



## CCI Co-Counselling

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**Co-Counselling** provides an opportunity for people to support each other to get on with life in an emotionally healthy, rational and creative way. This can include developing self-confidence, becoming more comfortable with emotions and dealing effectively with issues from the past that are affecting the present.

In a **Co-Counselling session** people usually work in pairs taking equal time to be 'client' and 'counsellor' in turn. The approach is client-centred: the **client is in charge** of his or her session, while the counsellor takes on a support role.

**CCI Co-Counselling** is short for

1. the Co-Counselling method practiced within the CCI (Co-Counselling International) and
2. the network of individuals and groups who support each other to get on with life in an emotionally healthy, rational and creative way.

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**Co-Counselling International (CCI)** is a peer network of co-counsellors. Its main purpose is to provide opportunities for co-counsellors to contact each other and to meet up in sessions, groups and workshops.

Setup in 1974 by John Heron, Tom and Dency Sargent with **Co-Counselling International - Guidelines** as founding document.

A more recent, de facto common understanding of how one supports each other can be found in John Heron's "**A definition of CCI**" 1996.

Through the years various dialects of CCI Co-Counselling developed, as Co-Counselling International (CCI) is a peer-based support network with nobody 'deciding' what the true 'nature' of co-counselling is about.

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