



Companioning is...

-Alan D. Wolfelt, Ph.D.'s philosophical stance on "Companioning vs Treating"

Honouring the spirit; it is not about focusing on the intellect

Curiosity; it is not about expertise.

Learning from others; it is not about teaching them.

Being still; it is not about frantic movement forward.

Walking alongside; it is not about leading.

Discovering the gifts of sacred silence; it is not about filling every painful moment with words.

Listening with the heart; it is not about analyzing with the head.

Bearing witness to the struggles of others; it is not about directing those struggles.

Being present to another's pain; it is not about taking away the pain.

Respecting disorder and confusion; it is not about imposing order and logic.

Going to the wilderness of the soul with another human being; it is not about thinking you are responsible for finding the way out.