



CoCoPedia

The free Co-Counselling Encyclopedia that any Co-Counsellor can edit and add topics to.

[Add new topic](#)

[A-Z Index](#) [Pedia](#)

Attention Out

Last updated:

Fri 25 Feb 2011.

Another term for **Attention Switches**.

Attention Switches

Last updated:

Tue 21 Sep 2010.

Called in the USA: **Present Time** or **Attention Out**

The Client may end the session with **Attention Switch exercises** to... [Read more](#)

Balance Of Attention

Last updated:

Tue 16 Jul 2013.

Keeping a Balance Of Attention means maintaining a balance between experiencing the safety of the **Here-And-Now** and '**reliving**' a difficult experience of the past....

[Read more](#)

Caring, Loving Attention Contract

Last updated:

Tue 21 Sep 2010.

In the USA they use this word for the **Free Attention Contract**, one of the core **session...** [Read more](#)

Caring, Loving Attention With Suggestions Contract

Last updated:

Tue 21 Sep 2010.

In the USA they use this for the '**Normal Contract**', one of the core **Session contracts**.

Catharsis

Last updated:
Mon 25 Nov 2013.

Catharsis or **katharsis** is an Ancient Greek word meaning "cleansing" or "purging".

This concept is used in various settings.

In theater... [Read more](#)

CCI

Last updated:
Mon 6 Jan 2014.

The abbreviation '**CCI**' has several meanings within Co-Counselling, all related to each other.

1. CCI - **Co-Counselling International**
2. CCI -... [Read more](#)

CCI Co-Counselling

Last updated:
Sun 2 Aug 2020.

Co-Counselling provides an opportunity for people to...
[Read more](#)

Client

Last updated:
Tue 2 Sep 2014.

The Client is the person working in a session on his or her issues, with the attention of a counsellor. A client is sometimes referred to as the "Worker", "Explorer" or "Creator" in the Co-... [Read more](#)

Client In Charge

Last updated:
Sat 30 Dec 2017.

This is the core principle and expectation in CCI about the role of the client in a session: whatever **session contract** the Client is In Charge of... [Read more](#)

Co-Clienting

Last updated:
Sat 30 Dec 2017.

Co-Counselling is sometimes referred to as Co-Clienting. The reason for this is that in CCI the **client is in charge** of their ... [Read more](#)

Co-Écoute (f)

Last updated:
Wed 21 Oct 2015.

French for co-counselling

CoCo Open Space

Last updated:
Sun 9 Aug 2020.

Purpose

The main aim of a CoCo Open Space workshop is to bring together co-counsellors with shared interests and common needs so that they can co-create a meaningful and relevant Co-... [Read more](#)

Coming Back exercises

Last updated:
Sat 30 Dec 2017.

Another term for **Attention Switches**, exercises to finish the session.

Confidentiality

Last updated:
Sat 30 Dec 2017.

The purpose of **Confidentiality** in Co-Counselling is to provide the client with a safe space in sessions, circles sharing rounds and workshops to express their experience without a... [Read more](#)

