

Professional Curiosity

SSAB Conference 2023

Facilitator:

Emily Smith



What is professional curiosity?

When someone asked me those questions, it didn't open a can of worms, it opened a door to healing.

Danny from [@Lads Like Us](#)

What is professional curiosity?

When someone asked me those questions, it didn't open a can of worms, it opened a door to healing

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I feel properly seen, because the people who are there to help me put in the effort to understand me and my life. They are knowledgeable and always learning about how to help me feel safer

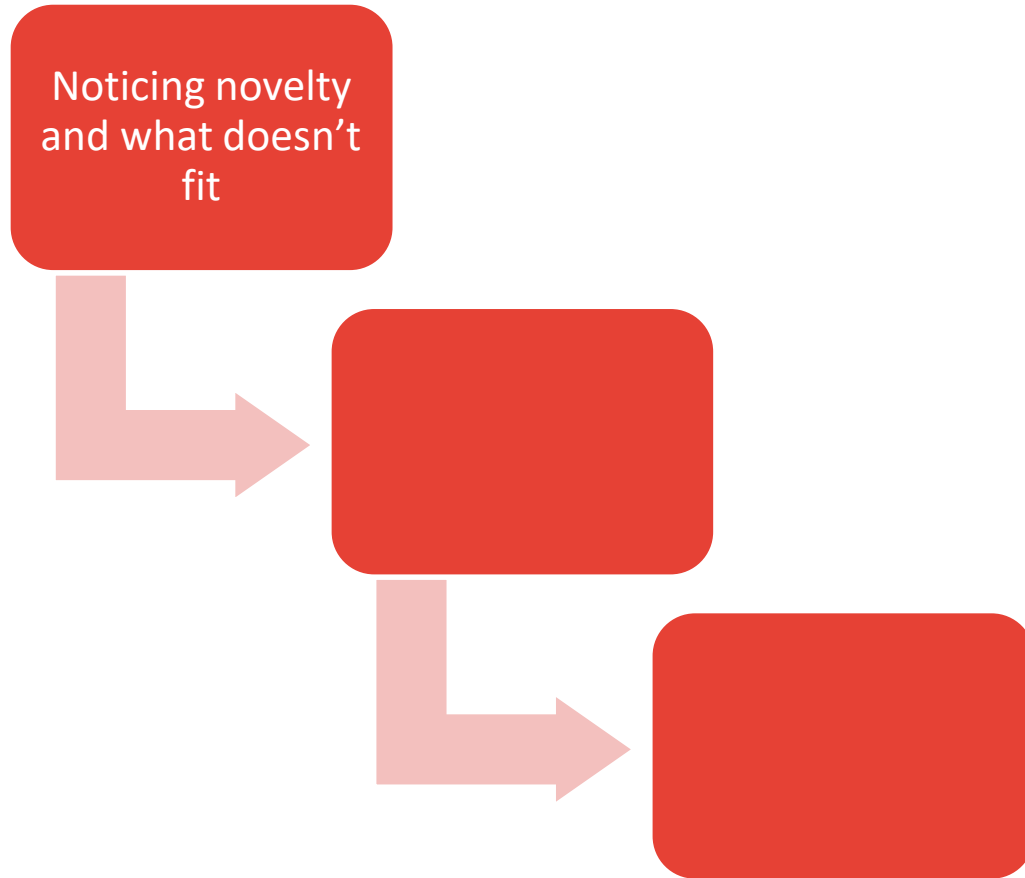
What is professional curiosity made up of?

- > **Personality:** enjoying knowledge; able to tolerate uncertainty; non-defensive
- > **Outlook:** open-minded; strengths-based; interested in stories
- > **Behaviours:** questioning; willing to challenge
- > **Skills:** reflection; analysis; legal literacy

(Thacker *et al*, 2020)

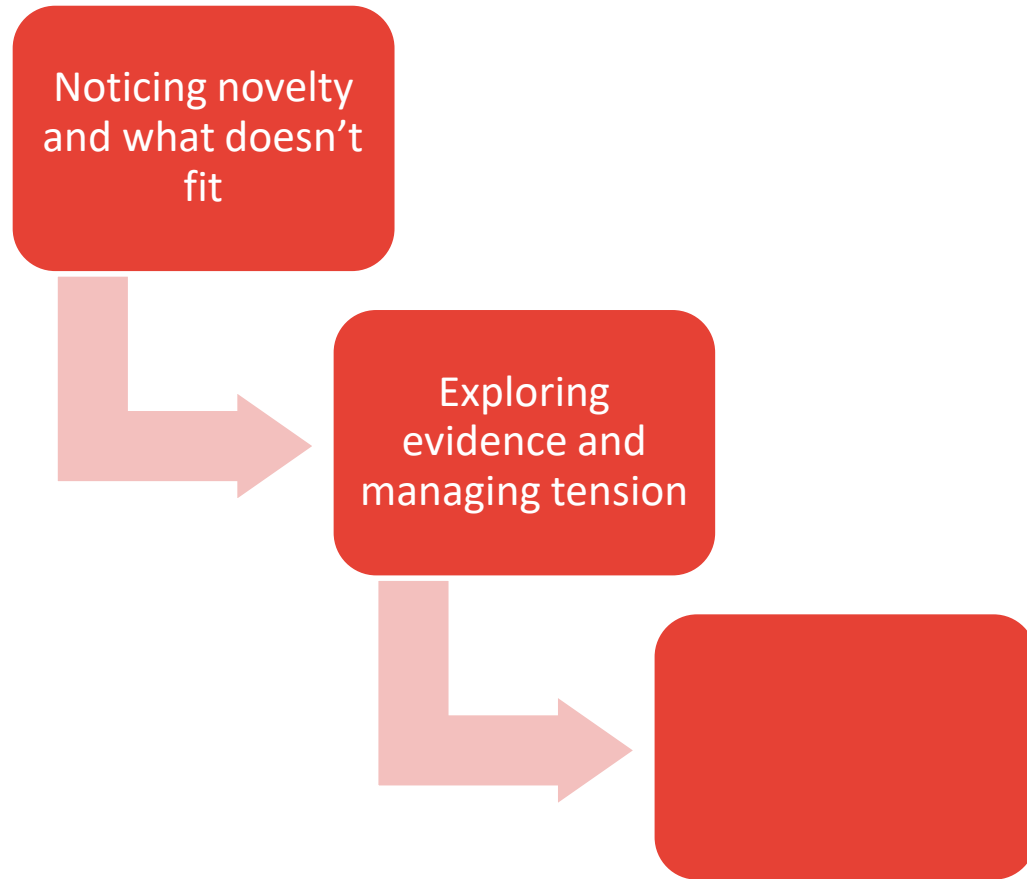


What is professional curiosity?



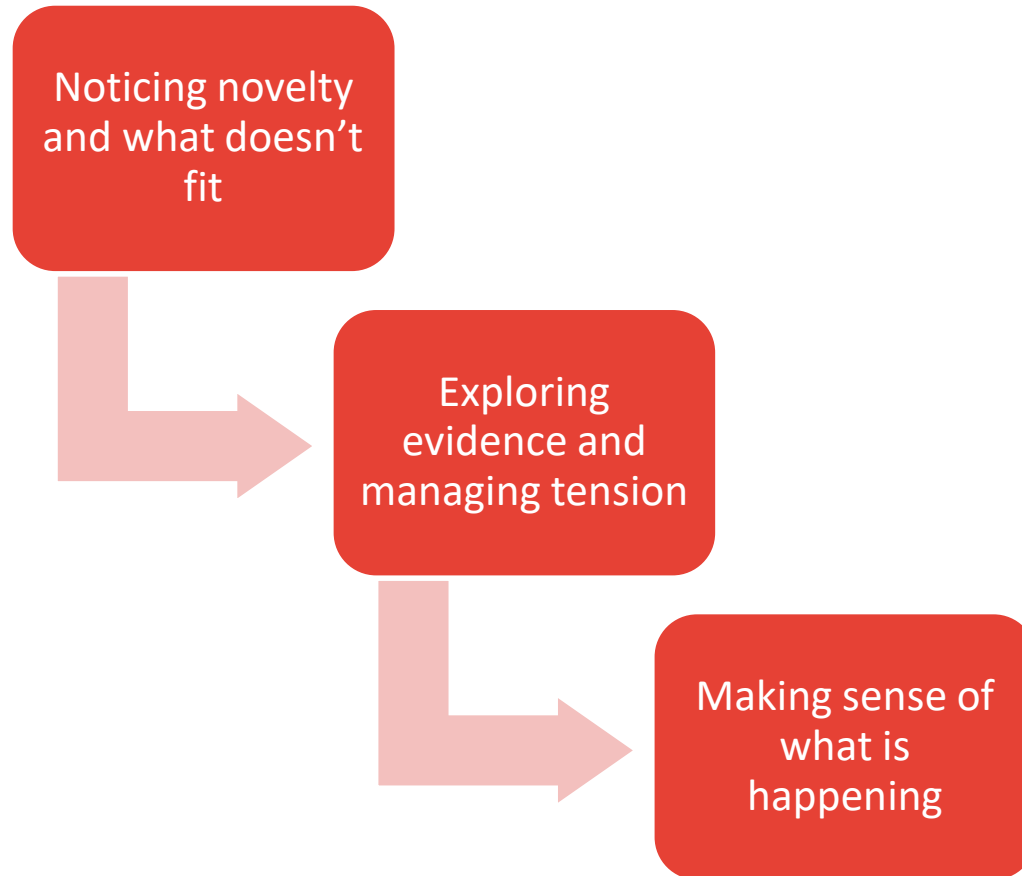
Adapted from Muirden & Appleton, 2022

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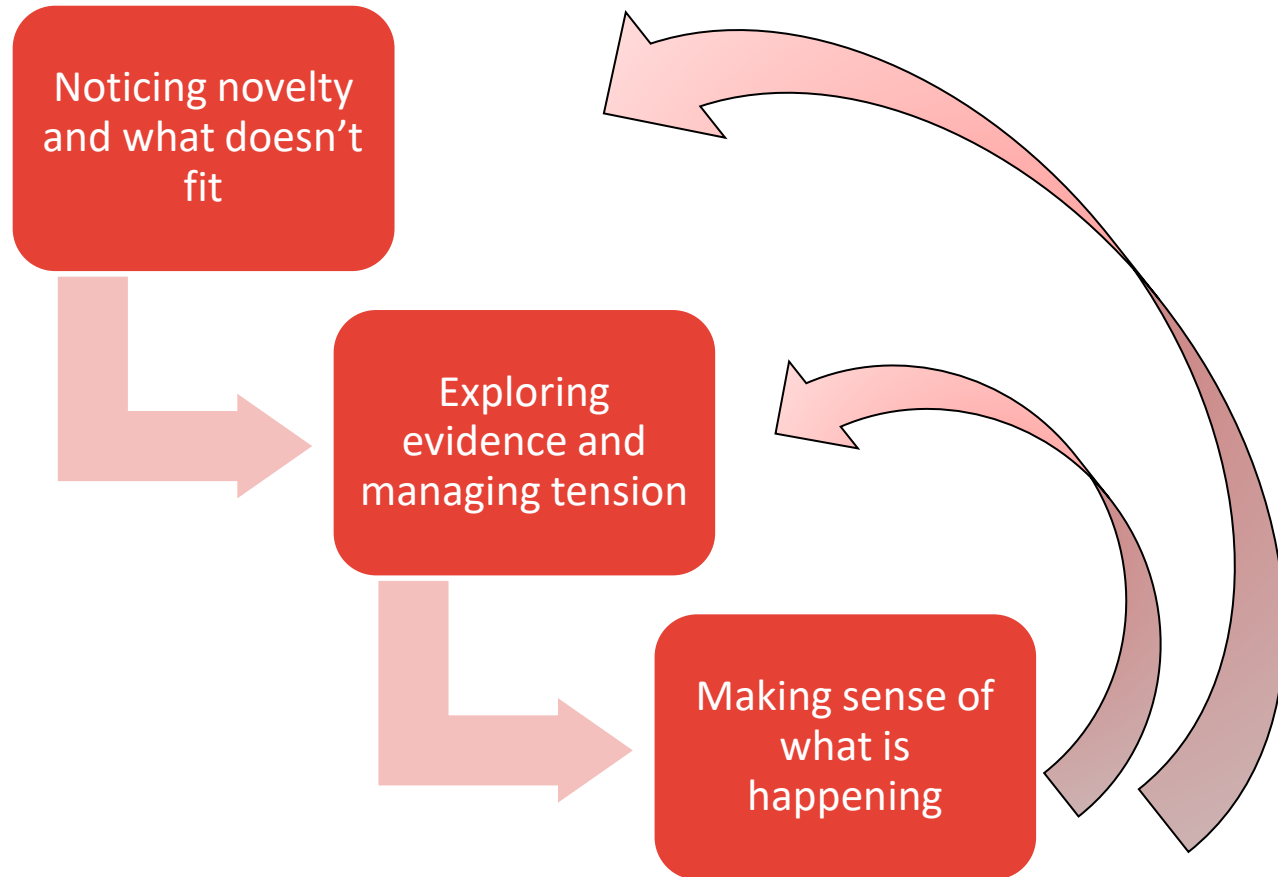
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What is professional curiosity?



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Barriers and enablers of professional curiosity

Reflect: What gets in the way of professional curiosity for you or your organisation?



Resource: Building a professionally curious organisation



- › Key messages for strategic leaders and operational managers
- › Actions to support curiosity
- › Reflective questions
- › Links to useful resources
- › Example scenarios

Professional curiosity: Communication

- > Listening and observing
- > Open questions
- > Reflecting and analysing
- > Clear explanations
- > 'Straight talking with warmth'
(Broadhurst et al., 2017)

Professional curiosity: Communication

Reflect: What do you think supports effective communication?



Resources to support you

research in practice Frontline Briefing 



Difficult conversations in social care

Dartington Trust www.researchinpractice.org.uk

Free video resources: [Non-violent communication](#) and [Six steps to entering conversations with curiosity](#)

research in practice for adults Frontline Briefing 



Embedding strengths-based practice

Dartington www.ripfa.org.uk

Free resources: [short guide for people drawing on services](#) and [film about strength-based practice](#)

The emotional, lived reality of social care practice

*How [people] become invisible...must be understood in terms of the interaction of organisational processes, the practitioner's qualities, their **visceral experiences and emotional state** during face-to-face encounters and the atmosphere within which the practice occurs.*

Ferguson, 2016, p. 14-1)

When I talked to my manager in supervision, I admitted to myself that I'd knocked on the door deliberately quietly and left quickly, telling myself they weren't in. The client's husband can be quite aggressive and it's hard to have a constructive conversation with them.

Thacker, 2020, p. 11

Can I handle this?



What will I do if
they say
something?

When I talked to my manager in supervision, I admitted to myself that I'd knocked on the door deliberately quietly and left quickly, telling myself they weren't in. The client's husband can be quite aggressive and it's hard to have a constructive conversation with them.

My manager asked me what was challenging about the situation and what was really going on. Those questions really helped me to see that I was trying to avoid a difficult situation.

Thacker, 2020, p. 11

Holding onto curiosity

Reflect: What helps you to stay curious and relational when you're feeling anxious or overwhelmed?






Wonnacott's Discrepancy Matrix

Helps to think critically about the information decisions are based on

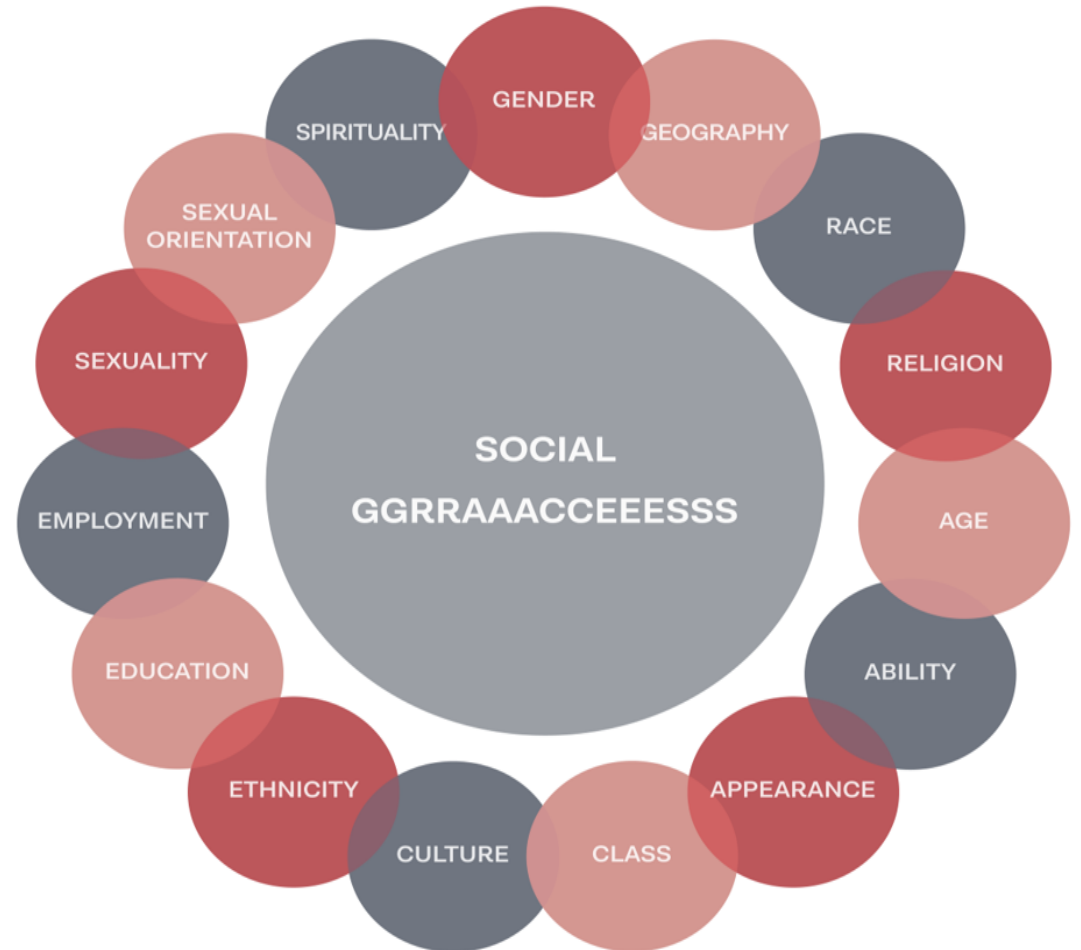
Discrepancy matrix

	Strong evidence		
Strongly held view	What do I know (evidence)?	What is ambiguous?	Unclear or no view
	What I think I know (assumption)	What is missing (what action is needed)?	
	Weak or no evidence		

research in practice  The Tavistock and Portman NHS Foundation Trust  Goldsmiths University of London

Practice Tool 

**PSDP—Resources and Tools:
Social
GRRRAACCEESSS
and the LUUUTT model**



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Ongoing learning and development: Case law and legal summaries



CASE LAW AND LEGAL SUMMARIES

Legal literacy

06/10/2023

Mental Health Act aftercare duties, best interest decisions and appropriate medical treatment

This month's summaries highlight aftercare duties under the Mental Health Act (MHA) 1983, eligibility for detention under the Mental Capacity Act (MCA) 2005, best interests for a man with kidney disease, capacity for decisions around family contact and 'appropriate medical treatment' under the MHA 1...



CASE LAW AND LEGAL SUMMARIES

Autism

24/08/2023

Feeding risks, anticipatory declarations and interim care orders

This month's summaries highlights a Court of Appeal decision on feeding risks, anticipatory declarations for childbirth, interim care orders for a pregnant woman and Court of Protection analysis of different approaches to diagnosis of Learning Disability.

Pause point

- > What are you taking away from today?



References

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research in practice



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Thank you