

Facilitation: The corner stone of Practice Development and Person-centred Practice .

A journey from Aristotle to the Bedside.

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Flourishing: from notion to reality

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A vibrant, natural scene featuring a stream with a small waterfall. The water is dark and flows over rocks, creating white foam. The surrounding area is filled with lush greenery, including tall grasses, reeds, and various trees with dense foliage. The overall atmosphere is serene and natural.

Human flourishing

Flourishing is the highest good of human endeavour and that towards which all actions aim. It is success as a human being (Aristotle)

Aristotle's moral perspective on HF

“The highest point to all our endeavours and the aim to which all our actions are focused”

- *Intrinsic to all life*
- *Actions are consistently in line with doing the right thing*
- *Built-in pathway to flourishing:*
 - *Developing practical and theoretical wisdom (phronesis)*
 - *Habitually practicing making the right decisions based on wisdom*
 - *Developing ethical virtues that enable us to flourish*



Ethics and morality in Irish context

- **Ethics:** principles, values and virtues that enable people to live a morally good life. Applied to nursing and midwifery, the moral principles presented in this Code underpin professional practice.

Nursing and Midwifery Board of Ireland (2014)

Code of Professional
Conduct and Ethics
for Registered
Nurses and
Registered
Midwives



Moral agency and nursing

“*Clinical judgement cannot be separated from ethical reasoning because each clinical judgement judges what good is at stake and what to do in each particular situation*” (Benner, 2000)

“*Practical knowledge requires moral deliberation because people are involved*” (Fleming 2001)



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Virtue ethics in nursing

- Ethical principles applied during moral decision-making focus on reason only (Arries, 2005)
- Virtues ethics focuses on reason and moral intent, or the person's character (MacIntyre, 1998)

The emphasis is on 'being' rather than just 'doing' in order to flourish

Four elements of flourishing (M. Gaffney, 2011)

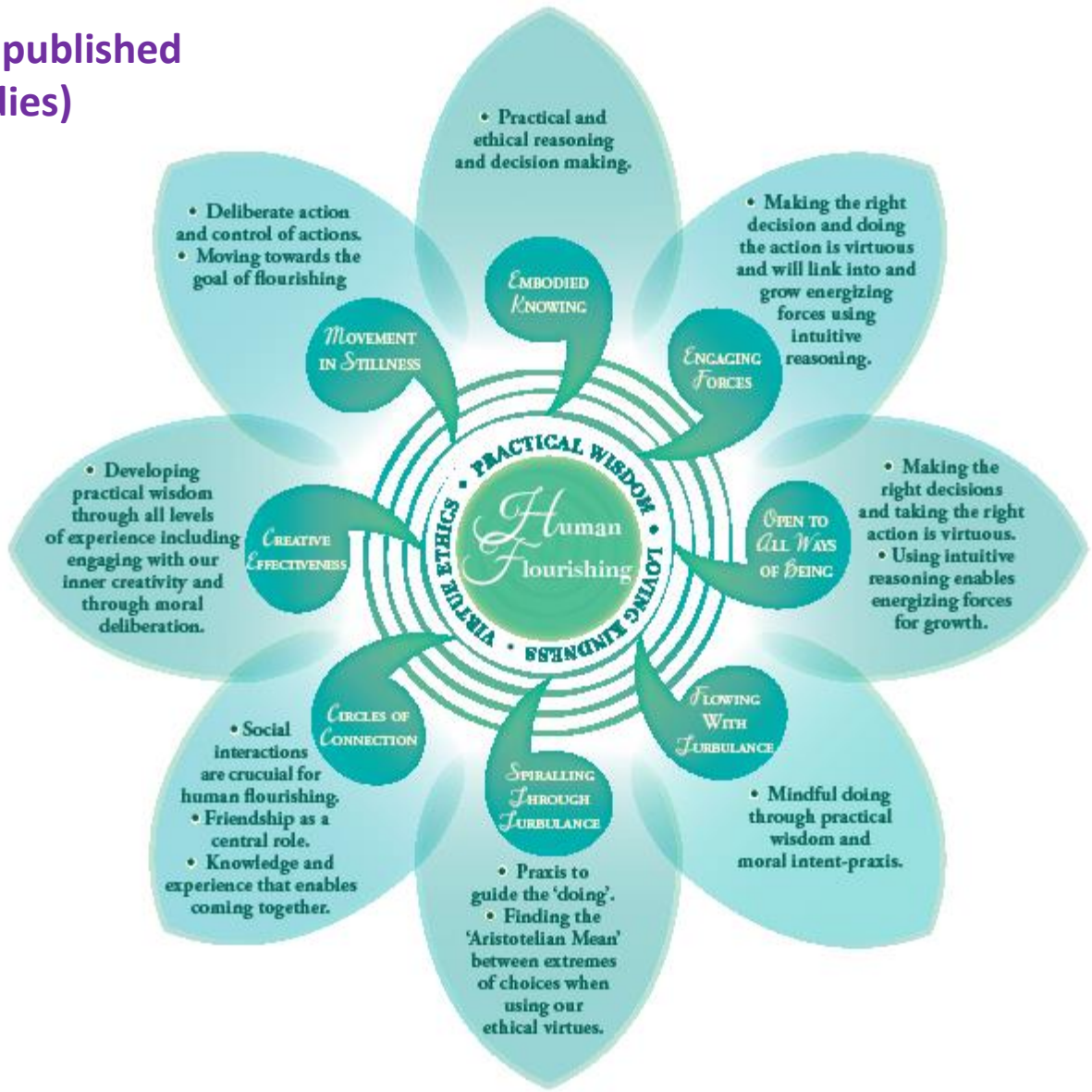
- To feel challenged (by self and others)
- To feel connected (outside and within)
- To have autonomy
- To use our valued competencies (what we have learned in our lives)



Metaphor	Principles for creating conditions for human flourishing (Titchen and McCormack 2010)
<i>Spiralling through turbulence</i>	Authentic facilitation that is consistent with the shared values and beliefs of co-participants and that results in human flourishing.
<i>Circles of connection</i>	Co-construction of a shared reality and spiralling awareness and understanding that has no beginning and no end.
<i>Creative effectiveness</i>	Through blending, improvisation, synchronicity, attunement and balance
<i>Movement in the stillness</i>	The stillness of reflection , contemplation and emptying the mind creates a movement that enables future meaningful, ethical action and understanding to occur
<i>Embodied knowing</i>	Connection with the development/research environment through an internalisation of its culture(s) or the culture is enacted and seen through a person's body/being in the world.
<i>Energising forces</i>	Transformation occurs through moments of 'crisis' that trigger a need for change. Creative expression at moments of crisis generates energy from a new ability to express feelings, experiences, spirituality, ethical concerns, embodied and tacit ways of knowing
<i>Openness to all ways of being</i>	Practice developers and leaders need to be open to and appreciative of different world views
<i>Flowing with turbulence</i>	Working with turbulence requires the use of emotional and spiritual intelligences

Principles of human flourishing and virtue ethics framework

(Peelo-Kilroe, yet unpublished and part of PhD studies)



Transformational Practice

Development (McCormack and Titchen, 2014)

- “A way of living, being, doing, enquiring and becoming”
- Creates synergy between cognitive and creative critique
- Transforming individuals and practice through methods that engage whole selves – mind, body, heart and soul
- Focuses on person-centredness
- Human flourishing as a specific outcome

Flourishing and Practice Development

A circular frame containing a photograph of a beach. In the foreground, a circle of smooth, grey stones is arranged on the sand. The ocean waves are breaking in the middle ground, and the sky is overcast. The text is overlaid on the left side of the image.

“The engagement with critical and creative approaches enables the human spirit to be energised”

(McCormack and Titchen, 2006)

Research approach

- Critical creativity paradigm informed by co-operative inquiry
- Underpinned by Aristotle's virtue ethics
- Uses cognitive and creative methods to imagine what human flourishing would look like



Facilitating human flourishing

Preliminary findings from study:

- Being in harmony with each other
- Friendship
- Loving kindness
- Courage
- Commitment



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