



Fundamentals of Co-Counselling - the CornuCopia way

J. P. Hoogma, **Fundamentals of Co-Counselling - the CornuCopia way**. Edinburgh: CornuCopia, 2004.

This manual not only covers the Co-Counselling fundamentals, but also information about conflict, difficult conversations, creating your life, support and support groups. The CornuCopiai approach of Co-Counselling is also based on principles of Cognitive Behavioural Therapy, Focusing and the Harvard Negotiation project. Its development started in the late nineties and it is still a project in progress.

Contents of CornuCopia manual

Welcome

Personal notes and session plan - suggestions

Workshop theory

A. Fundamentals training

Part 1. Co-Counseling culture

Part 2. Co-Counselling Sessions

Part 3. Living happily with your emotional truth

Part 4. After the Fundamentals...

B. Conflict and difficult conversations - workshop

Managing conflicts and difficult conversations effectively

C. Create your life

D. Techniques

Part 1. Core techniques and procedures

Contains also focusing, pain2power and video techniques.

Part 2. Group techniques and procedures

E. Booklet

Rescue Triangle

Feedback Form Fundamentals

Many thanks

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Topics

CoCoInfo Tags:

Literature tag:

[Introduction >Co-counselling manuals for starters](#)
