



## One-Off Interpersonal Here and Now Group

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Language

English

### ONE-OFF GROUP: INTERPERSONAL HERE-AND-NOW GROUP

**1.30 - 5.00pm** You are invited to attend this group for a unique experience in encounter with other individuals. The invitation is to stay as much as possible in the here and now, in order to maximize the opportunity for authentic meeting with others and with yourself.

#### **The group (8 – 12 people) will be peer-led**

Unlike the normal co-counselling contract, this group space offers the prospect of interpersonal meeting and process. Encounter with others invariably invokes feelings inside the self, and this space offers the chance to experience and reflect on these. This can make for considerable challenge and opportunity.

Ground rules: Please keep confidentiality, avoid violence to self, others and objects, and avoid arriving under the influence of non-prescribed drugs.

**VENUE:** Kristal's yoga room in our house in Leeds, LS8 4HB. During the break we may use the kitchen, and there is a nice park nearby if you want to go for a short walk. I will supply beverages for the break.

#### **For co-counsellors only**

**Session 1:** 1.30pm – 3.00pm

**Break:** 3.00pm – 3.30pm

**Session 2:** 3.30pm – 5.00pm

**BOOKING:**

- Please send me an email (richard@richardmills [dot] co [dot] uk) to say you will be coming, and send a cheque for £5.00 (payable to Richard Mills) to Richard Mills, Oakwood House, 637 Roundhay Road, Leeds, LS8 4BA. I will then send you our address.
- The profit will go to West Yorkshire Co-Counselling.
- If I don't know you please let me know the year, teacher and location of your co-counselling fundamentals course.

Kind regards to all CCI co-counsellors

Richard Mills (richard@richardmills [dot] co [dot] uk 0113 219 5526)

PS...

**The Guest House (by Rumi)**

This being human is a guest-house

Every morning a new arrival

A joy, a depression, a mean-ness, some momentary awareness

Comes as an unexpected visitor

Welcome and entertain them all! Even if they're a crowd of sorrows, who violently sweep your house empty of its furniture

Still treat each guest honourably. He may be clearing you out for some new delight.

That dark thought, the shame, the malice, meet them at the door laughing, and invite them in.

Be grateful for whoever comes, because each has been sent as a guide from beyond.

Saturday, 2 April, 2011 - 13:30 to 17:00

#### Venue Details

**Venue:**

Richard's house

Check with Richard

Leeds LS8 4HB

United Kingdom

Phone: 0113 219 5526

See map: [Google Maps](#)

GB

#### Contact Information

Richard Mills (richard@richardmills [dot] co [dot] uk 0113 219 5526)

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