



Appreciative Inquiry

Ap-pre'ci-ate, v., 1. valuing; the act of recognizing the best in people or the world around us; affirming past and present strengths, successes, and potentials; to perceive those things that give life (health, vitality, excellence) to living systems 2. to increase in value. Synonyms: VALUING and HONORING.

In-quire' (*kwir*), v., 1. the act of exploration and discovery. 2. to ask questions; to be open to seeing new potentials and possibilities. Synonyms: DISCOVERY and EXPLORATION.

Appreciative inquiry is the practice of asking questions to support, validate, and uplift. Through appreciative inquiry, we discover more about those around us, as well as ourselves. Appreciative inquiry is used in the Healing Touch classroom not only to debrief following a session, demonstration, or meditation, but also to deepen the understanding and meaning of the practice of Healing Touch.

Appreciative inquiry allows each voice to be heard and supports the flow of energy in the group dynamic.