and melded by
professional
artistry



Dimensions of overarching domain - professional artistry (Titchen, 2009)

Synchronicity
Attunement



Flowing
Interplay

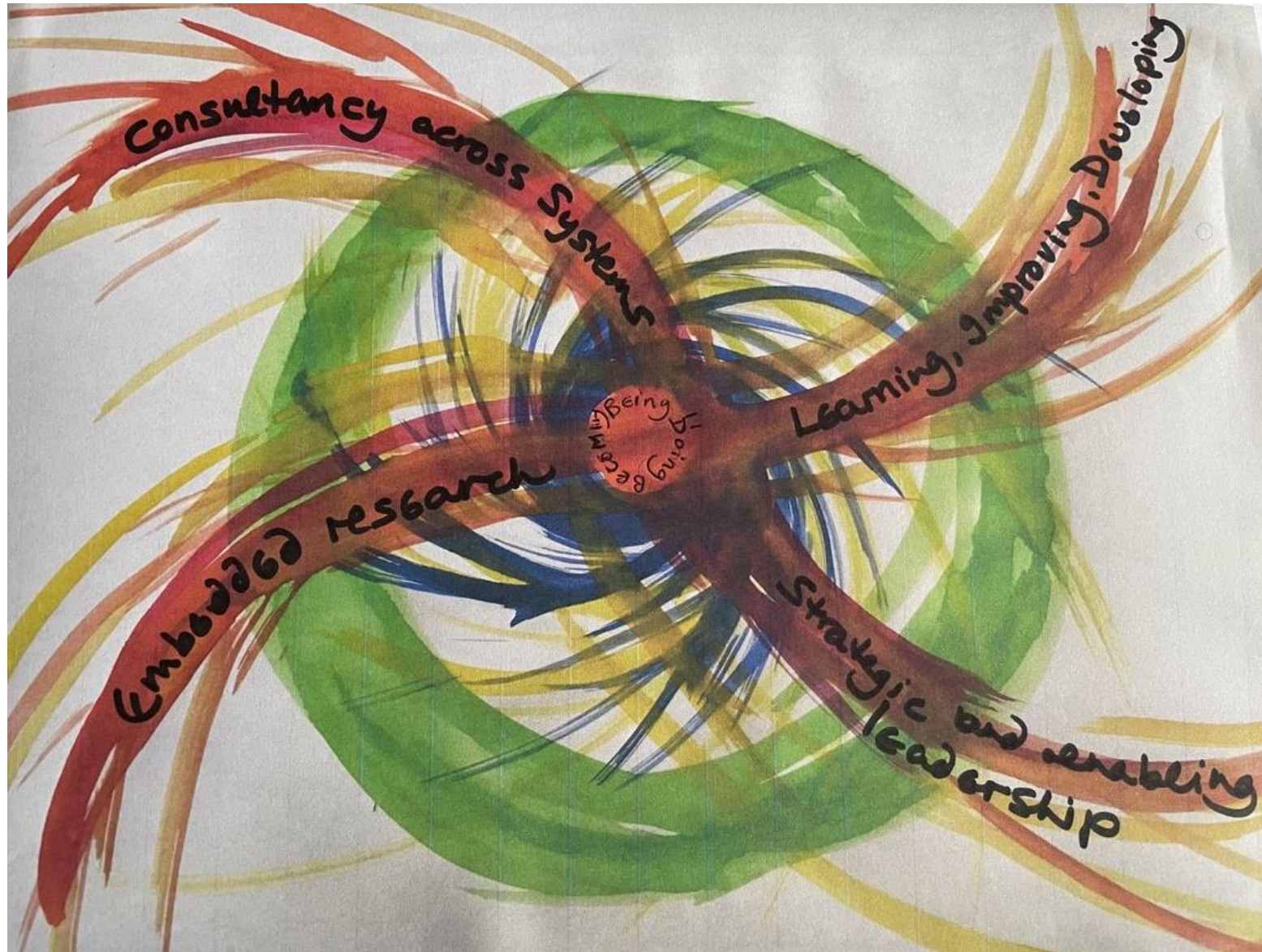
Energy

Balance

Melding Blending
Harmonising

Synthesis

Critical companionship enabling the journey from expertise in person-centred professional practice to enabling flourishing cultures and systems with impact



Critical companionship references (More in Starter/Main References)

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Good place to start!