



## The Tenets of Companioning the Bereaved

### *Theory of Bereavement Care*

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1. Companioning is about being present to another person's pain; it is not about taking away the pain.
2. Companioning is about going to the wilderness of the soul with another human being; it is not about thinking you are responsible for finding a way out.
3. Companioning is about honoring the spirit; it is not about focusing on the intellect.
4. Companioning is about listening with the heart; it is not about analyzing with the head.
5. Companioning is about bearing witness to the struggles of others; it is not about judging or directing these struggles.
6. Companioning is about walking alongside; it is not about leading or being led.
7. Companioning means discovering the gifts of sacred silence; it does not mean filling up every moment with words.
8. Companioning is about being still; it is not about frantic movement forward.
9. Companioning is about respecting disorder and confusion: it is not about imposing order and logic.
10. Companion is about learning from others; it is not about teaching them.
11. Companioning is about curiosity; it is not about expertise.