

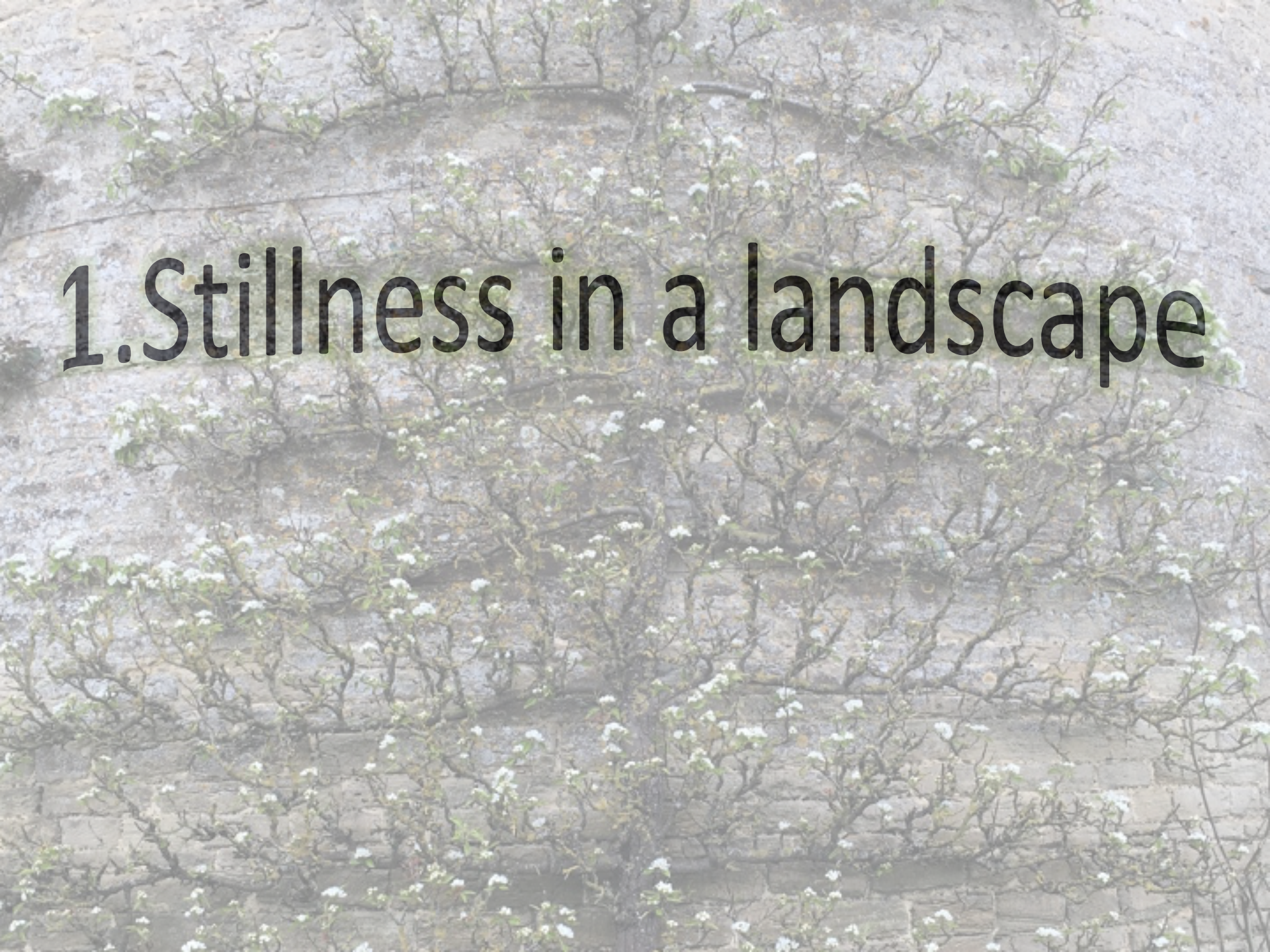
Creating the conditions for our retreat



With Celina, October 28/29th 2016

Key experiences I wanted to create for us

- 3 conditions for human flourishing (Titchen & McCormack, 2010)
- Deep inner preparation of oneself
- When we re-member, and connect with, our relationships with others, Nature, ancient wisdom and who we truly are, we flourish!



1. Stillness in a landscape

2. Becoming the Rock





3. Nurturing, flowing,
connecting



Grounded

Metaphor

Connected

Gateways or portals

Symbolism



Companionship

Being gentle

Trust

Patient waiting

Playful

Grace

Inner work
Letting go/non-attachment
Loving kindness

My Inquiry – creative effectiveness



Bounding and framing (Tunnelling and fanning/2-dimensional trees/lining up artistry of landscape (folly, statue and house centre)/simplicity from complexity/transitions/shape-shifting (role-modelling & being authentic to own inquiry)

Critical-creative companionship



Silence and stillness

Being instinctual, attuned & intuitive

Getting your paws muddy

Using left & right brain

Coming home to ourselves

Shape-shifting

Creating the conditions for ourselves with others

*Balance between intellectual
& experiential learning & inquiry*

... Simple really, but complex!

Relevant reading

McCormack B. and Titchen A. (2006) Critical creativity: melding, exploding, blending, *Educational Action Research: an International Journal*, 14(2), 239-266

McCormack B. & Titchen A. (2014) No beginning, no end: An ecology of human flourishing. *International Practice Development Journal*, 4(2), [2] <http://www.fons.org/library/journal/volume4-issue2/article2>.

Peelo-Kilroe L & Titchen A (2014) A critical creativity approach to research supervision.
<http://criticalcreativity.org/2014/08/13/circles-of-connection-a-critical-creative-companionship/>

Titchen A. & McCormack B. (2010) Dancing with Stones: Critical creativity as methodology for human flourishing, *Educational Action Research: An International Journal*, 18(4), 531-554

Titchen A. (2009) Developing expertise through nurturing professional artistry in the workplace. In S. Hardy, A. Titchen, B. McCormack & K. Manley (eds.), *Revealing Nursing Expertise through Practitioner Inquiry*, Wiley-Blackwell, Oxford, pp. 219-243.

Tasker D. & Titchen A. (2016) Through mindfulness and grace towards embodied practice. In J. Higgs, F. Trede (Eds), *Professional Practice Discourse Marginalia*. Rotterdam: Sense Publishers, pp.153-160.

Titchen A. & Tasker D. (In press) critical companionship: nurturing mindful dialogues in the midst of practice. In D. Tasker et al (eds) *community-based healthcare: the search for mindful dialogues*. Rotterdam: sense publishers.

Titchen A. & Hammond K. (2017) Helping health-care practitioners to flourish: critical companionship at work. In B.McCormack & T.McCance (Eds), *Person-centred Nursing – Theory and Practice*. Oxford: Wiley-Blackwell, pp 162-171.