



## Online Co-Counselling Training: Winter 2021, Daytime

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Language

English

In this foundations 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 the local and international network of co-counsellors (Co-Counselling International - CCI) with whom you can continue regular co-counselling sessions for free.

Practicing co-counselling empowers 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.

The course will take place over 10 online classes between and will run over the following Tuesday afternoons in the Winter of 2021. Please note there is also a evening course running over the same winter period and you can find more details of that here: <https://co-counselling.info/en/event/online-co-counselling-training-even...>

This course will be facilitated by Kathleen Cassidy who has led trainings across the UK, both in person and online., over the past 4 years. Here are some quotes from people who have completed recent co-counselling trainings with her:

"The quality of Kathleen's teaching was fantastic, and the course was enhanced by the regular support by co-counsellors 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."

"Are you a man? Do people sometimes very gently and delicately mention something vague about emotional intelligence? Do you sometimes have sensations that you don't know how to talk about? You should do this training. This is the one. Start here. Kathleen is a skilled facilitator and co-counselling will help you in so many ways. Parts will be uncomfortable, but you can go at your own pace, share what you want to share, and I guarantee you will come out of it a better human being."

"As a healthcare professional, co counselling is so helpful in moving away from ideas of healer/

patient, expert/ novice sorted/struggling. It was refreshing to be given practical tools to create space for people to find their own solutions, and to be given that space in return. Co-counselling can change the world!"

"I got so much from this course. I am excited about using co-counselling to both support my own mental health and personal growth and that of my community. I really valued Kathleen's patience, knowledge, clarity and sense of fun. I recommend her training highly."

#### Event Dates

Tuesday, 12 January, 2021 - 14:00 to 16:00

Tuesday, 19 January, 2021 - 14:00 to 16:00

Tuesday, 26 January, 2021 - 14:00 to 16:00

Tuesday, 2 February, 2021 - 14:00 to 16:00

Tuesday, 9 February, 2021 - 14:00 to 16:00

Tuesday, 16 February, 2021 - 14:00 to 16:00

Tuesday, 23 February, 2021 - 14:00 to 16:00

Tuesday, 2 March, 2021 - 14:00 to 16:00

Tuesday, 9 March, 2021 - 14:00 to 16:00

Tuesday, 16 March, 2021 - 14:00 to 16:00

#### Costs

Places are priced according to the suggested sliding scale:

£75 - Unemployed

£105- Annual income of approx 10K per year:

£145- Annual income of approx 15K per year

£195 - Annual income of approx 20K per year

£245- Annual income of approx 25K per year

£295 - Annual income of approx 30K per year

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

#### **Payment Arrangements:**

Places are allocated on a sliding scale of payment according to people's different financial situations. Please be honest about what you can afford. Those who can afford a bit more help subsidize places for those who can't.

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#### Registration/Booking Information

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Suggestions for registering

### **Which information would you like the visitor to know?:**

To apply for the course, please fill in this form asap:

<https://www.surveymonkey.co.uk/r/XZBGWF2>

Places are limited and recent trainings have booked out in advance, so it is recommended to apply as soon as you can to increase your chance of getting a place.

It is advisable to speak with people who live in your area to see if anyone else is also interested in doing this training. That is because it is preferable to have someone locally that you could practice co-counselling sessions with in person. Whilst you will practice co-counselling remotely with other participants on the training via telephone/zoom/skype, it is ideal to have another person/people in your area to do sessions with in person as well. It does not matter if you know the other person/people in your area. You can practice co-counselling with people you know, as well as those you don't.

### Contact Information

If you have any questions you can contact the trainer, Kathleen, by email on cocounselling [dot] training [at] gmail [dot] com(link sends e-mail) or tel: 0044 7871955394.

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