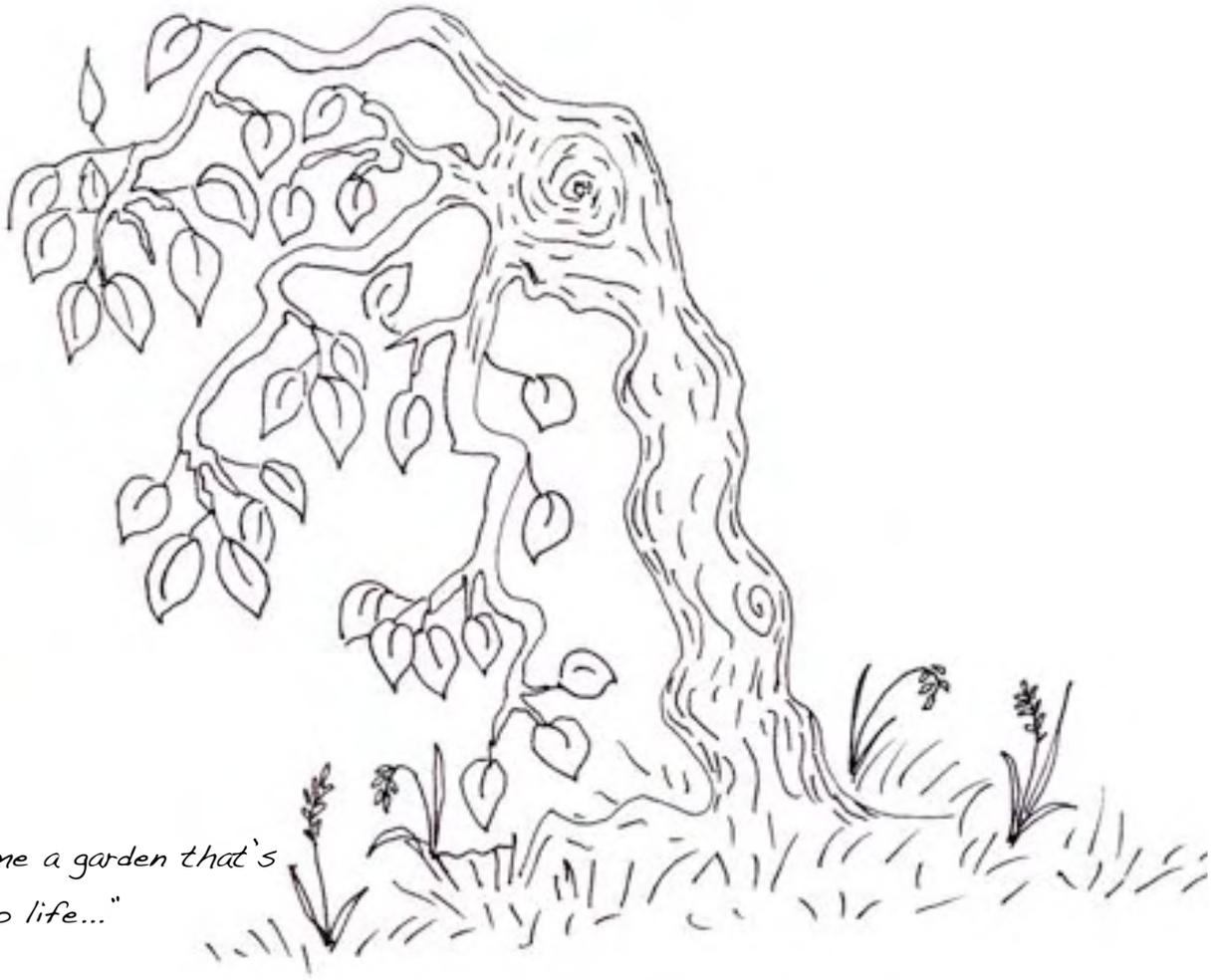


Here and Now.... May 2008



*"..show me a garden that's
bursting into life..."*

*a newsletter for the CCI
co-counselling community*

This issue published 1st May 2008

Editor: Kate MacKechnie

All submissions to Kate at mackechne01@hotmail.com, or by post to her usual address.

Next issue due out 1st August 2008, submissions deadline 20th July.

Subscriptions are a suggested voluntary donation of £2 to the editor, to cover her expenses, gladden the heart, and enable an underfunded residential to continue.

Here and Now
Kate MacKechnie

So then welcome to the first edition of "Here and Now". This has evolved out of decisions, debates and discussions over the last nine months, into an email-based newsletter. It is sent by email, and then it's up to you the recipient, whether you print all or part of it, or keep it on your computer. Please feel free to forward it to other CCI co-counsellors. The costs of production are kept to a minimum, so the subscriptions are a voluntary donation. Suggested donation is £2 per year, payable to C.MacKechnie, at the address below, or by bank transfer. Please contact me for details.

"Here and Now" has no connection with "One to One", and is not part of its subscription process, despite statements in the Winter 2008 issue of "One to One".

If you have articles, announcements, flyers, pieces of writing, artwork or photos that you wish to submit, please email them to me at mackechnie01@hotmail.com, post them to me at 29, Hinton Road, Easton, Bristol BS5 6HA or email/write to me in order to discuss them over the phone.

If you (or a co-counsellor you know) cannot access newsletters in an email format, please contact me to arrange to receive "Here and Now" in a different format. The recipient will probably be asked to cover the costs of printing and postage.



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The views expressed in "Here and Now" are those of the authors only.

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Kate MacKechnie

For me co-counselling, being part of this community, is having someone to walk with me through the valley of the shadow.

It may not be always the same person, and they don't always walk all the way with me-but it means that there is someone when I need them. It is also knowing that I can ask someone to stand beside me, walk beside me, sit beside me, speak to me in my darkest hour in the valley. I like that people do not shun me when my world is dark and I am walking in the valley. It is the knowing that there may be a hand or a group of hands ready to pull me up out of the ditch, out of the pit, out of the valley.

Thank you for being there with me, alongside me.

Thank you Fiona-for being there for a month with me and watching my back, sheltering me and walking right beside me, pulling me out.

Thank you Sarah-for walking beside me, pulling me out and making me laugh.

Thank you Rachel for yet again walking beside me and being right there on the phone.

Thank you Hazel, Judy, Sue, Chris P, Marisa, Paul H, Richard M, Jenny N, Tim, Christine, Eartha, Ann T, Steve and Kate for all talking to me during my darkest hours and wishing me well.

I know that some of you often pull me out of a pit of my own making, or walk with me in the dark times of the past when I chase the shadows of the long dead.

It all means so much to me. But that you did this for me, at this time, the worst of times. I love you for it.



ENDINGS

by Bridget Morris

'Endings are important' I told myself, especially if a 'good ending' can be achieved. I had resolved to end my volunteer befriending of a woman who has downs-syndrome, after 6 and a half years. I had enjoyed our friendship, but my time had become more pressurised, I was doing other voluntary work, I no longer felt the same commitment and I needed to 'move on'. I thought if I step down Janet, my friend, will be assigned another, more committed, volunteer friend. Surprising how guilty I felt though.

The first time I had resolved to end my volunteering, eighteen months ago, I rang the Befriending Organisation and was told 'Oh no, oh dear, we are so short of friends, we won't be able to find anyone else for Janet'. The effect of this was that I capitulated completely and agreed to carry on with my volunteering. This time I was determined, I rang the organisation and they were fine about me stopping volunteering, and thanked me for the work I had done. I agreed to see Janet a final time, indeed I wanted to. I rang her carer and told her of my decision, and she was fine about it too. So far, so good.

I contemplated my visit to Janet. How exactly do you tell someone that you no longer wish to be their friend? I thought about my past friendships, occasionally they had ended in a row, with harsh words and phone slamming, but usually they kind of dwindled, as phone calls and meetings became less frequent, until finally stopping almost of their own accord. 'Tell her you haven't got time' Janet's carer had breezily advised. 'Not got time?' I thought, trying to imagine how I would feel if one of my friends announced they could no longer be my friend because they 'hadn't got time!'

When I rang Janet's doorbell she greeted me eagerly. Her carer said she thought I was her sister who was picking her up soon to take her shopping. Over coffee we chatted and I managed to say, in a rather garbled way, that I would no longer be going to the one-to-one Club (our main pastime together), because I had lots of travelling to do for my work, but I would ask John to find someone else to take her. I am not sure how much of this she understood, but she seemed fine about it, and we chatted amicably about shopping and the weather. 'What time is your sister coming?' I asked.

'12 o'clock' she replied.

Noticing it was a few minutes to 12, I got up to go. Saying goodbye to Janet's carer I said 'Janet's sister will be here at 12 o'clock'.

'No she's coming at 12.30' her carer said. Perhaps I had rather over-inflated my sense of importance to Janet after all!

Saying a final 'goodbye' I left in a reflective mood. Yes, endings are important I mused. I had been honest about my feelings, acknowledged that I needed to 'move on' and freed myself up to do so. Janet, her carer, the Befriending Organisation and I all knew where we stood. Hopefully, the organisation would find Janet another friend, and her carer would realise that volunteers do not carry on volunteering forever. I had done things in the 'right way'.

Perhaps, most of all, I had learnt that Janet does have others in her life who are important to her, such as her sister, friendships usually don't last forever and maybe I am freeing her to find another friend, as much as I am freeing myself. So inflated was my ego that I was finding it almost impossible to 'let go' even when it felt 'right' to do so.

I'd liked to think that I might be a little more relaxed about 'endings' in the future.

STORYTELLING AND ORDINARY MISERY

The inherent value of communicating one's own story to another human being giving good attention is, I think, an underappreciated aspect of co-counselling. To be heard, to have someone listen to one's interpretation of private and important events - and one's emotional response to these - is a deep privilege; it's a crucial, perhaps healing, connection and a contradiction to fundamental isolation.

I doubt many readers would disagree with the above. There are, however, implications in valorising this aspect of co-counselling. It places emphasis on quality of attention as attention. The counsellor hearing the client's story should seek to communicate a sense of hearing, understanding and accepting with sympathy, ultimately empathy as a fellow suffering, sensitive human. This can conflict with the counsellor's role as a producer of interventions into the client's story, or as their role as a facilitator in changing the client. I am suggesting that a client might have an excellent session telling their story - whether about a recent event or an overview of their life, or, as often in the best sessions, a pertinent relating of the two - without any significant 'discharge', and without any resolution to change. I am suggesting that an eagerness to produce either or both of these latter two results might diminish the quality of a counsellor's attention as a receiver of the client's story. I have sometimes experienced this from counsellors in my own sessions. For instance if they're too eager to intervene with 'would you like to contradict that?' I can feel that they haven't sufficiently accepted the statement I made which they want me to contradict. I feel rejected, or judged as having a bad attitude - the one they want me to contradict.

(Obviously this aspect of co-counselling goes better with free attention than with intensive counselling. In practice the telling of emotionally powerful true stories about oneself often easily leads to 'discharge', without the aid of interventions. Another implication of this honouring the story is not to be too censorious about 'the client entertaining the counsellor'. The entertainment is a form of connection, to present one's own life as an engaging tale is a powerful and positive activity.)

This leads me to a familiar concern of mine: the possible validity of negative statements. To me this seems a major issue, right at the core of co-counselling theory.

Freud once stated that the intention of a psychoanalyst should be to convert neurosis into ordinary misery. I've always been attracted to the honest pessimism of this comment, certainly far more than to the utopian gush of Harvey Jackins. If we translate Freud's dictum into co-counselling terms, our goal should be to rid ourselves of patterns, so that we see the world as it really is, warts and all, and ourselves as fallible human beings with strengths and weaknesses. I don't like being told that I'm acting out a pattern in seeing imperfections in the world, other people and myself. I resent that invalidation of my considered judgement. Of course where patterns end and valid judgement begins is impossible to determine exactly, but I feel strongly that it isn't at the point where one sees only blissful perfection on one's inside and outside.

In 1976 John Rowan wrote a guide to new humanistic psychotherapies entitled *Ordinary Ecstasy*. The title's audacious riposte to Freud is certainly very appealing, like all hippy optimism. But I don't think it is justified. Like psychedelic drugs (but probably better) therapies such as co-counselling can do great service in 'turning [people] on' to exhilarating bliss. Such bliss is valuable, important and precious, but it is, I think, by its nature temporary. Perhaps the whole hippy counter-culture could be described as an attempt to build a permanent culture around psychedelic euphoria. In the long-run this didn't work, although there were many rich experiences, as well as tragedies, along the way. If the personal growth movement of the seventies was a variant of the same endeavour, we should pay tribute to it, learn from it but adjust to more realistic targets.

One still meets people who assert that, usually on account of some spiritual practice or 'positive

thinking'-style sleight of attitude, they do live in regular ecstasy. I find their claims hard to believe; I suspect that either they have a vested interest in their assertions (i.e. they're effectively trying to sell something to you, or to convince themselves of something) or else their belief is based only on short-term experience. It's when they insist that the reason I don't believe that I can acquire their self-proclaimed ecstasy is due to my own fear, negativity etc. that I feel like hitting them. That argument ad hominem is so insidious, an intellectual foul, an attempt to bulldozer over calm rationality by preying on one's insecurities (which we all have, of course). So the less traces of that kind of belief in co-counselling the better, as far as I'm concerned. Of course if a client presents such beliefs in their own story during a session then I, the counsellor, will hear, understand and accept. Oh how neat, this brings me back to the beginning.

Response to any of the above comments would be lovely.

Rychard Carrington



Money, Money, Money....

Kiss your bumme, it's a rich man's world! (NOT)

I get worried about money, sometimes. The truth is, a) I'm rich beyond the wildest dreams of most of the people on this earth, b) I'm at a time in my life when I don't have the expenses I did or would have if I had young children or a mortgage, especially a big mortgage and c) I have enough money at the moment to run a perfectly good lifestyle without being wildly rich.

I ask myself "what is the power of money over me?" For there certainly seems to be some. "Will I always have enough to live on?" "Supposing there came a time when I couldn't work. and inflation had got worse and my pension would only buy an ice-cream?" "Supposing I had to live in a nursing home and it cost a fortune" (and I certainly don't want to live in a nursing home for lots of reasons). How will or would I manage?

Now the reality is that if such eventualities came to pass there would probably be large numbers of people far worse off than me. I might even find some people willing to help me. After a lifetime of camping holidays and being reasonably careful about money, I know how to live on a pretty small amount and how to enjoy myself on a small amount too. I am VERY fortunate in not being addicted to spending the stuff (chocolate's my poison and that's another story).

Where do feelings come in for me? I have certainly been influenced by doing a rather lowly paid job for the last few years, which I have been able to afford because I already collect a pension. The main problem (in teaching physics A level in an FE college) is that I can't seem to do the job in less than three times as much time as I am paid for. I hate that sense of "giving away" my time to an employer who doesn't appreciate me or my effort. So I am walking towards the door. And again I am scared that I won't be able to command a good rate for self-employed work after that, even though I am "worth it".

If I dig back, I think of growing up in an environment of constant worry over money. My parents used to have a row over money every Friday night (and although I know this, I have no memory of it). My father's parents had a business that went bankrupt because they hired someone who stole their money. My mother's mother was a single parent of seven children who took in other people's washing for a pittance. My great-grandfather was probably the illegitimate son of a Scottish Laird and a serving-maid on his estate – not a recipe for wealth as he was thrown off the estate in his early teens. So there are generations of money worry to overcome. Time I took that rucksack off.

Like being healthy and enjoying it rather than worrying about the possibility of sickness, like being alive and living every moment well rather than worrying about the possibility of death, like learning to see myself as beautiful as I am, these money worries deserve the chop. I'm free.

Celia Wilson
25th April 2008

Questions as Interventions in Co-Counselling

John Talbut

I think that, in general, questions are not appropriate co-counselling interventions. These are my reasons (I use “client” and “counsellor” to refer to the person for the time being in that role).

1. Questions tend to result in the client going into a thinking mode and away from feeling.
2. Questions tend to undermine client self direction.
3. Questions often suggest that the counsellor has an opinion about their material or how they are working on it which undermines the non-judgemental nature of co-counselling.
4. Questions may well be rooted in counsellor distress, in particular being restimulated because the client cannot see what they can see or is not working on their material in the way in which the counsellor thinks they should.

CCI co-counselling is unique as far as I know in supporting total client self direction. The focus on discharge (or catharsis) is not so unique but it is a central feature of co-counselling. To a considerable extent it is the self direction that supports discharge by providing a situation in which no one is doing anything to inhibit discharge.

I do not think that discharge is the only route to personal development, indeed I argue that all the main approaches to psychotherapy (soul healing) work some of the time. I also think the CCI co-counselling allows the client to use any of these approaches in a self directed way. They can think about their history (analysis); re-frame their thoughts, for instance sorting out irrational fears, or try new behaviours using action planning and assertiveness (cognitive behavioural); meditate or work on transmuting distress (transpersonal) as well as the range of techniques common to humanistic psychotherapy and co-counselling.

However I do agree with what I recall Rose Evison once saying to me that no significant shift in our being will take place without discharge.

It may be that there are times when we need someone else to guide or push us to deal with our deep distresses, though my experience as a psychotherapist leads me to be somewhat sceptical about this. This is what we do not get in co-counselling because it is incompatible with the client being self directed. No therapy, including co-counselling, can do everything. There are plenty of therapists and other well meaning people around who will, intentionally and otherwise, more or less effectively try to help us to deal with our material. CCI co-counselling is the only place in which we can be free to get on with it ourselves in our own way.

So, on the whole, I think that questions undermine this unique nature of CCI co-counselling.

For this reason I teach that in a normal or intensive contract the counsellor does not phrase interventions in the form of a question. So not “How about exaggerating that?” but simply “Try exaggerating that.” in a tone of voice that implies it is a suggestion, not an order, and no response is necessary.

ID checking is often phrased in terms of a series of questions if they are counsellor interventions, e.g. “How do I remind you of this person?”. However they might be better phrased like “Scan on how I remind you of this person.” Co-counselling is not a conversation and I think that the artificiality of the way in which we word interventions can help to remind the client that that is all they are. Possibly “How am I different from this person?” is a good use of a question because it is part of coming away from the distress as with end of session questions like “What are you looking forward to?”

I am reminded of a “got it” moment for me with co-counselling. I had been working with a regular partner over some months and they had been discharging about a series of situations that had occurred during their past as well as celebrating how well their current situation was going. For week after week I was listening and thinking that exactly the same thing was happening in the present situation. I kept trying to think of interventions that would help them to realise what was going on while sticking strictly to co-counselling interventions. I could not really think of any and I concentrated trying just to give good attention. Then one day when it was their turn as client they said “I am doing exactly the same in this situation as I did in all the other ones”.

That is how co-counselling works.

Announcements

Co-Counselling Manual

Hi co-counsellors

I have put together a co-counselling manual. You can download it as a WORD file if you wish.

Click on <http://www.co-counsellingadultsweek.co.uk/> then click on 'Fundamentals of Co-Counselling refresher kit'

Regards
Richard Mills

Two positive female co-counsellors in loving, committed relationship would like to start a family.

We are looking for a sperm donor or donor father or donor/uncle figure (non-smoker, healthy).

We are flexible about level of involvement of donor/father.

If you are a man interested in this we would love to hear from you!

E-mail us at: creativejoy2@hotmail.com



Mark Hamilton

At the time of writing, I have just recently heard that Mark Hamilton died suddenly, of natural causes during the weekend of the 19th April, in Edinburgh. He was a much loved and much valued member of the co-counselling community and will be sadly missed. He was a great, kind, entertaining, and welcoming presence at McCoco, and at International CCI workshops. My deepest sympathies go to his family and friends at this sad time.



Fundamentals

I (Richard Mills) am teaching a Co-Counselling Fundamentals course in Autumn 2008. See www.co-counselling.co.uk Contact me on (0113) 219 5526 or at richardmills@co-counselling.co.uk

My priorities for the course will be:

- Building a supportive and cohesive group for personal work
- Having fun as well as insights
- Helping participants get an understanding of, and get equipped in, the whole traditional co-counselling method and philosophical basis, which includes:
 - distress and patterns, free attention with or without interventions, discharge, emotional and cognitive insight, and re-evaluation; and, within the co-counselling session, helping participants work on their own immediate internal process as connected to their emotional and behavioural personal history.

The Next Fundamentals in Suffolk will be October 18th/19th, Nov 8th/9th and Nov23rd. Plus there will be Tasters in Ipswich on the first Friday of each month starting in June from 7 to 9pm.

Further details from Sue Gray 01394 610028 and Steve Roche 07727658947.

Fundamentals course in Reading, held over three Saturdays (May 10,24,31) and six Wednesday evenings (May 14,21, June 4,11,18,25). Course fee £190 (substantial concessions available). There will be an introductory evening / taster session on Wed 23rd April. For more information ring Jenny Nicholson 0118 9662633 or Roy Turner 0118 9626412.

Other websites about CCI Co-counselling:

<http://www.co-counselling.info/>

<http://www.co-cornucopia.org.uk/>

<http://www.co-counselling.co.uk/>

<http://www.cciwns.com/> (CCI World News Service)

<http://www.catalase.com/coco.htm> (CCI in Ireland)

These are not by any means all. Each one has links you can follow to others.

Lists on line (submitted by John Talbut)

The following lists are available on the internet and they are generally up to date (if you find that any of them are not, please email John with the up to date information)

Diary of events for CCI co-counsellors in the UK. This includes the main international events that UK co-counsellors may be interested in. Generally, of course, CCI co-counsellors are welcome at CCI events anywhere in the world so if you are travelling you may want to get in touch with the national contacts to find out what local events are planned.

<http://www.co-counselling.org.uk/coco-only/diary.html>

This is in the private part of the web site, e-mail John if you need the username and password.

List of fundamentals planned in the UK:

<http://www.co-counselling.org.uk/lists/fundates.html>

List of national contact people:

<http://www.co-counselling.info/?q=content/national-contact-persons>

List of UK contact people:

<http://www.co-counselling.org.uk/lists/contacts-uk.html>

List of UK teachers of co-counselling

<http://www.co-counselling.org.uk/lists/teachers.html>

Other Newsletters:

One to One

A paper newsletter for Co-Counselling International in the UK

One to One is an independent entity within CCI with its own, ad hoc, organisation and it is funded solely by its subscribers.

One to One is an internal newsletter for CCI co-counsellors only. Some of the items included are not expected to be seen other than by CCI co-counsellors.

One to One aims to include:

- ` notices: diary of events, lists of contact people and teachers of co-counselling.
- ` news of co-counselling events and activities
- ` poems, drawings, articles etc.: from and of interest to subscribers.

One to One aims to provide a service to CCI. Articles in One to One may be copied e.g. for use in local CCI newsletters, as long as they only go to CCI co-counsellors.

The subscription for four issues is £5 (UK) £6/€9 (EU) rest of the world: £6 (surface mail) £8 (airmail). You can pay for several years e.g. £10 (UK) for eight issues. The aim is for the newsletter to come out quarterly.

To subscribe, send your subscription to:

John Talbut
The Laurels, Berry Hill Lane, Donington le Heath, COALVILLE, LE67 2FB
(Telephone: 01530 836780)

Your Here and Now Horoscope

by Mystic Norm

This edition: Taurus
21st April to 21st May

This month the moon and sun shine their light on your sandals. Remove your socks now and dare to bare those toes. Single Taureans may find love this summer if they are not too picky.

Destiny lies behind a blue door, or maybe a green one. Beards should be avoided. Plan ahead now for the new year and book your place on a workshop which is held in early January, and who knows..Taureans are always good for something, if only I knew what it was.

Taurus is the sign of bull, so keep talking bull and you'll do fine.



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WORKSHOP for Adults who want to
Sing, dance, have fun & grow
Friday 19th – Monday 22nd Sept 2008

Only £35 for 3 nights - £30 if booked by July 18th 2008!

What happens in the workshop will be decided by what the co-counsellors taking part have to offer. Possible ideas could be, or previous workshops have included:

Music and Therapy

- Music - sing to share your soul
- Entrainment - music against depression
- Five Rhythm - dance your life
- Authentic Movement – silent dance (but your heart sings)

Music for Fun

- Bring instruments (plus beginners' manuals or your stories of supporting the Stones)
- Dig out those old circle dance tapes
- Play Humbugs
- Compose & share your own songs
- Regain the full use of your vocal chords at voice workshops
- Relive Fame and dance on the dining tables

Music as Ritual

- Be welcomed
- Be amazed
- Belong
- Sing, relax around the fire

- And of course, good old co-counselling!
- The workshop will be at Barmoor in the beautiful Yorkshire countryside.
- We'll share the cooking and tidying up. Bring: veggie food to share – we may co-ordinate something on e-mail. Bring sheets and pillow case, slippers.

Booking Form

Name(s):

Address:

Phone:

Email:

If want to share transport – please say. We will e-mail list of e-mail addresses and phone numbers to participants before so people can connect up if you want to. Please say if you don't want to be on this list.

Amount enclosed (£35 or £30 if before July 18th):

Send S.A.E. if you don't have e-mail for us to send confirmation/venue/food details

Cheque payable to 'Coco at Barmoor' send to:

Nigel Hughes, 39 Upper Valley Road, Sheffield. S8 9HA

Further details Phone 0114 255 5815 or 0115 854 3070

Anything else we need to know:

Co-Counselling Adults' Week at Laurieston Hall

14 – 21 June 2008

You are warmly invited to come to this fabulous and unique space for the fifth annual week for adult co-counsellors. Laurieston Hall, near Dumfries in the Scottish Lowlands, is run by a co-operative who share with us for a week their beautiful house, gardens, woodlands, loch and beach. As well as daily workshop slots and opportunities for co-counselling sessions you can choose to enjoy swimming, boating, saunas, music, dancing and log fires, and also walks in the lovely grounds which offer a peaceful retreat from modern urbanised living.



Accommodation... is in shared bedrooms in the Hall. The fact that we are a small-ish group means that we can spread out a bit, so that there are usually no more than 3 or 4 people per room. Rooms will be single-gender unless otherwise requested. Most of the rooms are upstairs on the first floor and have lovely views of the grounds. Camping is also an option: you can bring your own tent (bringing the price down a bit) or sleep in a tent supplied and erected by Laurieston Hall. Workshop spaces... There are plenty of good spaces in the Hall for us to do our workshops: see the website for pictures.

Not sure about booking?... If you are attracted to this but are feeling rusty or out of touch with co-counselling we would encourage you to come anyway and experience the support, freedom and encouragement that this event has to offer. The only minimum skill you need to do co-counselling is to be able to: give someone else your aware caring attention when it is someone else's turn to work on their distress, keep to the co-counselling ground rules, and decline to give an intervention (when you are counsellor) if you don't want to give it.

This residential will be alcohol and drug free.

Food... The food is absolutely delicious, and is always a high point. It is all vegetarian, with much of the food being produced organically on site by the co-op. Special needs will be catered for.

Helping out... Whilst at the event you will be asked to do a few light duties. What this means is that we take turns to help with the cooking and clearing up after meals. This keeps the costs down and is a great chance to meet some of the residents. There is also a weekly wood trip when some of us go to the woods to collect wood for fuel.

Booking... Please send a completed booking form (go to the website or contact Kristal Clark for one) plus a deposit of £50 (cheques payable to 'P. Clark Co-Counselling') to Kristal Clark, 23 Hilton Road, Leeds LS8 4HB. Full payment is due by April 17th 2008: for payments made after this date please add £20. If full payment is not made by April 17th 2008 your place will be offered to anyone on the reserve list and you may lose your place. NB Maximum numbers = 30 ...book soon!

Prices... Sleeping in the Hall, or if you prefer, in a LH tent: High income £247 Medium income £223 Low income £199 Benefits £175 Camping fee, sleeping in your own tent: High income £209 Medium income £193 Low income £177 Benefits £161

Cancellations... If you choose to cancel your place, we shall be able to refund full deposits and payments once we have 20 secure bookings and as long as the cancellation does not occur within three weeks of the event. If you cancel your place within three weeks of the event, refunds are not guaranteed.

Travel... Laurieston is situated about 7 miles N.W. of Castle Douglas, in Dumfries and Galloway, SW Scotland. There is public transport to the venue, and you can be picked up from Castle Douglas if you need. Please see the website for details.

Contact, Bookings and Enquiries
Kristal Clark and Richard Mills, 23 Hilton Road, Leeds LS8 4HB
Tel: 0113 262 5783
email: kristal@kristalclark.com
www.co-counsellingadultsweek.co.uk

Come to Unstone Grange SHEFFIELD

CCI 2008 Spring Workshop

From Friday 2nd May (6pm) to Monday 5th May, 2008

A long bank holiday weekend in warm, peaceful and beautiful surroundings.

An opportunity to spend time with co-counsellors from around the country - to play, to learn new skills, to be challenged and supported.

Take some time for yourself – walk in the bluebell woods, dance round the bonfire, and eat the great food (with no cooking or washing up!) *PRICES HELD AT 2005 LEVELS!*

The programme is co-created from your 'offers' and 'wants' – sessions, workshops, happenings and support groups. All co-counsellors, especially those who have recently trained, are welcome.

This will be a drug-free and alcohol-free workshop. We welcome children and aim to provide

some activities for them. For more info about the venue see www.unstonegrange.co.uk Bookings

A deposit of £50 per adult received by 1st March secures your place at the early booking price.

The balance must be received by 1st April. For bookings made after 1st March, please send the full amount at the late booking price.

Early/Late Rates ADULTS

Full price ADULTS

Concessionary CHILDREN 4 – 16

Full price CHILDREN 4 – 16

Concessionary

ROOMS £140 / £150

£100 / £110

£70 / £75 £50 / £55

CAMPING £120 / £130

£100 / £110

£60 / £65 £50 / £55

NON-RESIDENTIAL £100 / £110

£100 / £110

£50 / £55 £50 / £55

- Accommodation is in shared rooms, with camping in the paddock.
- The event is fully catered on a vegetarian basis. Please indicate special dietary needs on the booking form.
- There are limited places for children. Children 0-3 are free, but please book a place.
- The 'Full Price' rates represent the actual cost of this event, the 'Concessionary' rates are below cost and are intended for people living at benefit level. If you need further help or advice please contact Nigel or Barbara – thanks.

All cheques payable to 'UK Spring CCI'. Our receipt of your payment/deposit is acceptance of your booking. If you need confirmation please send an SAE, or e-mail Barbara. Cancellation refunds will only be considered with sufficient notice or under exceptional circumstances. General enquiries to Nigel Hughes, nigelhughesuk@yahoo.co.uk Bookings to Barbara Binns, 11 Patterson Avenue, Chorlton Manchester M21 9NB. Tel: 0161 861 9811; email: BarbaraBinns@btinternet.com



Co-counselling and “De-tox” Workshop

Friday evening 2nd January to Monday 5th January 2009

At the Earthspirit Centre, Dundon, Somerton, Somerset, South-West England

Cost £175

(*some of your cost will be refunded if more than 13 people book)

Following two successful years of this workshop, we have decided to run a third co-counselling and ‘de-tox’ workshop.

- Do you want to explore your emotional relationship to food, by noticing what happens when you cut out your usual 'comforts'?
- Do you want to try co-counselling while free from addictive substances ?
- Do you want to do a new year “de-tox” (dietary and emotional!), in the company of co-counsellors, with someone else doing all the food preparation?
- Do you want a January co-counselling residential, and are willing to try a different diet?

The residential will be run along similar lines to others, i.e: peer-led, workshops offered by participants - the only difference will be in the catering. The foods that we have asked Earthspirit to exclude for the three days are sugar, caffeine (tea and coffee), wheat, dairy, meat, fish, and eggs. There will be some suggestions as to pre-workshop preparation in order to wean ourselves off certain foods, eg: caffeine.

Accommodation is in a beautiful warm venue in a gorgeous setting, with hot tub. See: www.earthspirit-centre.co.uk for details and pictures.



Anyone who is currently suffering from, or has a history of cancer, kidney, liver, heart disease or any other disease, or is pregnant, should consult with a doctor before embarking on a de-tox.

For further information please contact
Sarah: tel 020 7249 6494 or Kate: mackechnie01@hotmail.com

Co-counselling and “De-tox” Workshop

FULL NAME: _____

Date: _____

ADDRESS: _____

POST CODE: _____

TELEPHONE evening: _____ day: _____

EMAIL _____ GENDER (M/F)

I have / have not attended a CCI workshop before
My Fundamentals teacher was _____
Year of Class _____

Accommodation is in twin bedded and multiple occupancy rooms, some with en-suite facilities (£15 supplement and allocated on first-come first served basis) and the centre is wheelchair accessible, with one accessible twin bedroom. A single supplement of £24.00 is payable if a single occupancy room is requested.

Room preferences e.g. sharing needs, same sex only etc.

The food is vegan, sugar, caffeine and wheat-free. Other dietary needs/allergies?:

Payment: Please pay a deposit of £30 before 31st August, and full payment by December 1st

I enclose deposit/ full payment £ _____

Cheques payable: to **C. MacKechnie,**

Please post to: 300 Amhurst Road, Stoke Newington, London N16 7UE



FOUR DAYS !

**Thursday evening 1 May
to
Monday afternoon 5 May**

Come to

Scotland for M^cCoCo 2008

The Co-Counsellors in the Scottish network are delighted to offer M^cCoCo 2008, a Scottish mini-CCI workshop. We are offering this exciting, challenging, supportive, fun space from Thursday evening 1 May to Monday 5 May. This will be the tenth M^cCoCo residential. The Monday is the May Bank Holiday for everyone in the UK. To those people from far away we can offer some accommodation with Co-Counsellors in Edinburgh before and after the M^cCoCo workshop.

The programme will be open and will be created by the participants. Anyone can offer a workshop or ask for a peer group on a particular theme. We will facilitate the setting up of support groups.

We have booked a wonderful venue called Wiston Lodge, 25 miles from Edinburgh. It is a magnificent 19th century Lodge house, set in its own extensive wooded grounds. There are several spaces suitable for different kinds of workshops including a large hall for dancing and a big room for the opening circle. See also www.wistonlodge.co.uk

We extend an especially warm welcome to Co-Counsellors who have recently completed Fundamentals or who have not been to an event like this before. This event provides an opportunity for you to meet Co-Counsellors from throughout the UK and beyond. We will offer a workshop especially for first-timers at the beginning of the residential.

Booking form and information

If you would like to talk to someone about coming or would like more information, or to receive the booking form, contact JanPieter Hoogma ..44 (0)131-551 6146

www.McCoCoco.cocoscotland.co.uk



Come to M'CoCo 2008

From
Thursday evening (6 p.m.) 1 May
 to
Monday afternoon (4 p.m.) 5 May

Come for a long weekend with Co-Counsellors to Wiston Lodge with beautiful grounds, 25 miles south from Edinburgh. This will be the tenth M'CoCo residential. The Monday is the May Bank Holiday for everyone in the UK. To people from far away we hope to offer the well-known hospitality of Edinburgh Co-Counsellors before and after McCoCo.

The peer programme will be created by participants on the basis of "Needs, wants and offers". There will be a special welcome for recent and new Co-Counsellors who will have their own introductory workshop. McCoCo will be a drug and alcohol free residential.

ACCOMODATION will be in single sex or mixed rooms for 2-10 people. Contact us if you have special needs. The number of camping places is limited, so to avoid disappointment, please book early.

BOOKING CONDITIONS

1. Please book as early as you can! We need to know definite numbers by 14 April, otherwise we will be liable for cancellation penalties.
2. Receipt of a £50 deposit per person, or full payment, is acceptance of a booking.
3. Please send a stamped addressed envelope if you require confirmation of your deposit. Further details including a map will be sent a fortnight before the workshop.
4. Cancellation refunds (less deposit) will only be considered under exceptional circumstances, and with sufficient notice.
5. If you don't turn up, we still have to pay for you. So you still owe us the full amount.

PRICES per person

	Early Bird	After 1 March
Co-Counsellor	£ 140	£160
Camping	£ 90	£100

GRANTS are available and will be allocated on a first-come, first-served basis.
 We welcome **Donations** to enable others to attend.

BOOKING FORM & INFORMATION

Send it to JanPieter Hoogma, 32-A Inverleith Place, Edinburgh, EH3 5QB. Scotland
 If you have any anxieties or queries about the workshop, phone ..44(0)131-551 6146



BOOKING FORM

(Contact) Name _____
 Address _____
 Town _____ Postcode _____
 E-mail _____
 Telephone no. _____ Date _____

BOOKING DETAILS

Names	Dormitory (S)ingle sex (gender) (M)ixed (C)amping	Donation enclosed (*)	Deposit enclosed (**)	Amount owing	Total amount for this person to pay (***)
GRAND TOTALS					

*) Your donation will enable other people to attend the workshop.
) Deposit required when booking. (*) Please pay the balance by 14 April 2008.
 All cheques payable to: "McCoCo".

- Tick here if you want to apply for a grant *you will be contacted ASAP if you have been awarded one.*
- Tick here if this is your first Co-Counselling residential.

ACCOMMODATION

- Before McCoCo
- After McCoCo

DIETS

The general diet is vegetarian. However, special dietary requests are possible

- Special dietary requests.....
 name.....
- name.....

TRANSPORT

- Tick here if you need a lift from:

- Tick here if you can offer a lift from:

- Tick here if you do not wish to be on the contact list.

WORKSHOPS

- Tick here if you would like a workshop on
- Tick here if you offer a workshop on

LAURIESTON HALL



Family Friendly Week

29th July – 5th August 2008

Come and spend a week at Laurieston Hall in the south-west of Scotland. The well-established, friendly community and beautiful surroundings – including woodland and loch - make this a summer residential to remember.

This is a space to fill with workshops, co-co sessions, support groups, walks, swimming, boating, saunas, music, dancing, cabaret and bonfires. The setting is there – the rest is up to you!

We will share day-to-day tasks with the residents on a rota basis: for example, food preparation, washing up and working in the garden.

The workshop can accommodate 63 people in total, including babies and children. ALL places must be booked in advance.

This is a child-friendly residential with limited places for 0-16s. There is a 'kids club' provided during workshop hours, with places for children aged 2-12 although some young children may need parental support. We plan to offer childcare during support group time (one hour) with a discounted place for someone willing to take this on every day. This person will be supported by people from the rota. If you are interested in this role please contact Ken on 01759 302776.

Accommodation is in rooms for 4-10 people. Camping is welcome in the grounds.

The food is vegetarian, home cooked and largely home-grown and organic. Vegan and other diets may be available, but must be booked in advance.

Laurieston Hall is not fully accessible. If you have any mobility difficulties please contact us to see how we may help.

Costs

	Rate	Camping	B&B
High-earners	£299	- £38	- £49
Well-waged	£261	- £30	- £41
Standard	£233	- £22	- £33
Concessions	£205	- £14	- £25

Deductions for Campers only apply to folk bringing their own tent. *Folk staying in one of the Laurieston Hall tents will be charged the normal rate.*

Children: The charge is a proportion of what their parents pay: 1-4 years, 25%; 5-11 years, 50%; 12-16 years, 75%.

Late Payment Surcharge:

£15 per person if full payment is not received before 4th June 2008. This does not apply to new cocounsellors completing their fundamentals on or after 4th June.

How to book:

Booking forms will be available from 14th February 2008. You can download from www.cocolh.co.uk or send a stamped, addressed envelope to: 'Co-Counselling at Laurieston Hall', 10 Red Beck Vale, Shipley, BD18 3BN.

No other booking form will be accepted and we will not accept cheques without a form.

For more information:

Aisha Walker 01274 590345
aisha@cocolh.co.uk
www.cocolh.co.uk

CCI Southern Autumn Workshop

At
Bawdsey Manor
Suffolk



Thurs 30th October -
Sun 2nd November 2008



This year the CCI Southern Workshop will be at Bawdsey Manor, 20 miles from Ipswich in Suffolk. Set on a cliff overlooking the Deben estuary, the Manor offers a beautiful setting with wonderful views.

Public rooms include the oak-panelled Great Hall and Green Room, Dining Room, Billiard Room and several smaller workshop spaces.

The house is a 'folly' with many attractive features and large gardens. It offers cosy window seats or bracing beach walks & all the ozone you can handle.

The event is peer-led, and drug and alcohol free.

Accommodation (max 40) is in four doubles and five twins (most with sea views), and a number of multiple occupancy rooms with bunks.

The nearest train station is Melton, with some direct trains from London. Taxis at the station to Bawdsey approx £10. Some lifts will be available. Ninety minutes by car from the M25 /A12 junction.

More information and pictures at
www.bawdseymanor.co.uk

Costs per person (Thurs evening – Sun afternoon):
£130 (*multi occupancy*) £165 (*twin*) £190 (*double*)
£210 (*en-suite*). £50 deposit secures your place.

We aim to make this workshop accessible to all, so if cost is a problem please speak to the organisers:

Sue Gray 07885 525188 contactsue@yahoo.co.uk
Phil Manington 01473 258394 philmanington@hotmail.com
Steve Roche 07727 658947 steve.roche@btinternet.com
Shelley Spall 07818 048646 shelley@ceylon-house.co.uk

Please make cheques payable to
'M Spall and S Gray'
and send them to: Shelley Spall,
95 Angel Street, Hadleigh, Suffolk IP7 5DE

Deposits are non-returnable. Refunds only available if someone else subsequently fills your place.

FULL NAME: _____

Date: _____

ADDRESS: _____

POST CODE: _____

TELEPHONE evening: _____ day: _____

EMAIL _____

Gender: M F

I have attended a CCI workshop before YES NO

My Fundamentals teacher(s):

_____ Year _____

Room preferences e.g. sharing needs, same sex only, en-suite etc:

_____ I have a special need for a particular room, details:

_____ The food is vegetarian, with a main meal fish option.

Vegetarian only - Y / N. Vegetarian with Fish – Y / N.
Other dietary needs?

Payment: Please pay in full by before 1st October 2008.

I enclose deposit/ full payment £ _____

Bursary: Please state reason and amount requested:

BOOKING FORM

(Contact) Name

Date

Address

Town

Postcode

Country

Telephone

E-mail

Name(s) of Fundamentals Teachers

NAMES

Tick if applying for bursary ↓	£	£	£	£ Total
	Deposit enclosed	Donation enclosed *)	Amount owing	amount for this person to pay
GRAND TOTALS	**)			**)

*) Your donation will help people to come from less well-off situations and countries.

***) Deposit required by 1 April 2008. Please pay the balance by 1 July 2008.

All cheques payable to: CCI 1999/2008
or to the bank account of your local booking person.

- I prefer a single room
- I prefer a double room
- No objection to small dormitory
- I'm tall, I need a long bed
- This is my first Co-Counselling residential or CCI

TRANSPORT

- I/we require transport to and from Edinburgh at the start and end of CCI. *(Small additional fee for this).*
- Tick here if you need a lift from:
- Tick here if you can offer a lift from:
- Tick here if you do not wish to be on the contact list.

DIETS

- Meat-eating names
- Vegetarian names
- Vegan names
- Special wishes names

WORKSHOPS

- Tick here if you would like a workshop on
- Tick here if you offer a workshop on

CCI Europe 2008 in Scotland



Celebrating Co-Counselling Diversity

Saturday afternoon 26 July 2008 to
Saturday morning 2 August 2008
Loretto, Musselburgh
near Edinburgh Scotland

CCI Europe 2008 in Scotland

**Saturday afternoon 26 July to
Saturday morning 2 August 2008
Loretto, Musselburgh
near Edinburgh Scotland.**

The Co-Counsellors in the Scottish network are delighted to invite you to join them for CCI Europe 2008. Traditionally CCI Europe is an excellent opportunity for Co-Counsellors from around the world to come together. We would like to offer opportunities to experience and celebrate the variety of co-counselling approaches and cultures. Hence our theme: Celebration of Co-Counselling Diversity.

The programme will be open and will be created by the people there as usual. Anyone can offer a workshop or ask for a peer group on a particular theme. We will facilitate the setting up of support groups and run a workshop on designing and facilitating workshops.

We extend an especially warm welcome to Co-Counsellors who have recently completed fundamentals or who have not been to an event like this before. We will offer a workshop especially for you at the beginning of the week.

The Loretto boarding school provides us with a venue with accommodation for 100 people max., set in 85 acres of leafy campus just outside Edinburgh, Scotland. It is 30 minutes by car from Edinburgh international airport. Many of the famous Edinburgh Festivals will be going directly after CCI, so visitors from abroad will be ideally placed to move onto these afterwards if they want to.

**We are looking forward
to seeing you there!**

Chris Jamieson, Mark Hamilton
and JanPieter Hoogma.
www.cci2008.cocoscotland.co.uk

BOOKING INFORMATION

ACCOMMODATION is mostly in single rooms with some double rooms and 4 bedded dormitories. Sorry, camping in the grounds is not possible.

FOOD Meat-eating, vegetarian and vegan diets are available. Special dietary requirements can be catered for if advised in advance in writing.

PRICES Price includes all meals and accommodation.

£300 Early Bird if booking and deposit received by 1 April 2008
£340 after 1 April.

BURSARIES If money is a problem, contact your national booking person to apply for bursaries. Contact details in Information section below.

BOOKING CONDITIONS

- 1 There are 102 places available. To make sure there are sufficient places available for people from all over the world we will initially work with a quota system per country. First come first served per country.
- 2 Payment of a non-refundable deposit of £175 or its equivalent in your national currency before 1 April 2008 secures you a place, directly or on the waiting list.
- 3 Please send full payment to reach us by 1 July 2008 as we must pay the venue in advance of the event.
- 4 If you cancel before 16 June, you will get your money back less your deposit.
- 5 Between 16 June and 1 July cancellation refunds (less deposit) will only be considered under exceptional circumstances. After 1 July no refunds will be possible.

METHODS OF PAYMENT Payment in pounds sterling by cheque made payable to: **CCI 1999/2008, account number 00748941, sort code 801105**
Or to the bank account of your local booking person. See web site.

INFORMATION and booking forms are available from
Mark Hamilton +44 (0)131 332 2764 or
Chris Jamieson on +44 (0)131 332 4548 or
JanPieter Hoogma +44 (0)131 551 6146 email: J.P.Hoogma@co.cornucopia.org.uk.

BOOKING FORM RETURNS

to Mark Hamilton, 29/6 Ferry Road Avenue, Edinburgh, EH4 4AY.
Or to your local booking person, see web site.

WEB SITE

www.cci2008.cocoscotland.co.uk