



## Summary/Outline of workshops/offerings at CCI Germany 2019

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(presented in alphabetical order by facilitator's first name)

Title: The SLOW workshop

Facilitated by **Csaba**

1. Round of names and thoughts and associations about the word 'slow'.
2. We imagined/mimed with eyes closed to peel a potato or two to perfection
3. Sharing
4. From one end of the room you have to go to a 'terrible' place, you do not want to go, but you have to: how do you go?
5. With a magic timepiece you can make sure you arrive in time (to work, school, a place you have to get in time) But now you have all the time you want to prepare, sidetrack, linger, go back if you forget sth. : 8-8 min tell you partner how you go, what you do
6. Sharing
7. Mini session: in what part of life should you speed up or slow down?
8. Closing circle.

Title: Hot Seat

Facilitator: **Janice Wasser**

There were 7 of us sitting in a circle. One person is on the hot seat, he or she sets the level of risk by indicating with their arm straight up for high challenge, straight out for medium and down for low challenge. Confidentiality and safety were emphasized and people were reminded to pause

between statements or questions. Time was set for 8 minutes each and stop time with attention switch and time for closing circle. Anyone could ask the worker questions. The worker could change the contract at any time and choose not to answer a question.

Title: The Co-Coping Project - an overview (Two morning workshops: Tuesday-Thursday)

Facilitator: **JanPieter Hoogma**

Outline: Opening circle - Powerpoint presentation engaging the attendants with opportunities for questions, discussions and a small session. There was also a special exercise: making a drawing of yourself as rider and your elephant. Closing circle.

Extra: PDFs of the presentation are available in German, Dutch and English. Contact me on [janpieter@co-cornucopia \[dot\] org \[dot\] uk](mailto:janpieter@co-cornucopia.org.uk).

Title: The talking to your father workshop,

Facilitator: **Jo**

For a small group of about eight people Max. We had a brief round to say why we'd come, Then divided the time, people could choose whether to have the time in a block or to split it. And we had a closing round.

Title: The walk of delight.

Facilitator: **Jo**

We met as a group and divided into pairs and threes, taking into account whether people wanted to walk much. And split the time into small chunks of 5/10 minutes, alternating. Essentially a walk staying in the present with the total attention of your Companion/S. At the end the group came back together for a short round of how it was. One interesting thing was the randomness of where you start your time from, because it's where your companion ended theirs.

Title: Co-co sessions workshop (1.5 hours)

Facilitator: **Julian Briggs**

4-20 people

1. Check-in round: name and how I am feeling now (< 1 minute each)

2. Round of what sort of session I want: pairs/threes, man/woman, short/long, language(s) etc (< 1 minute each)
3. Stand, mill partner up. Facilitator helps process. No-one leaves until everyone has a satisfactory co-co session arranged. (~3 minutes)
4. Sessions: 30 minutes each way in pairs
5. Check-out closing circle (< 1 minute each)

Title: Extinction Rebellion workshop (2.5 hours)

Facilitator: **Julian Briggs**

4-100 people

1. Introduce workshop plan (5 mins)
2. mini "What brings me here" (2 mins each way)
3. PowerPoint presentation of standard Extinction Rebellion Talk (includes 3 mini sessions of 2 mins each way) (90 mins)
4. Q&A (20 mins)
5. co-co session (15 mins each way)
6. Check-out closing circle (< 1 minute each)
7. Further info: <https://rebellion.earth/>

Title: Insight Dialogue, Interpersonal Meditation (1.5 hours)

Facilitator: **Julian Briggs**

4-12 people

1. Introduce workshop plan (5 mins)
2. Introduce Insight Dialogue (10 mins)
  - a. Origin
  - b. Purpose
  - c. Practice: Pause, Relax, Open, Trust Emergence, Listen Deeply, Speak Truthfully
3. Experiential exercises in pairs (3 times)
  - a. Insight Dialogue (1 minute each way, 2nd time 2 mins each way, 3rd time 4 minutes simultaneously)
  - b. Reflect (2 minutes)
  - c. Feedback to group (5 mins)
4. Insight Dialogue in whole group
  - a. Insight Dialogue
  - b. Reflection in group on practice and experience

5. Further info: [https://en.wikipedia.org/wiki/Insight\\_Dialogue](https://en.wikipedia.org/wiki/Insight_Dialogue)

Workshop title: Sibling roles in the family: Golden Child, Lost Child, Scapegoat and Black Sheep.

This was a workshop invented, designed and facilitated by **Kate Golten**.

Some translation was offered by the facilitator and participants when required.

Geschwister rollen in der Familie: das Sonntags Kind, das Unscheinbares Kind, der Sondenbock, und der Schwarzer Schaf.

Based on theories of dysfunctional families, especially families with a narcissistic parent. Anyone who feels that they relate to one or more of the roles is invited to attend. This is a workshop in which we are siblings, the parents are not invited.

Opening activity: Participants are asked to place themselves in groups in different parts of the room on large paper circles on the floor. The circles represent oldest child, youngest child, middle child and only child. They then say their name and the number and names of their siblings.

Next they place themselves differently according to which of the roles they think they had in their family. They stop and feel what that feels like for a while, then have a mini or round in their role group, splitting the time equally. Participants can switch groups if they feel that they have changed their mind.

Next they have a set time for saying something to one or more of the other groups. The other groups do not respond to what is being said.

A longer co-counselling session follows and a closing round.

This was a workshop of approximately 1 hour and a half (maybe less). With a longer time slot, I would have allowed for more time to explore dialogue between the different groups.

Many participants said they felt they had either done some powerful sessions, or that the workshop had led to further sessions on this topic.

Title: Vivacious, Voluptuous Vulva Workshop

Facilitators: **Kathryn Bass & Janice Wasser**

Outline: Opening circle - Name and a feeling, facilitators gave a brief explanation of why they are offering this workshop, presentation of a drawing of a vulva describing the various parts - short discussion of other names used, split up into triads, each participant answered 3 questions of 2 minutes each - what's on top, how did I discover my vulva, how does my vulva take part in my sexual life, then after all three had their 6 minutes, each had a 10 minute session on what came up in the triad. Closing round - Name and celebration with one hand on heart and other hand on vulva.

**Keith Lander** facilitated two workshops:

## 1. Suicide

For those who have experienced suicide of another person they know eg within your immediate or wider family or friends etc. The workshop is not for those who have only attempted or thought about suicide themselves.

Time: 2hours

Structure: peer led with start initiated by Workshop organiser as follows: sitting in a circle ideally as a small group of approx 6-10 people. Sharing circle ie participants share either in words and or body/ sound and or in silence. Each person takes a turn to share by taking the 'talking stick' and 'speaking' for as long as they wish and as many times as they wish mindful however of others in the group who may also wish to share. Participants take turns 'popcorn' style ie when they feel moved ('restimulated') to share. The sharer takes the stick and holds the stick showing others that it is their turn to receive free attention when talking.

After one round another round can be a time when the shared could ask other interventions and or support from the group.

For the last approx half hour participants are invited to share: positive ways forward, directions, goal/target setting, learning from the group and most importantly celebrations ie self validations. This last section is important to come away from the initial likely emotional sharing.

## 2. Talking to loss

An opportunity to 'speak' to someone who you have lost eg either through death and or could be loss such as an ending of a relationship.

Time: 2 hours

Structure: peer led with basic structure facilitated.

Small group of approx 6-10. Prepare a symbol of 'loss'. This ideally is a participant who is

underneath a white sheet and sitting on a chair or bean bag. Participants would take turns doing this. Alternatively, a seat can have a number of cushions placed on it and built up with white sheet over it, enough to make it look like someone under the sheet. A colourful cloth can be placed around the bottom of the sheet on the ground. It is ideal if there was a lot of space behind the white sheet for the potential for participants to walk around. Place a cushion/s in front of the sheet available for a client to sit in. Group sits as a semi-circle in front of the white sheet but leaving the sheeted chair or person in isolation and not part of the semi-circle.

Each person takes turn to 'speak' to their loss. Depending on group size and time, this can be timed or popcorn and not timed. Client can use the group or individuals in the group how they wish eg having someone or more than one as a support person, another or several as a counsellor (s).

End with for the last approx half hour participants are invited to share: positive ways forward, directions, goal/target setting, learning from the group and most importantly celebrations ie self validations. This last section is important to come away from the initial likely emotional sharing.

A second workshop could be in triads ie 3s with a client (worker), counsellor (listener) and another non speaking counsellor who is underneath the white sheet. If preferred the 3rd person can just turn their back to the client without having a white sheet however there is more power in having the white sheet to indicate a person unseen and unheard as well as suggestive of a shroud over someone who has died or gone.

**Marian van.Wijngaarden** offered 3 workshops:

1. Jamming for musicians. we played music together in the group.

Each participant was given the opportunity to play as a soloist, with the others playing the orchestra. The soloist was, as it were, the client and the others the counselors

2. Lamenting & music

There are no good mourning rituals in our western world. It is important in a grieving process that the feelings come out, music can be very supportive in this. In this workshop we listen to music and explore how we get into the lament with voice and cajon

3. Voice liberation for women who go through a grieving process

Sitting on a cajon & making sounds in your own rootnote with support of the group and guitar playing of the workshop giver

Titel: Impro-Tanzen und DJ **Markus**

Musik von Iiro Rantala, Thomas Hanreich, Rene Aubry, Moondog....

- 1.) warm mach Übungen
- 2.) zu dritt die Zwischenräume Tanzen
- 3.) Gegensätze Tanzen mit Shaps in den Pausen
- 4.) Kommunikationstanz zu zweit
- 5.) Großer Abschlusskreis mit Leuchtkugel

DJ Markus freies Tanzen

Title: Impro-Dancing and DJ **Markus**

Music by Iiro Rantala, Thomas Hanreich, Rene Aubry, Moondog....

- 1) warm up exercises
- 2) dancing in threes the interspaces
- 3.) Opposites dancing with Shaps in the breaks
- 4.) Communication dance for two
- 5.) Large terminating circuit with light ball

DJ Markus free dancing

Title: Co-coping recipes

Facilitator: **Marlies Tjallingii**, supported by **Verena Schütte**

Outline: Opening circle, Name and one word, then doing the exercise (recipe) is From Pain to

Power, which helps to react in different ways to a trigger which gives an automatic reaction (pattern). In the exercise we liberate ourselves from this and practise new ways of reacting.

The second recipe is: making a picture at the end of a session, when the topic of your session is not yet finished. We talked about being in the emotion or looking from a distance (the picture) to the emotion. We did a closing circle saying our name and the main resource we have to make our lives more vital.

Every morning workshop: Tai Chi Exercises and the priti namaskar, from 7.30 till 7.45 Facilitator: **Marlies Tjallingii**

Title: Accepting and Loving difficult people

Facilitator: Mike Root

Outline: Opening circle (8 people + 1 facilitator) - Started with an opening circle of what brought you to this workshop, followed by a 15 minute loving kindness meditation (metta), starting with a person you love and care about, connecting to a feeling of love and working toward more challenging people and all beings. Then, 7 minutes of co counseling each way. Finally, a closing circle with insights, direction, and if inspired to a blessing for self and difficult person/people.

Title: Real Communication Despite Severe Political Disagreements / Developing Strategies Together

Facilitator: **Rudolf Giesselmann**

The workshop began with a 15-minute exploration session in pairs. The first 5 minutes of the session was used to provide a literal description of situations which involved extreme political disagreements. The next 10 minutes was for exploration on strategies and ideas to be used to improve communication. Afterwards there was a round with 11 of us sitting in a circle to share these strategies. The sharing was recorded and will be written up and sent to the participants and to anyone who is interested.

Title: Singing for amateurs

Facilitators: **Sarah (Ger) & Alan (UK)**

Outline: We invited everyone who likes singing and usually avoids groups of more experienced



singers for various reasons. We started with an opening circle where one could share experiences of using the own voice, restrictions of using the own voice and/ or other motivations for joining the workshop. We continued with a humming and built a connection through our voices. We also asked participants to bring a song that we then taught each other and sang together. The repertoire ranged from popular songs to lullabies, folk and freedom songs.

Titel: Singen für Amateur\*innen

ModeratorIn: **Sarah (D) & Alan (UK)**

Inhalte: Es waren alle eingeladen, die gerne singen möchten und aus unterschiedlichen Gründen Gesangsgruppen mit erfahreneren Sänger\*innen eher meiden. Wir haben mit einer kurzen Eröffnungsrunde angefangen, in der Teilnehmende teilen konnten, welche Erfahrungen sie gemacht haben, wenn sie ihre Stimme benutzen oder wann sie sich begrenzt fühlten oder andere Gründe nannten am Workshop teilzunehmen. Um uns mit unseren Stimmen zu verbinden, sind wir für einige Minuten gemeinsam ins Summen gekommen. Wir haben die Teilnehmenden gebeten ein Lied mitzubringen, das wir uns dann gegenseitig beigebracht und gemeinsam gesungen haben. Das Repertoire reichte von Pop-Liedern, über Schlafliedern zu Volks- und Friedensliedern.

Topic: How to prepare for the adventure of your life and death

Facilitator **Sylvia Wagner-Bottomer**

We started with a n circle of names and what draw you here. Then I explained briefly three common blockages people may experience in there dying process: Trauma/ soul wounds; Attachment and Fear. We had a short co-co session about our one experience.

I prepared a scene with an area of blockages (foam blocks), a river (blue cloth) as threshold of life/death and space beyond. Everyone had ten minutes time to get in contact with their feelings regarding their own death and could go in their own time towards the threshold and when ready beyond this threshold. We did it all at the same time. Afterwards there was a sharing circle of our experience.

Then we had a visualization to find our one safe place, where we can retreat to when in discomfort, fear and the whole situation gets too much.

The participants feedback was that it was useful for them.

**Sytse** offered an act in the talent show: please look at my English website:

<https://www.iempower.nl/NLP/NLPmirroring.htm>


Topics

**CoColInfo Tags:**

**Literature tag:** [Organising co-counselling events](#) >[Workshop facilitation and organisation](#) >[workshops](#)

**Attachment**

**Size**

 [A rich list of offerings](#)

1.24 MB

 [3rd day of CCI Germany 2019](#)

1.12 MB

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