

A photograph of a river with rapids and a rainbow in the background. The river is turbulent with white water rapids. In the background, there is a dense forest and a rainbow arching over the water. The sky is cloudy.

Dancing the mandalas of critical creativity

Critical-creative companionship

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Overview

- Critical companionship origins/purpose
- Critical-creative companionship builds on the original critical companionship framework
- How critical-creative companionship dances the critical creativity mandalas
- Examples of critical-creative companionship in action

Synchronicity Energy

Critical-creative companionship helps people to dance the mandalas

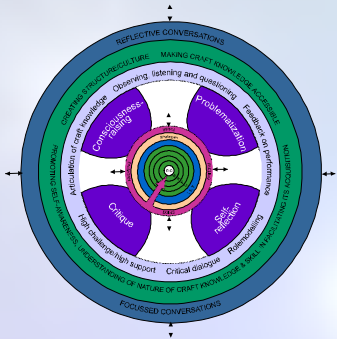
Attunement

Synthesis

Flowing

Balance





Critical companionship metaphor (Titchen, 1998)

Critical companionship is a helping relationship in which an experienced facilitator **accompanies another person on an experiential learning journey** towards person-centred practice, using strategies of high challenge/high support within a trusting relationship. It is powered by **professional artistry**.

Purposes of critical companionship

To enable:

- Development of full potential
- Safe, effective person-centred care through culture transformation
- Development of expertise

How does it work?

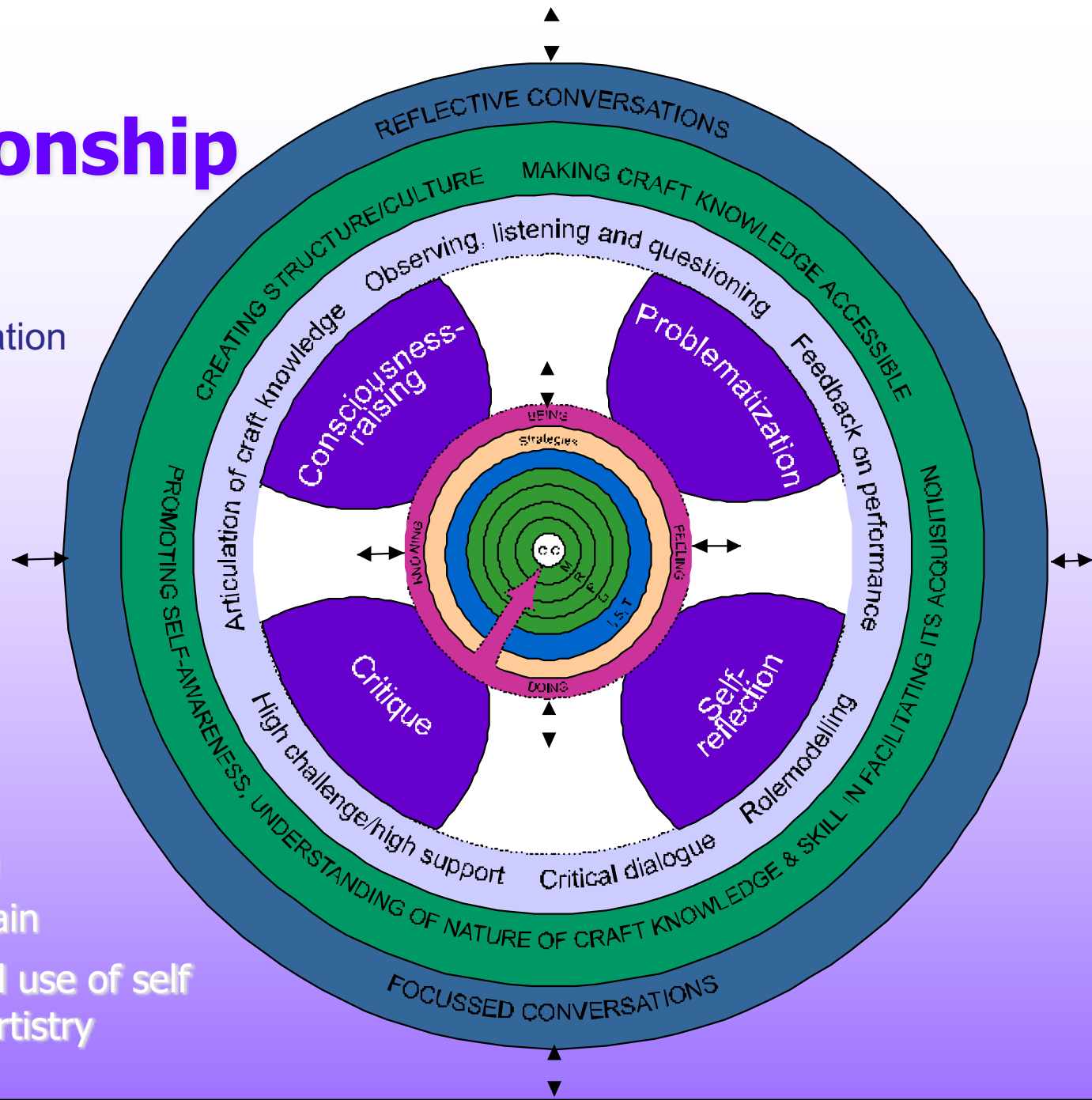
By facilitating whole person learning in and from practice through self-inquiry (e.g., reflective practice, practitioner-research):

- In the midst of everyday practice
- Formally

Critical Companionship

(©Titchen, 2000)

A cognitive representation



- Relationship domain
- Rationality-Intuitive domain
- Facilitation domain
- Transformational use of self & professional artistry

An artistic-cognitive representation of critical companionship domains

Relationship domain

Processes:

- Mutuality
- Reciprocity
- Particularity
- Graceful care

Learning/inquiry spaces

Rationality-intuitive domain

Processes:

- Intentionality
- Saliency
- Temporality

Focus of learning/inquiry

Facilitation domain

Processes:

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

Transformational use of whole self (overarching domain) & **professional artistry**

An artistic-cognitive representation of critical companionship strategies

Feedback on performance

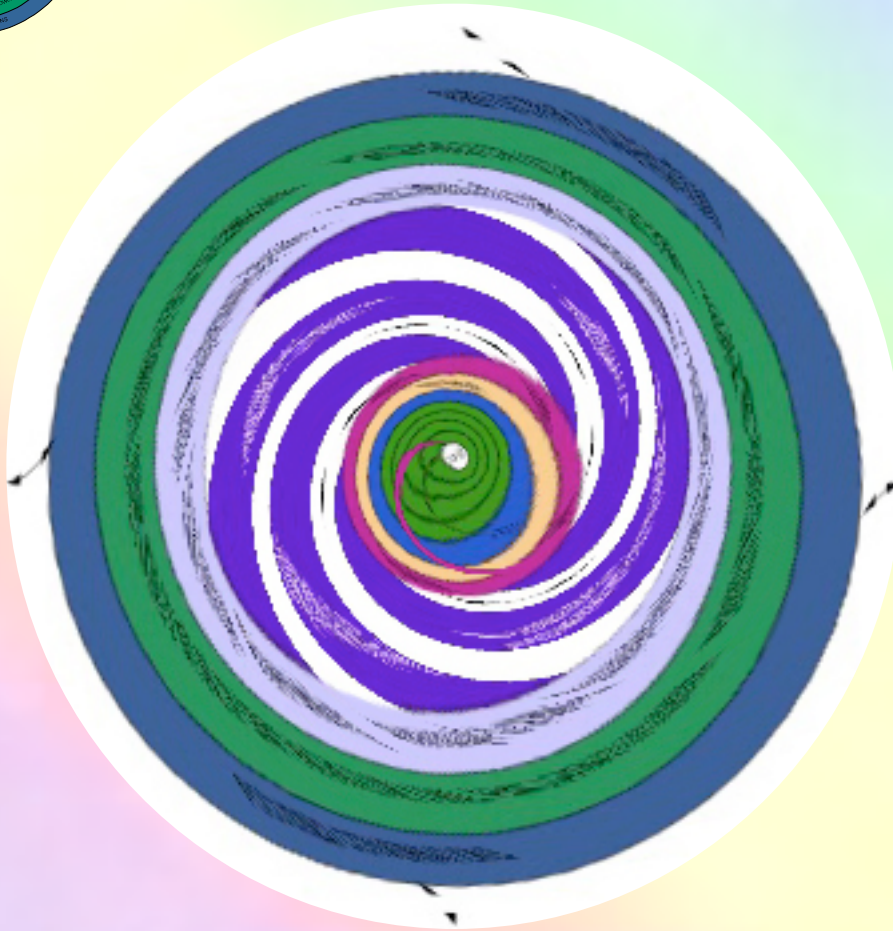
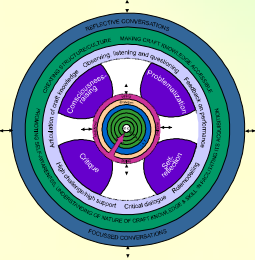
Articulating
practical
know-how &
professional
artistry

High challenge/
high support

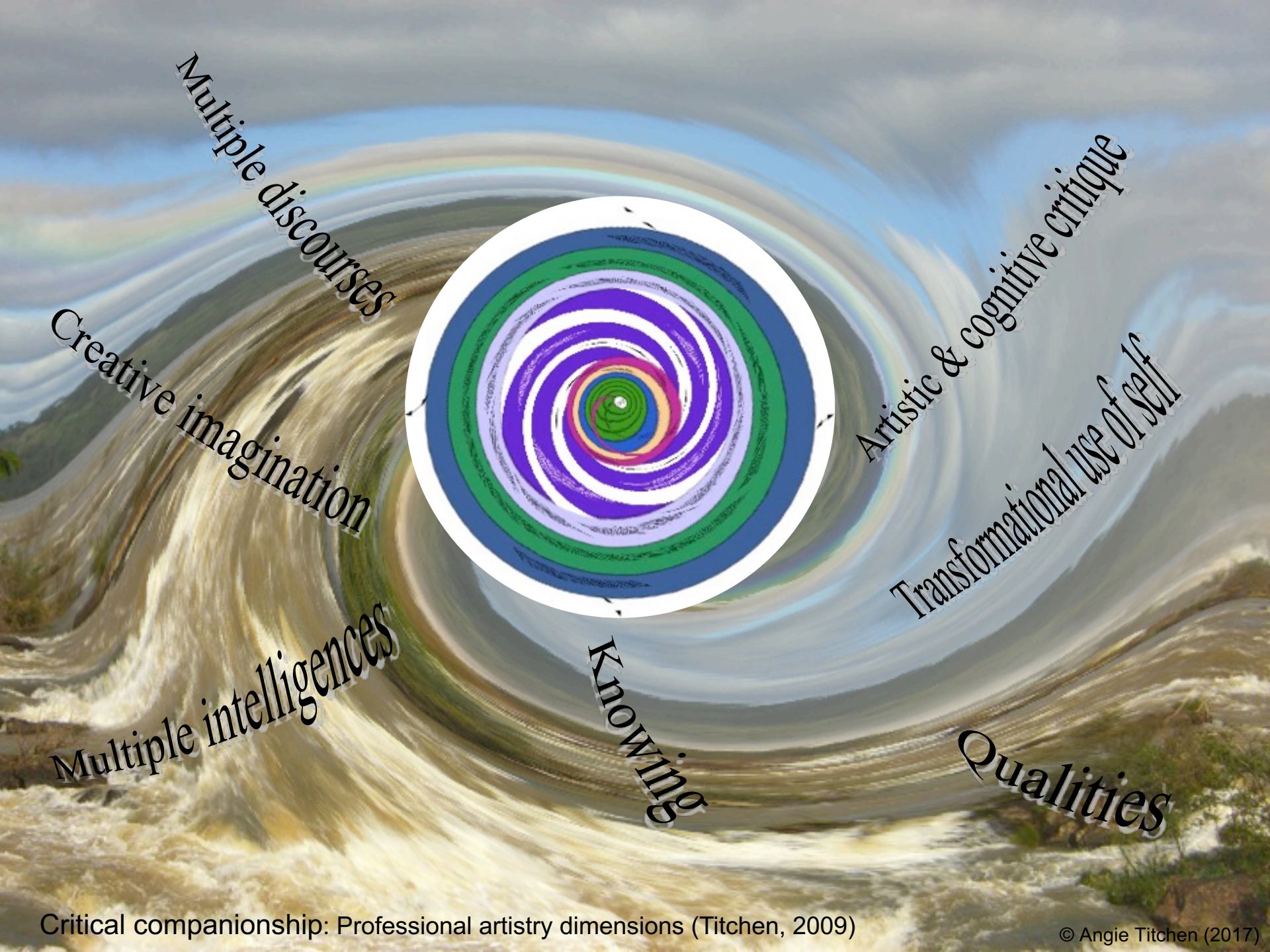
Artistic & cognitive
dialogue/critique
using creative
media

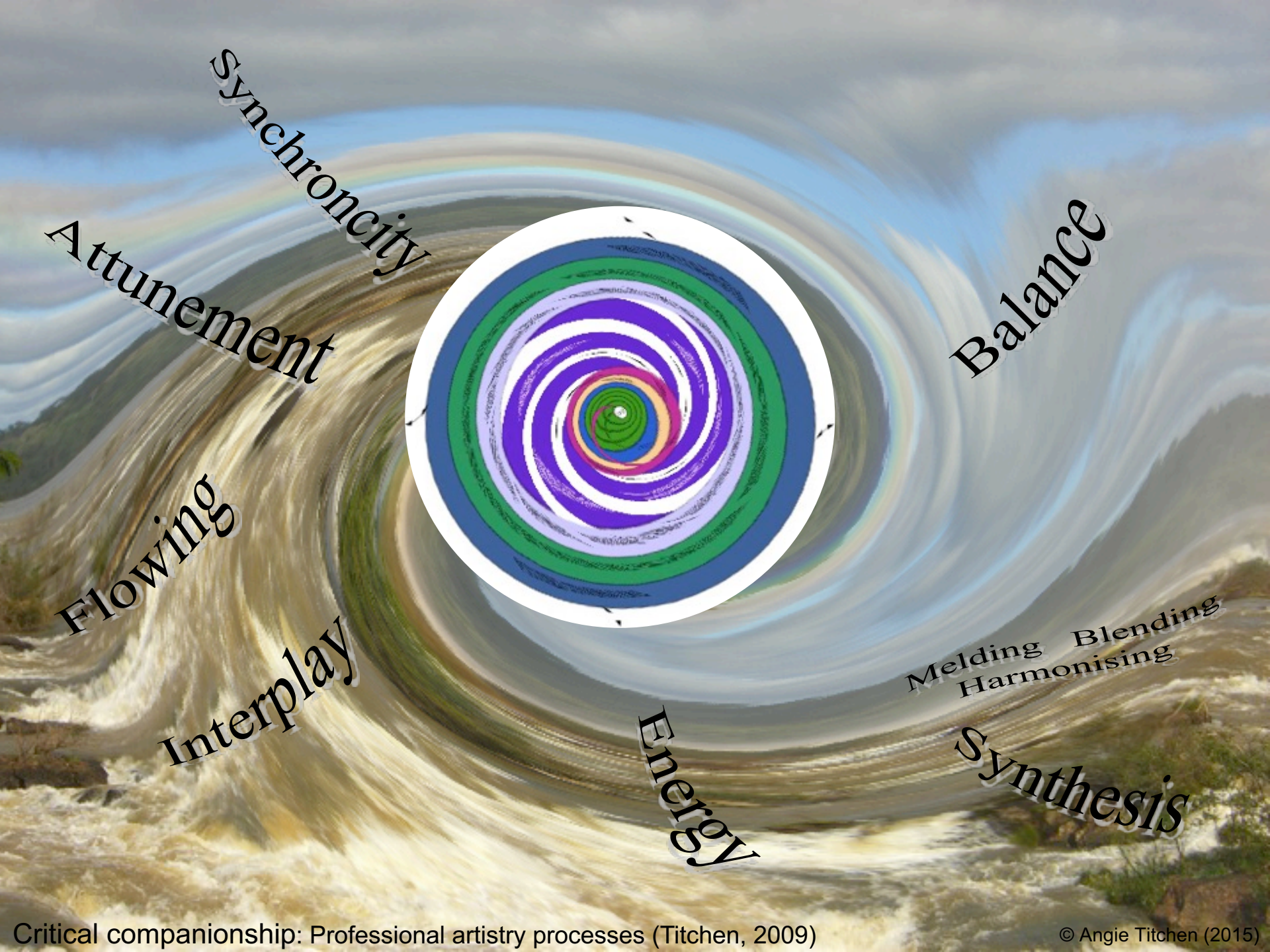
Role –modelling

Observing, listening,
questioning



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





Synchronicity

Attunement

Balance

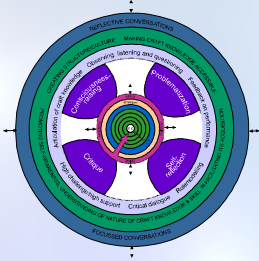
Flowing

Interplay

Energy

Melding Blending
Harmonising

Synthesis



Critical companionship framework

- Located in critical/emancipatory paradigm
- Draws on theoretical perspectives
 - Critical social science concepts
 - Humanistic existentialism (person-centredness)
 - Phenomenology
- Spiritual perspective
 - Transcendental, symbolic acts of caring for other/unconditional, moderated love/grace

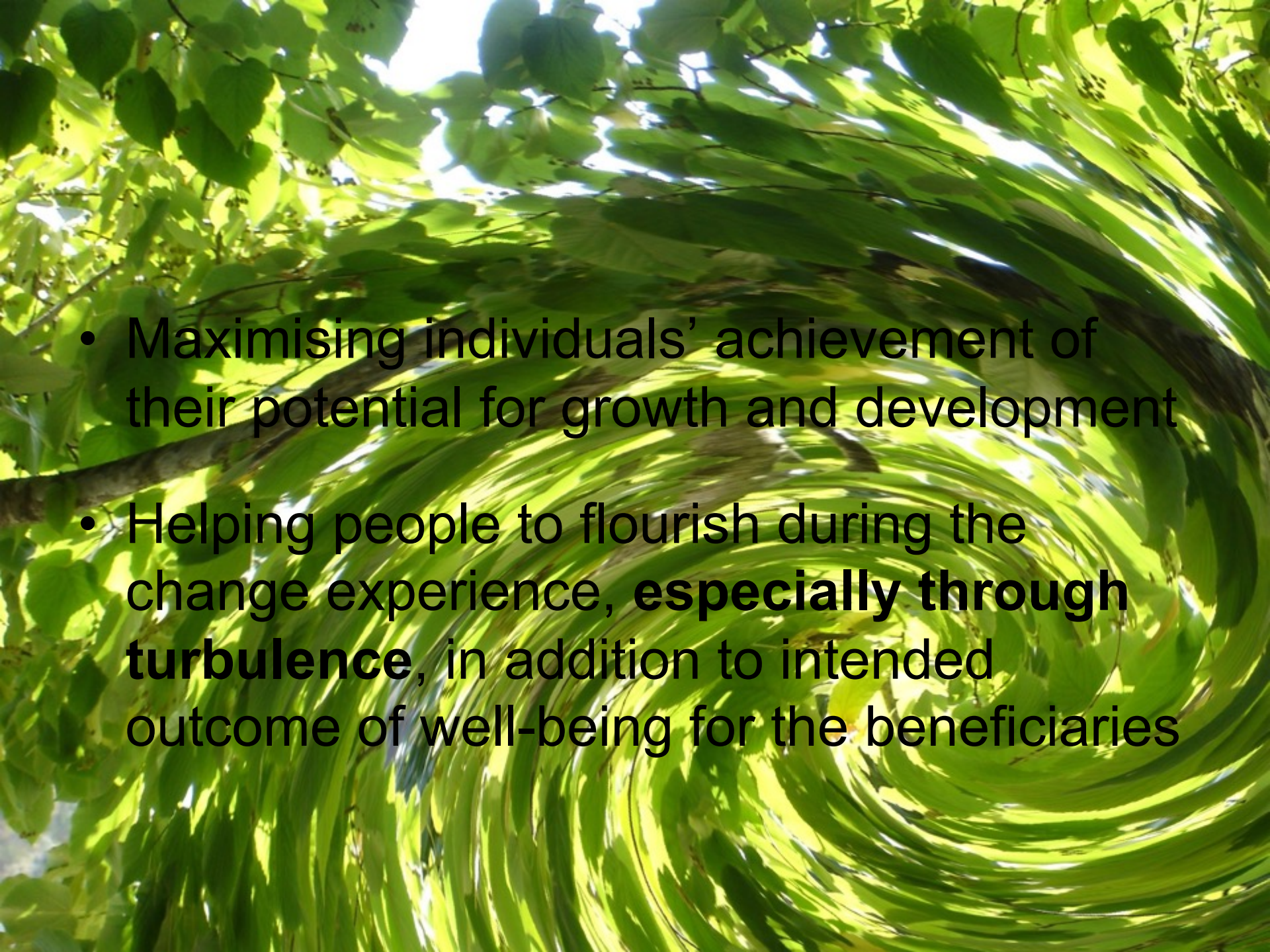


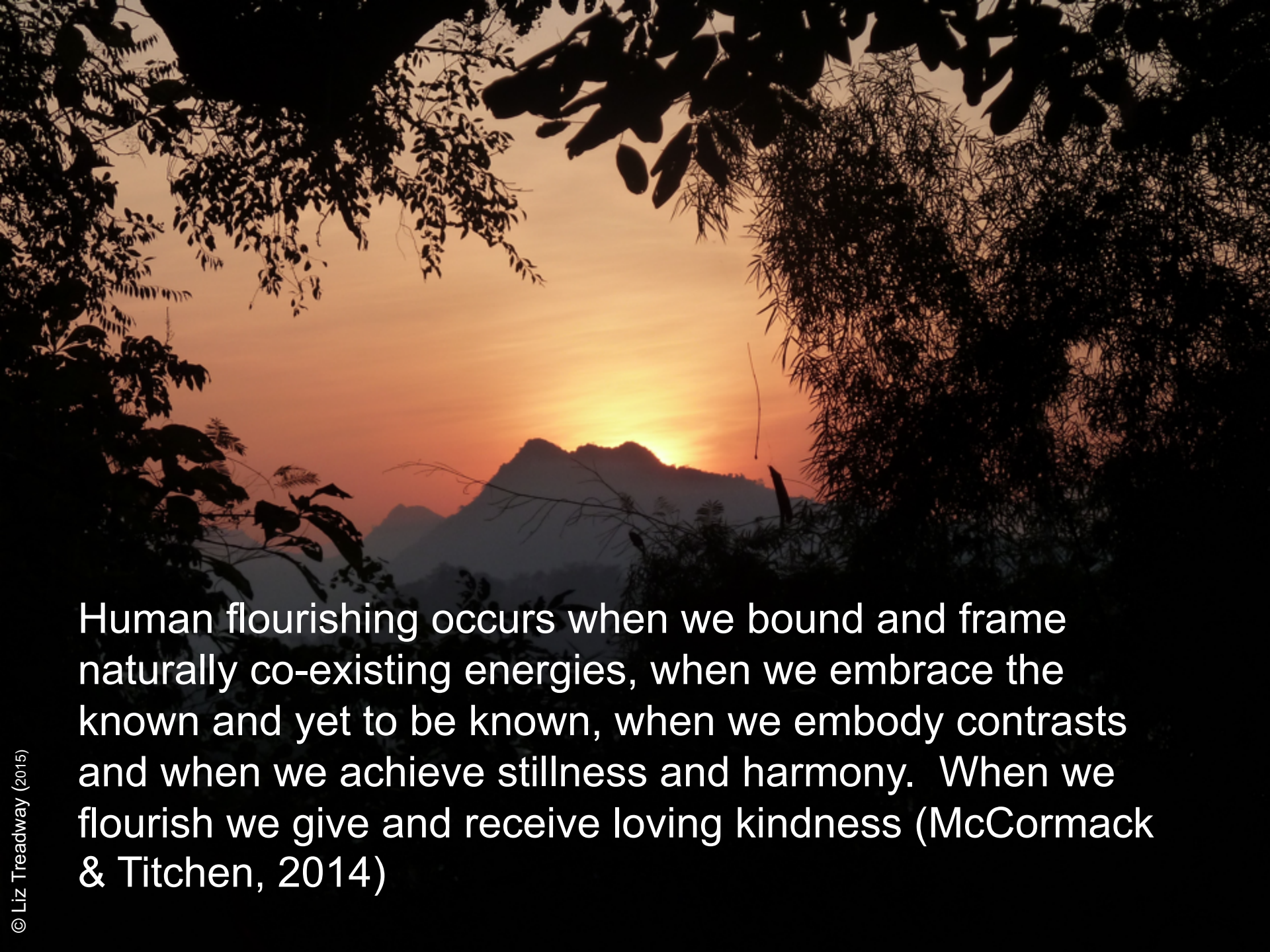
Critical-creative companionship mandala

- Located in new critical creativity practice development & research paradigm
- Congruent to re-locate in new paradigm because critical creativity blends and melds assumptions of **critical paradigm** with those of **creative and ancient traditions** for the purpose of **human flourishing**
- Uses philosophical, theoretical and methodological mandalas & critical-creative processes and methods

Definition: Critical creativity

A paradigmatic synthesis in which the assumptions of the critical paradigm are blended and balanced with, and attuned to, creative and ancient traditions, for the purpose of human flourishing.

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- Maximising individuals' achievement of their potential for growth and development
 - Helping people to flourish during the change experience, **especially through turbulence**, in addition to intended outcome of well-being for the beneficiaries

A photograph of a sunset scene. The sun is a bright, glowing orb positioned centrally behind a dark, silhouetted mountain peak. The sky is a gradient of warm colors, from deep orange near the horizon to a lighter, hazy yellow at the top. Dark, intricate silhouettes of tree branches and leaves frame the top and sides of the image, creating a natural border. The overall mood is peaceful and contemplative.

Human flourishing occurs when we bound and frame naturally co-existing energies, when we embrace the known and yet to be known, when we embody contrasts and when we achieve stillness and harmony. When we flourish we give and receive loving kindness (McCormack & Titchen, 2014)



Creating the conditions for human flourishing (Titchen & McCormack, 2010): A critical-creative inquiry with Mary Mulcahy and walking our mandala (see Chapter 16)

Walking the mandala

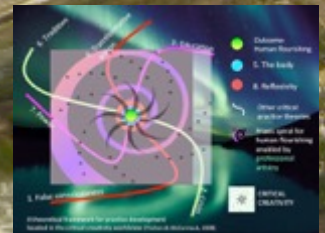


Truth

Summertime I came
To know the one I came from
And sit together now.

(Mulcahy, M. The Cotswolds, June 2013)

The Haiku was written on reflection of the meaning of critical companionship prior to completing the mandala



Using the theoretical mandala (McCormack & Titchen, 2006) to help people through the turbulence of change



Using the critical theories with Alex Fink - see Chapter 2

Using body, creative
imagination & expression



Capturing the
colour, texture,
smell, taste
and sound of
experience



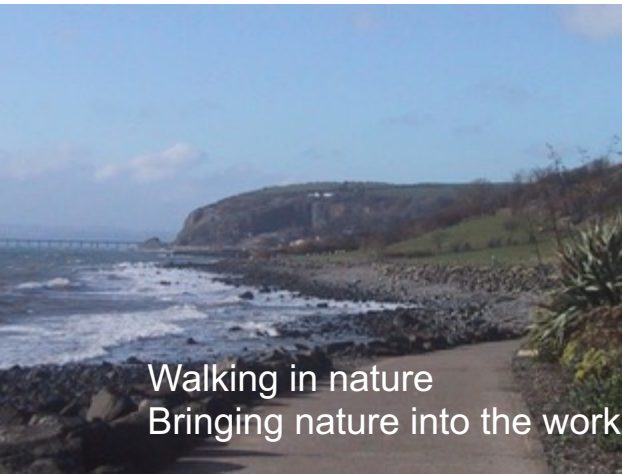
**Using critical-creative
principles (Titchen &
Horsfall, 2007)**



Creative visualisation
Creating landscape art
Archetypal imagery

Taking risks, leaping into the
unknown, being the playful child

Re-framing experience
symbolically



Walking in nature
Bringing nature into the workplace



Connecting with nature and with others

Following the
wisdom of the
body

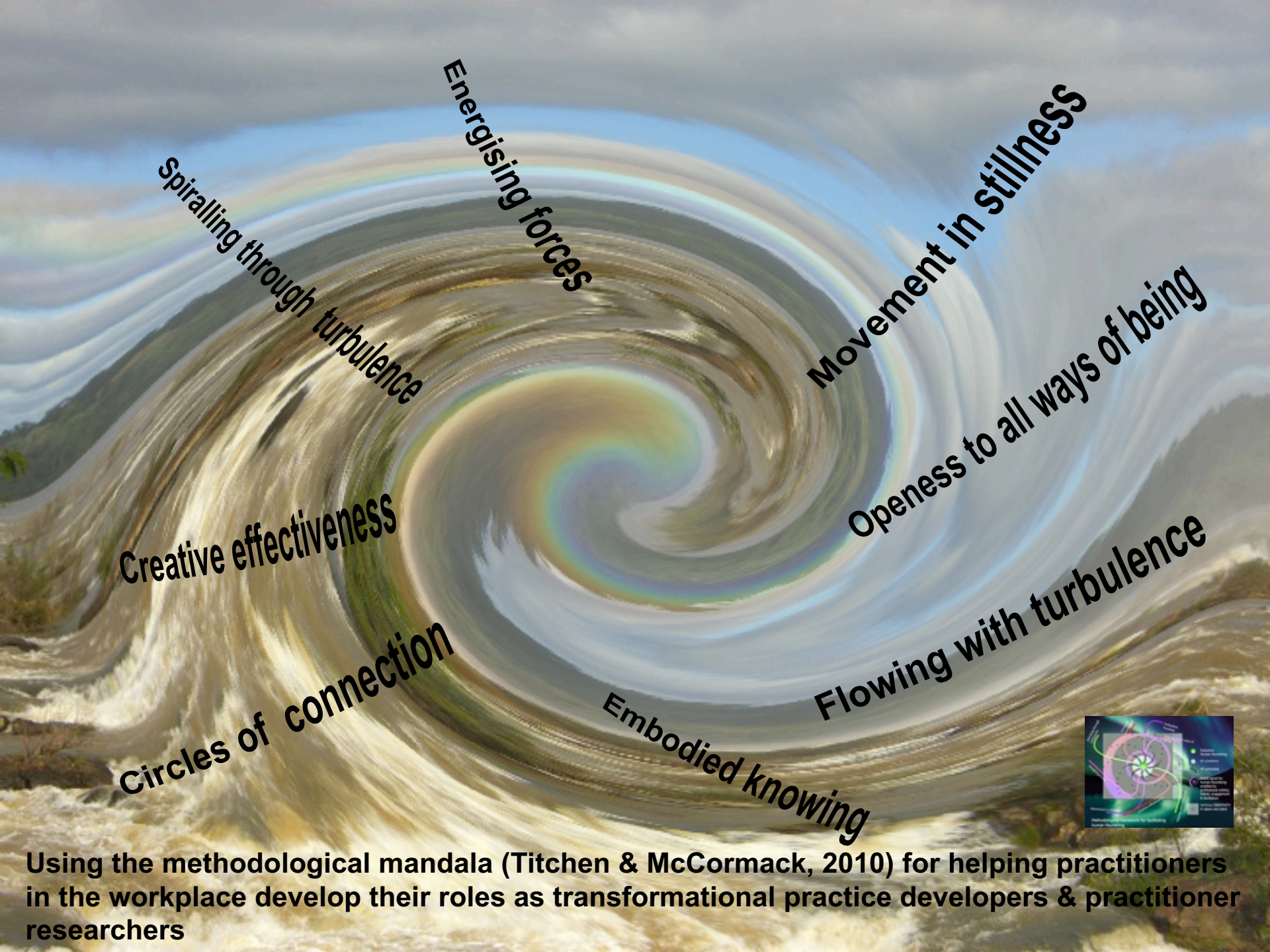
Listening to the
sounds of silence

Critical-creative dialogue





Using critical-creative processes and methods with Lorna Peelo-Kilroe (Chapter 15)



Spiralling through turbulence

Energising forces

Movement in stillness

Openness to all ways of being

Creative effectiveness

Circles of connection

Embodied knowing

Flowing with turbulence



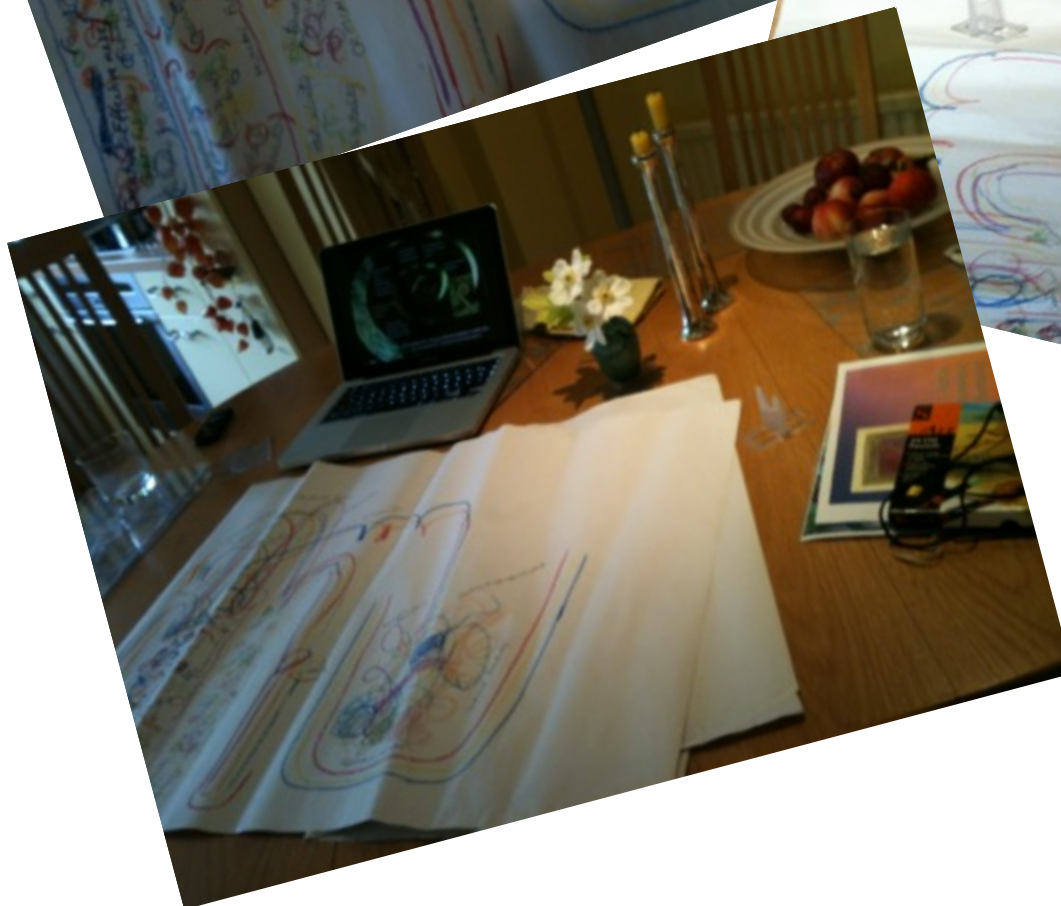
Using the methodological mandala (Titchen & McCormack, 2010) for helping practitioners in the workplace develop their roles as transformational practice developers & practitioner researchers

I loved the use of creativity but especially the walk outside – a really refreshing way to allow your thoughts to flow!! And in work time too. Feeling refreshed, energised and hopeful.”

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Practitioners' creative expression of their experience and evaluation of a critical-creative companionship workshop

Practitioners' creative expression of their experience and evaluation of a critical-creative companionship workshop



Karen Hammond making sense of how the critical creativity mandalas work together (see also Chapter 17 and <https://www.youtube.com/watch?v=ynmeuTo8Yac&feature=youtu.be>)

So how do critical and critical-creative companionship compare?

Critical-creative companionship = domains and strategies of critical companionship plus:

- Accesses creativity, wisdom of the body & ancient traditions
- Works with energy & loving kindness
- Accesses the Greater Self
- Nourishes the soul
- Embraces the unknown (transcendent/spiritual)
- Focusses on human flourishing through turbulence

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