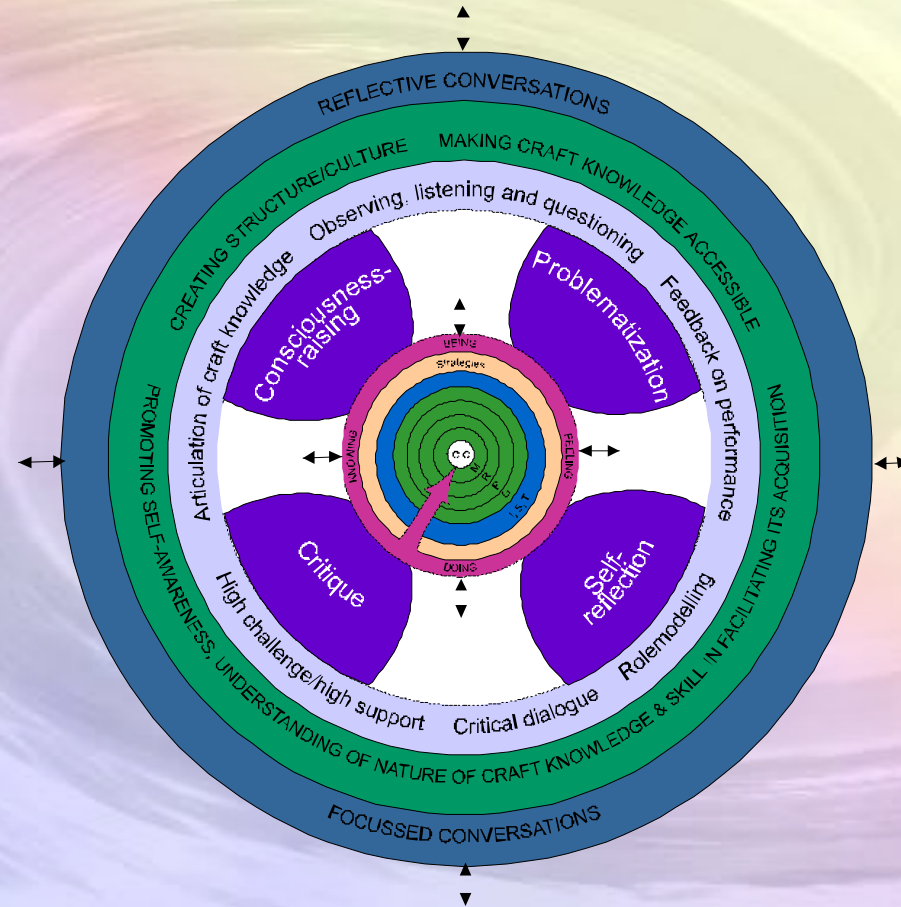
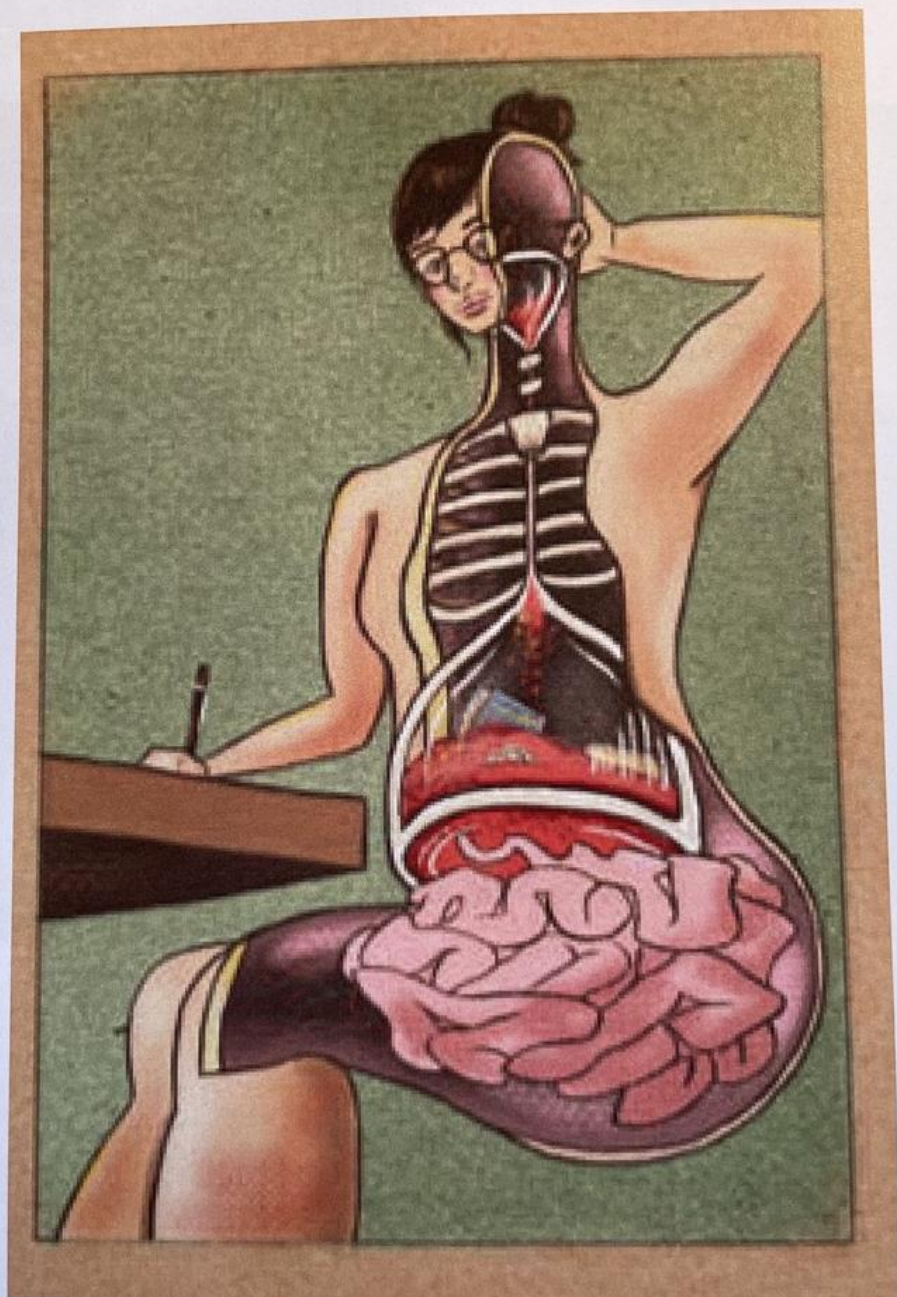


# Uncovering Critical Companionship



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

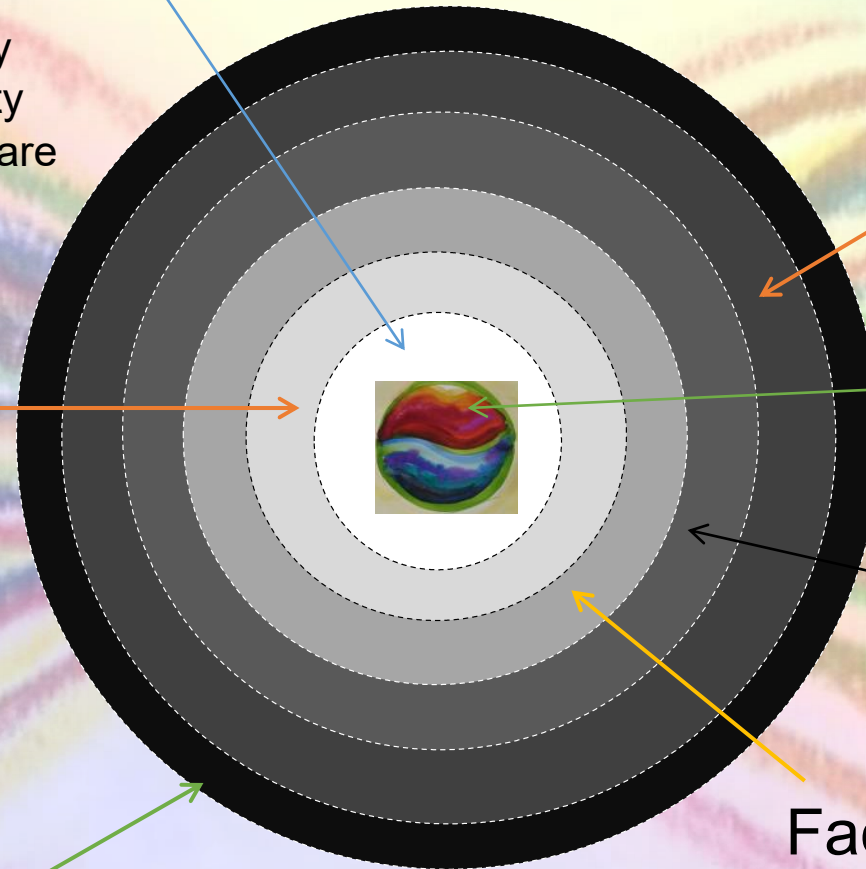
Human flourishing

Focus of learning/inquiry

## Facilitation domain

Processes:

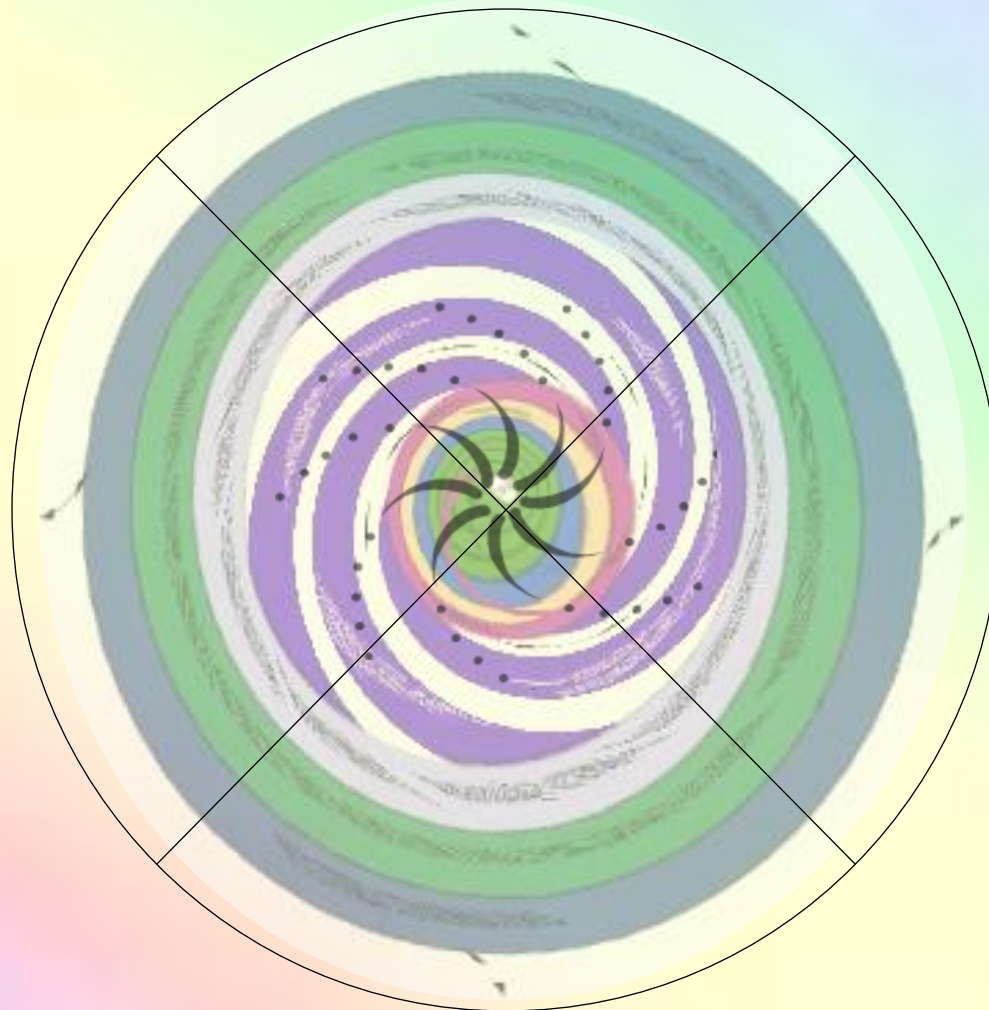
- Consciousness-raising
- Problematisation
- Self-reflection
- Critique



# 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

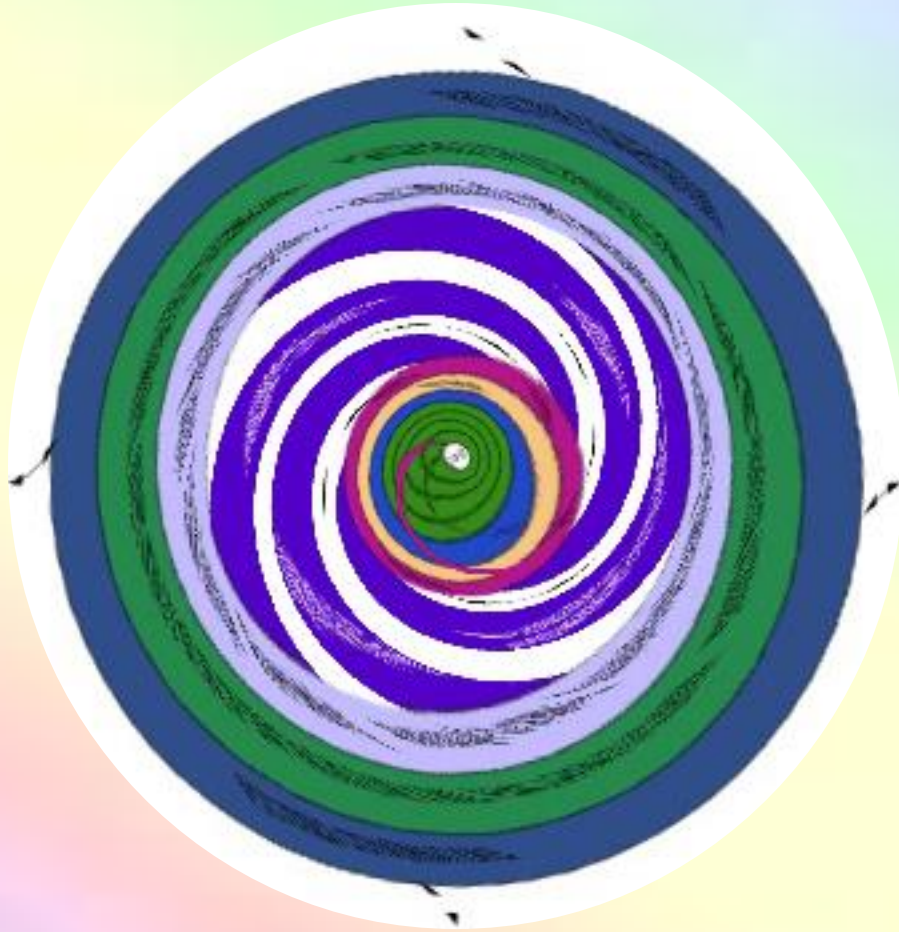




Facilitation strategies  
using body, creative  
imagination & expression  
Walking in nature





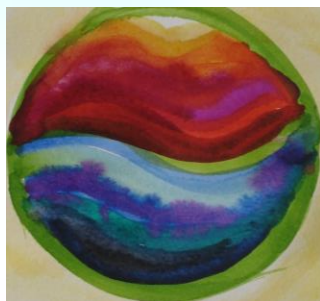


The parts of  
the framework  
are blended  
and melded by  
professional  
artistry



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

**Synchronicity**  
**Attunement**



**Flowing**  
**Interplay**

**Energy**

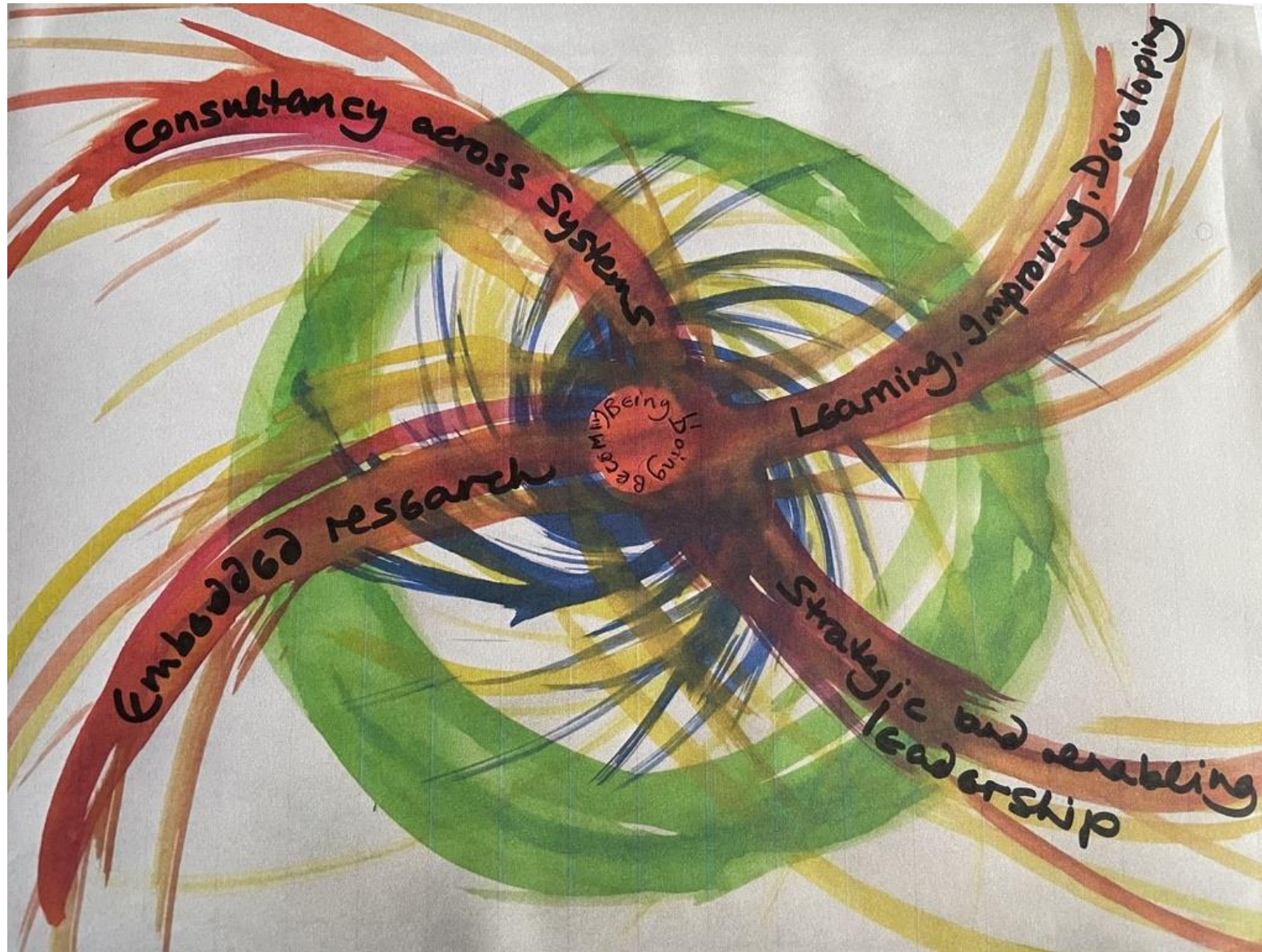
**Balance**

**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!