



London Co-Counselling Training - Autumn 2019

Language

English

In this 40 hour course you will learn and practice the 21 core techniques of peer to peer counselling (co-counselling).

Upon completing the training you will become part of a local, national and international network of co-counsellors with whom you can continue regular co-counselling sessions. Here are some quotes from people who have recently completed co-counselling trainings.

"This course has been challenging and important for me. It has opened up a whole new world of possibility in terms of what counselling is. I loved the reciprocal nature of the course and found it much more useful than traditional counselling'.

"Within a 10 minute co-counselling session, I was to my surprise able to access the buried grief about my dead father, something that was previously not possible in a £75/h therapy sessions.'

"The quality of Kathleen's teaching was fantastic, and the course was enhanced by the regular support by teachers with over 20 years' experience. I got a lot out of the techniques almost immediately, and think co-counselling (as well as advocating independence and self-reliance) offers a route to important experiences that might take months of therapy."

Practicing co-counselling will empower you to become your own leader and relate honestly and with compassion to yourself and those around you. Co-counselling can also be thought of as relationship counselling - it's about learning to nourish all relationships in our lives; from our relationship with ourselves, to our relationships with friends, families, lovers, colleagues, and with the world at large.

This course will be facilitated by Kathleen Cassidy who has led trainings across the UK.

The course will take place in a house within Wanstead in East London. It will run over the following dates and times:

Sept

Sat 14th: 10am-5.30pm

Sun 15th: 10am-5.30pm

Oct

Sat 5th: 10am-5.30pm

Sun 6th: 10am-5.30pm

Sun 20th: 10am-1pm

To apply for the course, please fill in this form asap <https://www.surveymonkey.co.uk/r/DPNQ26M>

Places are limited so best to apply now to increase chances of getting a place.

If you have any questions please contact Kathleen by email to Kathleenspostbox [at] gmail [dot] com with the subject line ' CoCounselling' or by phone: 07871955394.

Event Dates

Saturday, 14 September, 2019 - 00:00 to 23:55

Sunday, 15 September, 2019 - 00:00 to 23:55

Saturday, 5 October, 2019 - 00:00 to 23:55

Sunday, 6 October, 2019 - 00:00 to 23:55

Sunday, 20 October, 2019 - 10:30 to Monday, 21 October, 2019 - 12:55

Venue Details

Venue:

Wanstead London E11 3QP

Royaume-Uni

See map: [Google Maps](#)

GB

Costs

Places are priced according to the following sliding scale:

£120 - Unemployed/Student

£180- Annual income of approx 10K per year:

£210- Annual income of approx 15K per year

£240 - Annual income of approx 20K per year

£270- Annual income of approx 25K per year

£330 - Annual income of approx 30K per year

Add £10 to the suggested cost per extra 1K in income after 30K.

No one will be turned away for lack of funds and places for those on low wages and from marginalised groups will be prioritised. All people welcome.

Places are limited to 10 per course.

Payment Arrangements:

You can pay via Paypal to kathleenspostbox [at] gmail [dot] com (chose the friends/family option to avoid fees) or by bank transfer to K M Cassidy, Sort code: 07 01 16, Account: 35997067.

Registration/Booking Information

Arrangement:

There will be a vegetarian bring and share lunch on each day of the training, where every participant brings something to eat themselves or share. Tea and coffee will be provided.

Suggestions for registering

Which information would you like the visitor to know?:

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