



Professional Curiosity - Resource Sheet

Surrey Safeguarding Adults Board Conference

Login to Research in Practice www.researchinpractice.org.uk/sign-in/.

Some delegates attending the conference will have membership to Research in Practice through their organisation: [resources in blue are free for members only](#). Other resources are open access and available for anyone to access.

Building a professionally curious organisation

[Professional curiosity in safeguarding adults: Strategic Briefing](#)

This members only briefing includes key messages and suggested actions for strategic leaders and operational managers, reflective questions, links to useful resources and [examples](#). This briefing is available to members only, but you can access the main author's academic paper for free here: [Could curiosity save lives? An exploration into the value of employing professional curiosity and partnership work in safeguarding adults under the Care Act 2014](#).

Curious and relational communication

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

Two short open access video clips about relational and curious practice during conversations about emotionally challenging topics. [This is supported by a written briefing for members, difficult conversations in social care](#), which also includes key messages from research and a range of tools.

[Strengths-based practice: A short guide for people drawing on services and a film about strength-based practice](#): two free resources to build confidence in strength-based approaches. [These are complemented by a written briefing for members, Embedding strengths based practice](#).

Supporting practitioner wellbeing

[Social Work Organisational Resilience Diagnostic \(SWORD\)](#)

A dedicated tool and workbook have been developed to improve organisational resilience in child, family and adult social care. The SWORD tool includes a diagnostic survey which opens twice yearly in spring and autumn and enables the collection and analysis of data from social care workers across organisations. The SWORD workbook offers targeted, evidence-informed tasks and strategies to support organisational improvements and develop conditions to better support social care worker wellbeing.



Supporting resilience: Supervision tools

These open access tools for supervision look at supporting self-care and resilience during supervision sessions. It also includes a tool for debriefing following an impactful event or situation and for supervision during times of change. These tools are supported by [videos](#) and [reflective questions](#) that give examples of different approaches to supervision.

Supporting practitioner wellbeing: Practice Guide (2022)

This guide aims to support you to repair, maintain, grow and sustain your wellbeing, to allow you to flourish and continue to support others effectively in your professional practice. It provides tools for assembling a personalised toolbox of strategies to support physical, mental and social wellbeing.

Analysis and critical thinking

Wonnacott's Discrepancy Matrix. This tool supports practitioners to think critically about the information they're basing their decision-making on.

Identity, power, values and ethics | Supervisor Development Programme: This series of free tools supports discussions about identity, power, values and ethics during supervision.

Social GRRRAACCEESSS and the LUUUTT model: This free learning tool introduces exercises and activities you can use to explore the social GRRRAACCEESSS and the LUUUTT model with your team and in supervision. It is supported by a [short video](#). It was designed for practitioners in children and family services, but has many applicable messages for work with adults.

The Good Assessment Handbook (podcast)

This podcast covers key points that underpin good assessments. [Available for members \(and written primarily for social care practitioners\) the accompanying handbook](#) provides detailed practice guidance to support practitioners explore and reflect on good assessment practice and the support that assessors need

Case Law and Legal Summaries: Provide a monthly overview and analysis of selected cases for members of Research in Practice, highlighting implications for social care practice.