



Teaching Co-Counseling - a checklist for apprentices

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Co-counseling Teachers of Northeastern USA: Statement of Purpose

We meet together as teachers to gain clarity about what we teach, and to pursue excellence in the way we teach it and to promote the process of co-counseling. As powerful, in-charge beings, we each bring our own safety in creating a supportive space in which to validate, celebrate and energize ourselves. We meet to strengthen our commitment to the creation of our own co-counseling as a vehicle of change and healing in the world.

The following checklist was developed by us as part of our apprenticeship process.

Contents check list

1. [Facilitation Skills](#)
2. [Understanding of Group Dynamics](#)
3. [Class Design](#)
4. [Co-counseling Skills list](#)

1. Facilitation Skills

1. Leading Opening and Closing Circles
2. Using humor
3. Getting and staying present during challenging situations
4. Facilitating Group Time
5. Using present situations for teaching and healing
6. Handling disruptive patterns
7. Understanding distinctions between client, counselor, and teacher roles.

2. Understanding of Group Dynamics

1. Creating safety
2. Creating a culture of validation (positive regard, mutual respect)
3. Recognizing and managing group energy level & pace and intensity
4. Confidentiality
5. Generating enthusiasm, lightness, fun

3. Class Design

1. Creating a class plan with
2. The purpose clearly defined
3. Logical flow of skill-building
4. Balancing structure and flexibility in carrying out class plan

4. Co-counseling Skills list

1. New and Goods
2. Validations
3. Contracts
4. Present Time
5. What's on Top
6. Confidentiality
7. Socializing and Sexualizing
8. Touch/Hugs
9. Scanning
10. Discharge
11. Restimulation
12. Pattern Identification
13. I.D. Checks
14. Life Action
15. Direction Setting
16. Direction Holding
17. Interventions
18. Random Pleasant Memories
19. Two Pillow Technique
20. Role Play
21. Conflict Resolution
22. Closure

Topics

CoColInfo Tags:

Literature tag: [Teaching co-counselling](#) > [Teaching new trainers - manuals](#)
