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## Understanding and Promoting Transformative Learning (2nd edition)

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### Article abstract

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## Book review: Understanding and Promoting Transformative Learning (2nd edition)

Revue de livre : Understanding and Promoting Transformative Learning (2e édition)

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### Abstract

This book is a well-crafted guide to Transformative Learning Theory (TLT). Patricia Cranton first distills the components of TLT and its evolution. She then shifts focus to the learner's perspective and individual's psychological differences. The subsequent chapters look at educator roles to empower learners and lastly how educators can self-reflect and support learners through their own transformative journey.

### Résumé

Ce livre est un guide bien conçu de la théorie de l'apprentissage transformateur (TLT). Patricia Cranton distille d'abord les composants du TLT et son évolution. Elle se concentre ensuite sur le point de vue de l'apprenant et les différences psychologiques de l'individu. Les chapitres suivants examinent les rôles des éducateurs pour responsabiliser les apprenants et enfin comment les éducateurs peuvent réfléchir et soutenir les apprenants à travers leur propre parcours de transformation.

### Strengths

*Understanding and promoting transformative learning (2nd edition)* by Patricia Cranton<sup>1</sup> skillfully breaks down concepts and links TLT to other adult learning theories. The discussion of current updates to TLT is viewed as an expansion of Mezirow's original work, not in conflict with it. As such, when she analyzes other theorists' work, she offers an approach of broadening the understanding as opposed to criticism. With this open-minded approach, she introduces the concept of imagination as a useful addition of TLT and she shows how it brings excitement to adult teaching. In addition, the examples she uses reflects the wide application of TLT that the reader can correlate easily to health care. For example, educators videotaping themselves teaching can provide awareness to discrepancies of perception and behaviour. In addition, journaling stimulates self-reflection and discussion with other adult educators not only constructive but transformative too!

### Weaknesses

Cranton's work is well-written, but a few statements made me pause. She states learners do not question knowledge from doctors, teachers etc. This may not be applicable more than a decade after the book is written. She also states that learners with severe neurosis or psychosis need a psychotherapist. I imagine that medical attention may be more appropriate.

### Summary

Overall, this is a must-read for medical educators. It is an easy read and offers practical points to weave transformation in teaching and self-development as a teacher.

**Number of pages:** 228

**Audience:** The intended audience is adult educators.

**Conflicts of Interest:** There are no conflict of interest and no financial conflicts.

### Reference

1. Craton P, *Understanding and promoting transformative learning (2nd edition)*. Jossey-Bass, San Francisco, CA, 2006