

Here and Now.... April 2011

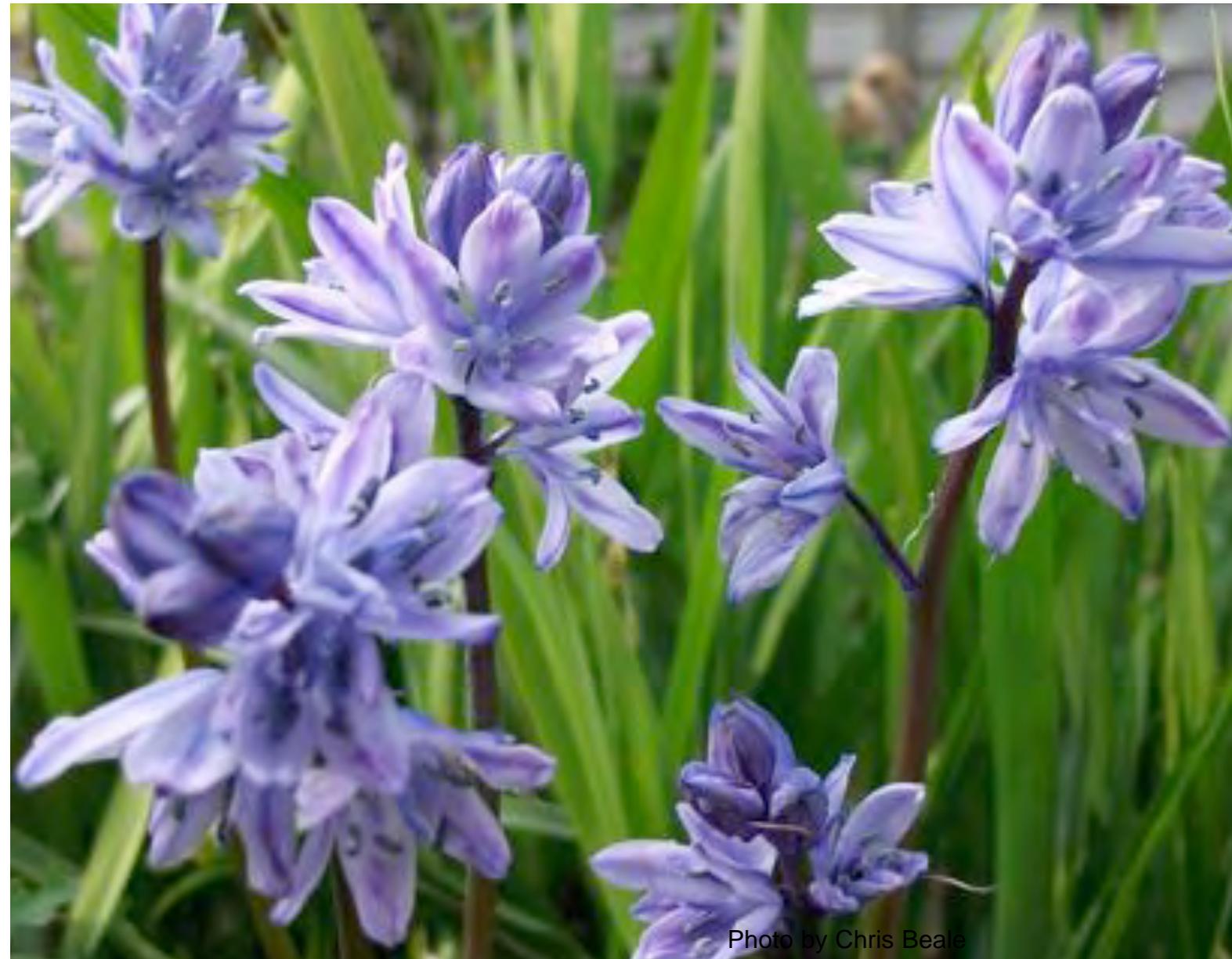


Photo by Chris Beale

*a newsletter for the CCI co-
counselling community*

This issue published April 2011

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All submissions to Kate at mackechnie01@hotmail.com, or by post to her usual address.

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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 tenth edition of "Here and Now". This is 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.

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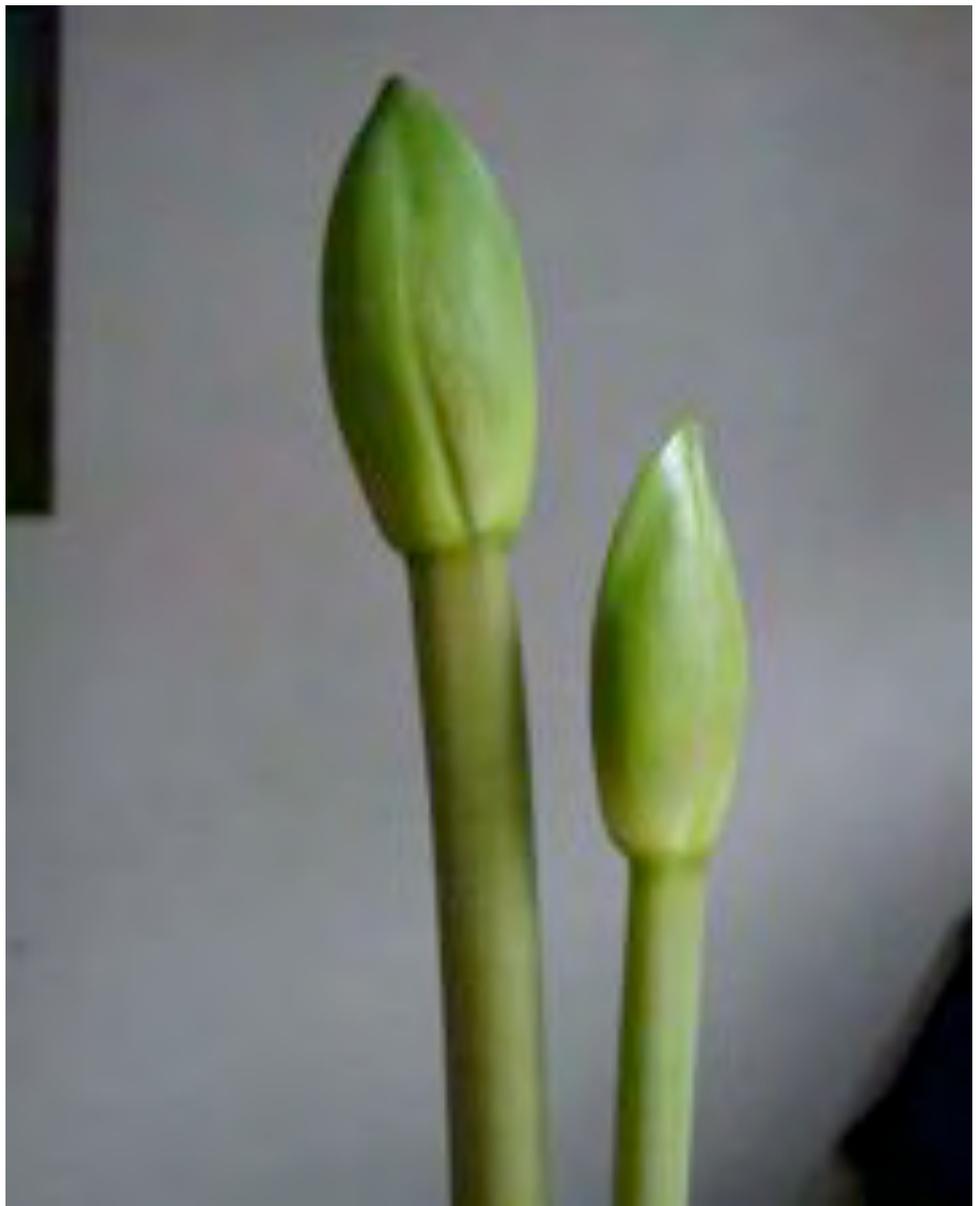
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Photo by Chris Beale



Waiting Room

The nurses come, and go.
I hold her hand.

The oxygen converter gasps in rhythm
A faint stale smell of urine scents the air.

"I'm getting better," she says,
"The doctors were mistaken.
They've ordered bedrest."

She lies, eyes closed
to news of armadillos, gardens
and the rain.
I read aloud to pass the time.

Afterwards, silent
I watch the clock
or pass her squash.

Before then she was terrified,
"I can't breathe!
I'm going to choke!"

Now she spends her days
Eyes closed and waiting.

"Daddy? Where's Daddy?"
She sees my face
"Oh no, don't tell me....."
and lapses into silence and the dark.

When it's time for me to go
She clutches me.
"Let me fall asleep first
don't go."

Sarah McCloughry

12 steps: Family norms and values in the middle class alcoholic family circa 1960 to 1980

- 1) Parents go to the pub frequently.
- 2) Children go with their parents to the pub when possible.
- 3) If children can not accompany their parents into the pub, they may wait in the pub garden or car during the daytime.
- 4) Children may be left at home unsupervised if the parents wish to go to the pub at night-time. This can be safely done just occasionally when all the children are under six, but when the eldest reaches about 10 it can be done at least once a week.
- 5) If parents do not go to the pub, there must be glasses of alcohol available for them to drink all through the evening.
- 6) The home must never be without alcohol.
- 7) Children may start to drink socially whenever they wish to and must be regular social drinkers by the age of thirteen.
- 8) Drinking is a respectable middle class activity, and as such should not result in vomiting, violence or falling down.
- 9) As long as these three consequences do not follow drinking, any amount of drinking is acceptable.
- 10) The family do not favour the use of the following terms: "alcoholism", "teetotal", or "drink problem", unless they form part of a joke.
- 11) Drinking and driving is a necessary part of life, and no legislation governing such activity exists.
- 12) People who do not drink are abnormal, irresponsible and selfish.

This is how it was. Now of course, we have a slightly different arrangement. Two family members still live by the above norms and values. One family member does not live at all, having died prematurely of unknown causes (connected with alcoholism) at the age of fifty eight. One sibling and I are now teetotal, although in another family's belief system we would be recovering alcoholics.

Kate MacKechnie

photo by
Sarah Horsfall



A recipe for beauty inside and out

Somebody – yes, some body – taught me this disgust about my own – I have all the clues.

It's disgusting, they said. Disgusting, disgusting....

Women should be slender, “light and lissom”

And keep quiet about their shit and piss– and most other things.

They said.

Faeces, semen, vomit, perspiration and fat, fat, fat.....

My fat in particular, or anything that carries an olfactory sensation.

Ah, and what of milk? Are you friend or foe? Still to be held in the balance and probably found wanting – I certainly want you when things get tough.

What did any of these innocent substances ever do to deserve such a reputation?

Their only task was to facilitate my personal development...

Well, my so-called progressive so-called friends, it's not that they are disgusting or I am, it's that you are disgusted.

I, in the meantime, thrive. My life is wonderful, save for these rolls of obstinate bodily substances I carry about.

So, BUGGER off, FUCK off, SHIT off, PUKE off, SWEAT off, whatever OFF,

LEAVE ME IN PEACE and

do your own work.

I'll

do

mine.

Celia Wilson

April 7th 2011.

Rebranding 'co-co'

I have for a long time wanted us to change our name: so many people look at our name and say 'I have already done a counselling course', or 'I don't need counselling', or 'is that when (professional) counsellors get together for a conference?'

Yesterday I did a two-way co-counselling session with a prospective trainee co-counsellor. She had already done a Rogerian counselling course, but was very, very surprised (pleasantly) about what came up and how we worked. It just hit me there and then how different it is, what we do with this co-counselling. I said to her: 'it's very different!'

The thing that stuck with me yesterday was how self-directed it is, as 'explorer' (Fred Wallace's word for client). Of course I already knew all this, but it just rings more and more true for me.

This morning I woke up and thought, how about calling what we do 'co-co'? This gets away from this confusing word (counselling) but keeps the spirit of how I often hear co-coers refer to it.

Then Kristal (my wife) added this strapline:

Co-co: be your own counsellor

We can all add our own straplines, as Joke suggested e.g. Handling emotions. I think Rudolph in Germany has the strapline, therapy without a therapist.

Co-Co International, anyone?

OK, the gradual but persistent reduction in CCI numbers may not be just about the name (we are no longer in the 60's personal growth movement; people want things administered to them – CBT, pills, videos etc; there is a lot more competition etc) but I still think we need to think about re-branding. This name (co-co) allows us to keep the name co-counselling (and co-counsellor) that many of us are (rightly) proud of.

What do you think?

Richard Mills

CCI-UK Business Meeting

I will be convening a CCI business meeting at McCoCo 28 April – 2 May 2011.

Anyone present may co-create the agenda.

If you will not be present and you have an item or point of view that you would like mentioned or discussed, send me an email and I will put it to the meeting.

I will be raising the following issue:

How can we make the website of CCI in the UK owned by the people it represents?

Richard Mills
richard@richardmills.co.uk
27 March 2011



photo by Chris Beale



Requiem for a dead colleague



I remember your face
And the sound of your voice
Your accent when you asked me how my son was,
and when you talked about Ireland
And most of all
I remember how you made me feel.

I can't remember the sound of your footsteps
Or what you said exactly.
But it was always something to do with
How we were all doing well.
How we are always precious.
How we are always someone's sister, someone's daughter.
How we are always loved by you,
and loved by your god.

I cross your name out on the rota.
I cut your name out of the phone list.
Should I delete you, or put you in "resting" ?
What do you think, Sister Maeve ?

Kate MacKechnie



How do we talk about discharge? And do the words we use matter?

Richard Horobin, Pitlochry

Discharge is widely considered by co-counsellors as a key process for disrupting our rigid patterns of feeling, acting, thinking and embodying. And emotional behaviours such as crying, laughing, shaking and storming are often regarded as evidence that we are discharging. As Jackins put it many years ago, these are “the dependable signs of discharge.” But how is discharge described or defined by co-counsellors? And does it matter how we talk about discharge?

Below, are listed some representative quotations illustrating how various teachers of co-counselling have described discharge in their co-counselling manuals. These are taken from those I have on my bookshelf, there will be others. Listing is in order of the dates of the versions of the manuals to hand. The colour-coding is of course mine, and is decoded later.

“release and be freed of stored up tensions” and “discharges ... are the ways in which human beings release the tensions which experiences of hurt place upon them” — Harvey Jackins (1962)

“active processes which start with the individual in an aroused negative-feeling state and end with them in a positive mind-body state” and “the natural way our bodies deal with negative feelings which persist after the situation that originated them is over.” — Rose Evison and Richard Horobin (1985)

“In order to become more in control it is necessary to let the stress out a little at a time, rather like draining a tea urn by turning on the tap for a short while” — Gretchen Pyves (1989)

“When pent-up feelings are let go, or discharged” — Barbara Williams (1989)

“a way of releasing distress from the mind-body” — John Heron (1998)

“When our feelings become charged with energy and more persistent ... [t]hey need to get out of the body” and “Releasing the emotion takes the tensions physically out of your body and allows you to think more clearly” and “Expressing and discharging emotions in a safe setting ... is one possible way to get rid of the emotional pressures and to restore our systems to a more healthy state of balance ... to free up internal resources and creativity.” — Jan-Pieter Hoogma (2004)

“Discharge is the – physical – expression of emotions, connected with a painful experience” — Joke Stassen (2008)

Then there are some non-manual quotations from the same group of writers:

“the natural **process** of emotional discharge (crying, trembling, raging, laughing, etc)” — Part of the summary account of co-counselling found on the back cover of the Re-evaluation Counseling magazine *Present Time*.

“the perception that threat has ceased **activates innate off-switches**. The **processes** triggered by the **off-switch** are those of emotional discharge” and “**innate off-switches** for inappropriate negative feelings ... activated when a person perceives a threat to have ceased. The **processes** triggered by the **off-switches** are those of emotional discharge, which act to **reset** our mind/body systems back to a peaceful and alert baseline.”— Rose Evison and Richard Horobin, in accounts of co-counselling given in a chapter in *Innovative therapies in Britain* (1988) and, in a revised form, the 2nd edition of the chapter *Co-counselling as therapy* (1994).

“in order to stay emotionally healthy distress needs to be ‘discharged’ in appropriate ways. The analogy **with shitting and peeing** makes that very clear. It is OK to keep them in until there is an appropriate **way of letting them out**. But kept in too long, they poison the body. ... The issue of ‘laxatives’ comes in here. Only occasionally the use of laxatives can be healthy, especially under the supervision of a doctor. Habitual use of laxatives is likely to destabilise the digestive system, become addictive and consequently counter-productive.” — Jan-Pieter Hoogma, in an article in the Summer 2008 issue of the CCIS *Good & Newsletter*.

It is striking that these authors use several quite different metaphors, sometimes more than one in the same sentence, to describe the varied aspects of discharge. The two most commonly used metaphors were:

DISCHARGE IS RELEASE OF FLUID FROM A CONTAINER — coded **orange**.
DISCHARGE IS GOING ON A JOURNEY, OR PATH — coded **green**.

Less commonly used were:

DISCHARGE IS AN OFF-SWITCH — coded **purple**.
DISCHARGE IS A RESET — coded **blue**.

In this metaphor game, note that the term discharge is itself a metaphor, related to the term “expression”, used above, and to a term currently used by some academic psychologists, “venting” — all of which capture the idea that something unpleasant is removed or expelled from within us. Indeed my medical dictionary defines the traditional term “catharsis” as “purging or cleansing out”. And phrases many of us use, such as “release the distress” or “let go of the pain” are yet more examples.

Compare this to the view of the psychologist Nico Frijda — writing in 1986 in *The Emotions* — who said “Catharsis, in reliving trauma, grief, or anger, is not letting off steam from an overheated boiler. This is an outdated energy metaphor, and the getting-rid-of-impulse notion is almost certainly inappropriate. Catharsis is renewed confrontation, and to the full, with a given kind of event, as fully as is necessary to perceive the situation as it really is, or in terms of one’s own mode of response. It is, in other words, much more like extinction than like tension release.” This seems pretty recognisable to me as a co-counsellor: he has a notion of discharge, and of re-evaluation, although not of the balance of attention — and his use of the term

“extinction” indicates he also has a concept equivalent to patterns, as installed by conditioning.

So what is it with metaphor? Nowadays, unlike 1986, it is widely acknowledged that much human linguistic conceptualisation is essentially metaphoric. Metaphor isn't merely a literary flourish. We build chains of metaphors, starting from our direct experiences of our bodies and our relationships, out to complex phenomena in the world and to abstractions in our minds ... not usually noticing what we've done. For instance I may say “I was seething with anger” or “She was overflowing with joy” without thinking “Oh, what splendid metaphors!”

To capture different aspects of complex ideas it is often necessary to use several different metaphors to describe a single concept. If you're curious about this, read George Lakoff (*Women, fire and dangerous things*), Mark Johnson (*The body in the mind*), or a recent popularisation *I is an other: the secret life of metaphor and how it shapes the way we see the world*, by James Geary. So from this viewpoint, how co-counsellors have used metaphor to describe discharge is not particularly surprising.

Nevertheless, questions remain, and let me start with: why were the *particular* metaphors quoted above used?

The most common metaphor for discharge, **DISCHARGE IS RELEASE OF FLUID FROM A CONTAINER**, does have a plausible explanation. Look into Lakoff or Johnson and read about emotion metaphors, or more specifically read *Metaphor and emotion: Language, culture and body in human feeling*, by Zoltán Kövecses. He says “the best known and most studied metaphor for emotion [is] EMOTION IS PRESSURE INSIDE A CONTAINER ... The ‘internal pressure’ metaphor”. So, as discharge is clearly very emotional, it is no surprise that this is a favourite image for co-counsellors, as it is for most other people.

The less widespread use of **DISCHARGE IS A JOURNEY OR PATH** corresponds to the observation that metaphors of the type EMOTION IS A JOURNEY was much rarer in the samples studied by Kövecses. The other discharge metaphors – **OFF-SWITCH** and **RESET** – have no parallels in the emotion metaphors discussed by Lakoff, Johnson and Kövecses: however their particular usefulness is returned to later.

Before moving on, a couple of other points made by Kövecses are of interest. First, the widespread INTERNAL PRESSURE metaphor for emotion is an everyday explanation or ‘folk theory’. However what about *scientific* accounts of emotion? Now this is fun: Kövecses suggests that “many scientific theories enhance and elaborate on just one or two aspects of the folk model. We have seen this, for instance, in the case of physiological arousal ... my impression is that the more a scientific theory overlaps with a folk theory, the more popular or accepted it is within the scientific community”. And how widely used *is* the INTERNAL PRESSURE metaphor? Kövecses says, “the same general ... metaphor exists in the four cultures [English, Hungarian, Chinese and Japanese speaking], meaning that anger and its counterparts are viewed in all of the cases as some kind of substance (fluid, or gas) inside a closed container that is the human body.”

Now for the second question: does it matter which metaphor we use, when we're talking about co-counselling? Either as individuals and groups working on their patterns, or in the special case of people teaching co-counselling?

The short answer is, “Yes, it matters a lot”. For several reasons, some of which are sketched below.

- If we restrict ourselves to single metaphors, we are more likely to miss significant aspects of reality. Thus the RELEASE OF FLUID metaphor certainly catches how we feel less tense, more relaxed, after discharge. However, we need the JOURNEY OR PATH metaphor to specify the transformative nature of the process. To evoke co-counsellors’ experience of how, following discharge, we move from a stuck “pattern” to a flexible person; and of course discharge itself is observably a process, with a beginning and middle and an end, not a state or a thing.
- Limiting ourselves to the RELEASE OF FLUID metaphor common in our culture, we may unwittingly carry associated everyday ideas into co-counselling. Consider Jan-Pieter Hoogma’s use of the RELEASE OF FLUID metaphor, above, leading to his analogy of discharge being like “shitting and peeing”. From there the step to regarding certain co-counselling activities as like “laxatives”, and as such being unnatural and not to be used to excess, seems convincing. But, as noted by Frijda, discharge is not actually a release of fluid. So here the less-used OFF-SWITCH or RESET metaphors could help remind us that discharge is in no way an artificial intervention, but is a natural process for redirecting resources away from patterns and back to functionality.
- Indeed when we do restrict ourselves to any single metaphor we will almost inevitably come to incorrect conclusions. For instance when the RELEASE OF FLUID metaphor is taken in isolation, we can easily come to think that discharge involves getting rid of the bad (or nasty) stuff, rather than the actuality of discharge providing a route to *rapid resource reallocation* — Rose Evison’s “Three R’s of co-counselling” — and so to the transformation of patterned to flexible person.

At this point it is possible to offer a couple of guidelines for the use of metaphor when we’re talking about co-counselling.

First, don’t restrict yourself to the use of a single metaphor. Different metaphors catch different aspects of our experience and ideas.

Second, remember that metaphors work only over a limited range of meaning. Metaphors can always be stretched too far, out of their validity zone.

However, bearing these cautions in mind, should we look for additional metaphors of discharge? Certainly! For instance, consider the BLOCKED ENERGY FLOW model found in traditional Chinese medicine, intriguingly mapping onto what co-counsellors call patterns. This metaphor leads rather smoothly to the notion that patterns involve “mis-routing” of resources, and discharge restores the correct flow – no loss of energy, rather a restoration of harmony or “balance” to use one of Jan-Pieter’s metaphors.

Isn’t this fun? Anyone interested, or who wants to play with this material, do chime in, in *Here & Now* or directly to me.

Who Am I when I don't

Alternative title = Shit & Chips!

Who am I when I don't have a womb or a dog or a job,
A husband, a hobby or a car.
When truths not complete,
a hugs got conditions and the sparkle in the eye looks more like a fly.
When the sea is grey
The sky's always sly
The suns on leave
And the winds all there is.

Then the 'don'ts' feel **HUGE**
And the 'do's' more a dot
There's a hole, or a gap or a void or a space?

No.... there's a liquid, a lake or a stream or a pond.....
It's filled full of me simply swimming around.
Lying back in the sun with hair floating like gold
In rainbows and sparkle and bubbles and springs
– there's cold bits and hot bits and all in between.

I am who I am not cos I 'do' ...or you say.
I'm Spirit and Light and Shit and Chips.

If you meet me I'm there if I open the door
And if I don't lift the latch I'm still here.

Sue Gray

Inspired by not having had a 'proper job' for 6 months.



This is a brief report of a piece of work I undertook at a residential in January, first residential for a year. I value the safety and power when working with a group of co-counsellors rather than one-to-one (safety for the listeners as well as me). I have found writing this very valuable.

I worked on a childhood trauma which still has effects on my behaviour 50 odd years later. Immediately the session starts I am back as a toddler battling with feelings I cannot verbalize – just act out. I scream, which I didn't do as a child. I had been very clear at the start that I would say exactly what I wanted the others to do and when they should stop. I felt as an adult in control and held on to that feeling.

In the past this can take up the whole session however, this time I stopped – my balance of attention is getting stronger the more I work. I asked myself what else can I do? – No counsellor answered, bless them and I decided to try the same exercise in the here and now, being as much as possible an adult. Well, that was different: I could talk with my counsellors, acknowledge feelings and fears and, even more amazing, admit that I liked being touched. And of course there is the connection – I liked being touched as a tiny child, but the touch was wrong and I have carried forward that feeling – being touched is wrong, liking touch is wrong, touching is wrong. Looking at those words, they don't make sense but I feel deeply that they are true, so a new way of looking at the trauma opens up. In the here and now I am an adult and I am still not sure what that means.

Later that day I felt nauseous and couldn't eat the evening meal. I slept for 13 hours, exhausted. This stuff is really hard work, but worth it.

HP, January 2011.



CAN YOU TELL ME HOW TO GET TO ENLIGHTENMENT?



IF I WERE YOU I WOULDN'T START FROM HERE!



HERE & NOW Problem
Page Spring 2011

Dear Marvin,

I left home last week and after less than a mile my car stalled and wouldn't restart.

I walked back home to find my husband in bed with our 19 year old babysitter. They said it had been going on for two years! Can you help me please, I'm desperate.

Juliet, Swansea

Dear Juliet,

The most common cause of vehicles breaking down in the first mile is dirt in the fuel lines. I hope that helps.

Dear Uncle Marvin,

I was shocked when my co-co partner suddenly asked me to give her an 'intensive'. What do you think she means?

Billy, Isle of Dogs

Dear Billy,

You have to understand that women have needs. I'd say go for it... give it all you've got, and if you bring tears to her eyes and make her gasp and squeal, you'll know it's going well. When it all reaches a peak you should notice some form of discharge, followed by a satisfying sense of release.

On the other hand, she may not be talking about co-counselling at all. In which case see the diagram in the attached leaflet.

Dear Marvin,

My friends' 'stuff' has literally been giving me headaches especially over Christmas. Can you suggest anything to help other than another 20 years co-counselling or more paracetamol? Thanks,
Wracked of Quorn

Dear Wracked,

The best thing is to avoid Christmas (which gives us all a headache). A brisk walk is helpful (especially if you can walk faster than your friends). Also, what is it about you that makes people want to dump their stuff on you? Stand up for yourself for goodness sake.

Dear Marvin old bean,

I have often sought your advice on life's little conundrums, and as you know, my wife Margery and I have gone to some of the co-counselling residencies of late. Now I have a little man in Savile Row who runs up my togs for me, so I normally sport a light wool suit, shirt and tie, and a casual brogue. Margery tells me I am hopelessly *vieux chapeau*. So Marvin, please enlighten me, what should a chap wear to a residency?

Yours in sartorial confusion,
Bernard Cholmondely-Farquhar

Dear Mr C-F,

You really are an old fart, aren't you. Look just keep one tie for weddings and one for funerals and throw away all the rest. You don't need shoes for co-counselling. Otherwise tracky bottoms are pretty much *de rigueur*, matched with a sweatshirt or a garish jumper. It's OK to look a bit girly, so long as you are secure in your sexual identity (check this out with Margery).

Dear Marv,

Is co-counselling suitable for children or not? Please clear this up.

Tracey, Hampstead Heath

Dear Tracey,

No. Clear it up yourself.

Dear Marv,

I think you may have misunderstood...

I'm asking whether it is OK for children to learn co-counselling?

Tracey, Hampstead Heath

Dear Tracey,

1. It would be fantastic if kids learned to handle their feelings intelligently as early as possible: the skills would set them up for life. Let's hope someone gets it going soon.

2. Obviously children are not mature enough to handle co-counselling and they should be kept well away from distressed adults. It's clearly an absurd idea.

Dear GroovyMarvBabe,

We know you are the wisest, coolest, and sexiest co-counsellor in the Multiverse.

We believe actually you are a divine being descended to our planet in human form in order to show us the Way. We want you to accept the role of Supreme Controller, Planet Earth. Your duties ...

(This letter cut owing to its decline into inarticulate fanaticism. But always nice to hear from Marvin's increasingly diverse fan base in and around the Galaxy – Editor)

Dear Marvin,

I wanted my friend to read about co-counselling but there's too many different websites saying different things and I can't tell where she should look. Can you help?

Rowena, Margate

Dear Rowena,

You're right, it is a bit confusing. Best thing is to ask the person in charge.

That's... hang on a minute, oh I don't know...

Dear Marvin,

Are you going to be up there on that computer all afternoon, or are you coming down for your tea?

Mum, the Kitchen

Dear Mum,

I'm busy. I'm writing my agony column. Thousands of people... OK several people... depend on my advice to make their miserable lives a little brighter. I can't stop just like that, can I. *PS* What's for tea?



Photo by
Sarah Horsfall

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 (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)

Please make cheques etc. payable to **ONE TO ONE**

Make sure you include your name and address and, if you have not subscribed before, the date, place and the name of the teacher of your fundamentals.

CCI on line

There is a host of information about CCI on line on various web sites. These web sites all have links to each other. For UK information you can start at:

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

There is a small section of this web site that is for co-counsellors only, for which you need:

username: cciuk

password: cocoweb

Or for much more information you can go to:

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

(or www.co-counselling.info, it is the same). This site is designed so that you can include and edit your own content. It has an international flavour. To access information for CCI co-counsellors you need to register with the site. Do do so!

Lists

The following lists are available and they are generally up to date (if you find that any of them are not, please update them as indicated below.)

Diary of events

There is an excerpt of the diary of publicly advertised events for co-counsellors in the UK at

<http://www.co-counselling.org.uk/lists/workshops.htm>

However, the full list including events that are only advertised to CCI co-counsellors is available at:

<http://co-counselling.info/page/events>

to see the whole list (including fundamentals) you need to register with site and log in. Once they are logged into this site, organisers can enter and amend details of events themselves.

List of fundamentals planned in the UK:

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

This is also an excerpt from the co-counselling.info site.

List of national contact people:

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

Again, this is on the co-counselling.info site and contact people can amend their own details if they log into the site.

List of UK contact people:

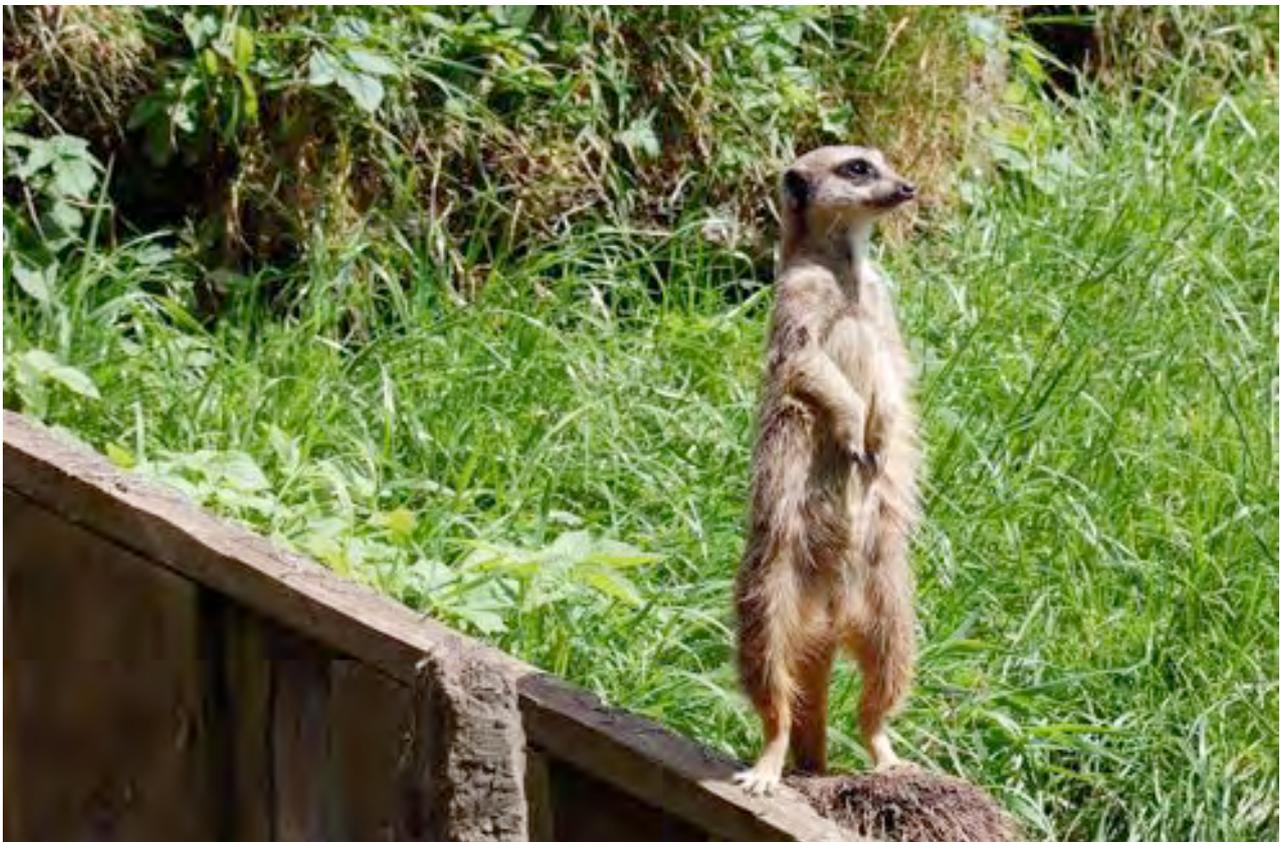
<http://www.co-counselling.org.uk/lists/contacts-uk.html>

Please send any amendments to John at coco@dpets.co.uk.

List of UK teachers of co-counselling

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

Also send any contact detail amendments to John Talbut at coco@dpets.co.uk. Requests for inclusion or deletion from this list should be sent to Paul Shevlin at paul@shevlin.org.uk.



Co-Counselling Weekend - theme 'Relationships'

Fri July 1st to Sun 3rd 2011 in Newmarket, Cambridgeshire.

This is a co-created weekend (i.e. no pre-arranged facilitators) for accredited co-counsellors to explore relationships - those intimate connections we choose to make and try to make.

The idea for it arose at another Coco residential (Bawdsey Manor – Nov 2010) at one of the workshops offered called 'Relationshipwreck!'.
The workshop will be a combination of people's ideas for exercises and activities on the theme and sessions. The content will be agreed at opening circles on Friday evening, Saturday and Sunday mornings. Plus possibly some pre-workshop e-mail discussion once we have the group identified - if that seems 'a good idea!'.
The venue is The Old Stable House Centre in Newmarket.

This is a well-equipped self-contained house – we will be the only people in occupation. The bedrooms are twin and some single with one large group room and two other working spaces. Max numbers 14 (not 19 as previously advertised). There is good outdoor space too. Website: www.oldstablehouseretreats.org.uk

Cost: £80 all in. This includes mostly catered-for meals (apart from breakfast) and doing our own washing up.

The booking process
To book complete form below and send with £30 non-returnable deposit.
Full payment due by June 1st 2011. Please use electronic transfer and e-mail if possible. Details below. Thanks.

Cost: £80 all in. This includes mostly catered-for meals (apart from breakfast) and doing our own washing up.

The booking process

To book complete form below and send with £30 non-returnable deposit.

Full payment due by June 1st 2011. Please use electronic transfer and e-mail if possible. Details below. Thanks.

BOOKING FORM

Date form completed.....

Name..... Gender.....

Address..... Post code
.....

E-mail..... please write VERY clearly – thanks!

Telephone.....

Your Co-counselling Teacher and year of Fundamentals

Dietary & other requirements: Vegetarian / meat eater - + any other essential requests
.....
.....

Deposit (min £30) write amount enclosed here Y/N or by electronic transfer Y/N.
(sort code: 090127, account number: 38070439 with your name in the reference).

Cheque to "Suffolk CCI" to the address below. £30 Non returnable unless your place is filled.

Please email form to Susan Tilley susantilley@yahoo.com.

Or post to 8 Beaconsfield Road, Woodbridge, Suffolk IP12 1EQ.

Come to Unstone Grange CCI 2011 Spring Workshop From Fri 29th April (6pm) to Mon 2nd May 2011

A long bank holiday weekend in warm, peaceful and beautiful surroundings in the peak district near Chesterfield.

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!)

PRICES REDUCED BY 10% FROM LAST YEAR

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

Please, please, please send your deposit of £50 per adult [or all of cost] **by 1st March**. Please also ensure that you have paid in full by 1st April.

Adult prices are £126 for residential, £108 for camping and £90 for non-residential. Children are half the corresponding adult price.

Concessionary prices are £90 for adults and £45 for children regardless of type of accommodation, and are intended for people on income at benefit level.

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. If you need further help or advice please contact Fiona - 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 to Helen Pollitt. If your plans change after sending in your deposit we will be happy to refund it provided that you contact us before April 1st. Refunds after this date will only be considered under exceptional circumstances.

General enquiries Fiona MacKenzie, fionamackenzie@doctors.org.uk
tel: 01142 581081

Booking enquiries: Helen Pollitt, 119 Ashgate Rd, Chesterfield, S40 4AH
tel: 01246 211838 helenapol@hotmail.com

.....
Booking form

Name.....

Address.....

Phone number.....

Email address if appropriate

Gender M/F Please circle

My Fundamentals teacher wasin..... [year]

Accommodation required: Camping; Residential; Non residential Please circle

If residential please specify any requests about bedroom e.g. single sex sharing, mixed, family room, colour of wallpaper etc

.....
.....

Amount of money enclosed £50 deposit or full amount.....

Food is vegetarian. Please indicate any specific dietary needs.....

.....

Please send your deposit and booking form to Helen Pollit at the above address by March 1st.

The workshop venue is accessible by car and public transport. Further details of practical issues will be sent to you about one week before the event.

What can we learn from 'Haus Kloppenburg' as a Co-Counselling Business Model?

A McCoCo Conference on the **3rd of May**, the day after McCoCo
The **venue** is near Edinburgh, Haddington, enabling all people attending McCoCo to attend!



[Haus Kloppenburg](#) is a therapy centre in Münster (Germany) that also teaches Co-Counselling. They do this successfully for the last 35 plus years. The combination of therapy with co-counselling has been mutually very beneficial. The therapy centre has built a good reputation of being very effective, while many, many people got involved in co-counselling. What can we learn from their success?

At the conference we are going to look at how the business model behind the success of Haus Kloppenburg can inspire us:

- How did this combination of therapy and co-counselling contribute to its commercial viability? We think here from a business enterprise point of view: marketing, public relations, customer support, financial health.
- What is the added value co-counselling can offer to other professional approaches than Therapy and Counselling, like Life Coaching, TIR, focusing, NLP?
- What is the added value other professional approaches than Therapy and Counselling, like Life Coaching, TIR, focusing can offer to co-counselling?
- What are the implications of all this for Co-Coaching, Co-Tiring, Co-Focusing fundamentals?
- What other business models for promoting co-counselling can we think of?
- How can we as 'entrepreneurs' support each other to make things work?

After the Opening Circle I will do a short presentation about the business model behind the success of Haus Kloppenburg.

The rest of the program will be co-operatively set up so that each individual's interests are best met.

Interested in this conference? Contact me.

See you at McCoCo and the McCoCo Conference.

JanPieter Hoogma

+44 131 551 6146 - J.P.Hoogma@co-cornucopia.org.uk

Working in The Field

John Talbut

The Field

The Field is the field of personal development. It includes a huge range of activities from one to one therapies to conventional education. Activities such as 12 step groups, Neuro Linguistic Programming (NLP), weight loss groups, victim support and the whole range of psychotherapies are in there.

The Field can be thought of as a metaphorical meadow that extends into the distance. Or it could be as scientists understand a field as being a space in which a particular quantity has a value that is different at different points in the field, like a temperature field.

At the bottom of The Field is the street, as in “recruiting people off the street”. In other words it is a place, physical or metaphorical, in which people are going about their daily lives in more or less distress, largely unaware of what is going on in themselves and others and largely powerless and unable to change anything.

Up the field is the direction of increasing power. Power, that is, in its original meaning which is about being able. Being able:

- to see more of the possibilities in any situation
- to act on more of those those possibilities
- to choose what to do.

This is power in the sense of personal power or power within. This not the same as being able to control people through authority, might or opportunity, sometimes referred to as “power over”. Using the word power instead of control, authority, might etc. reinforces peoples belief that if they do not have particular authority, might or opportunity then they are powerless.

Co-Counselling in The Field

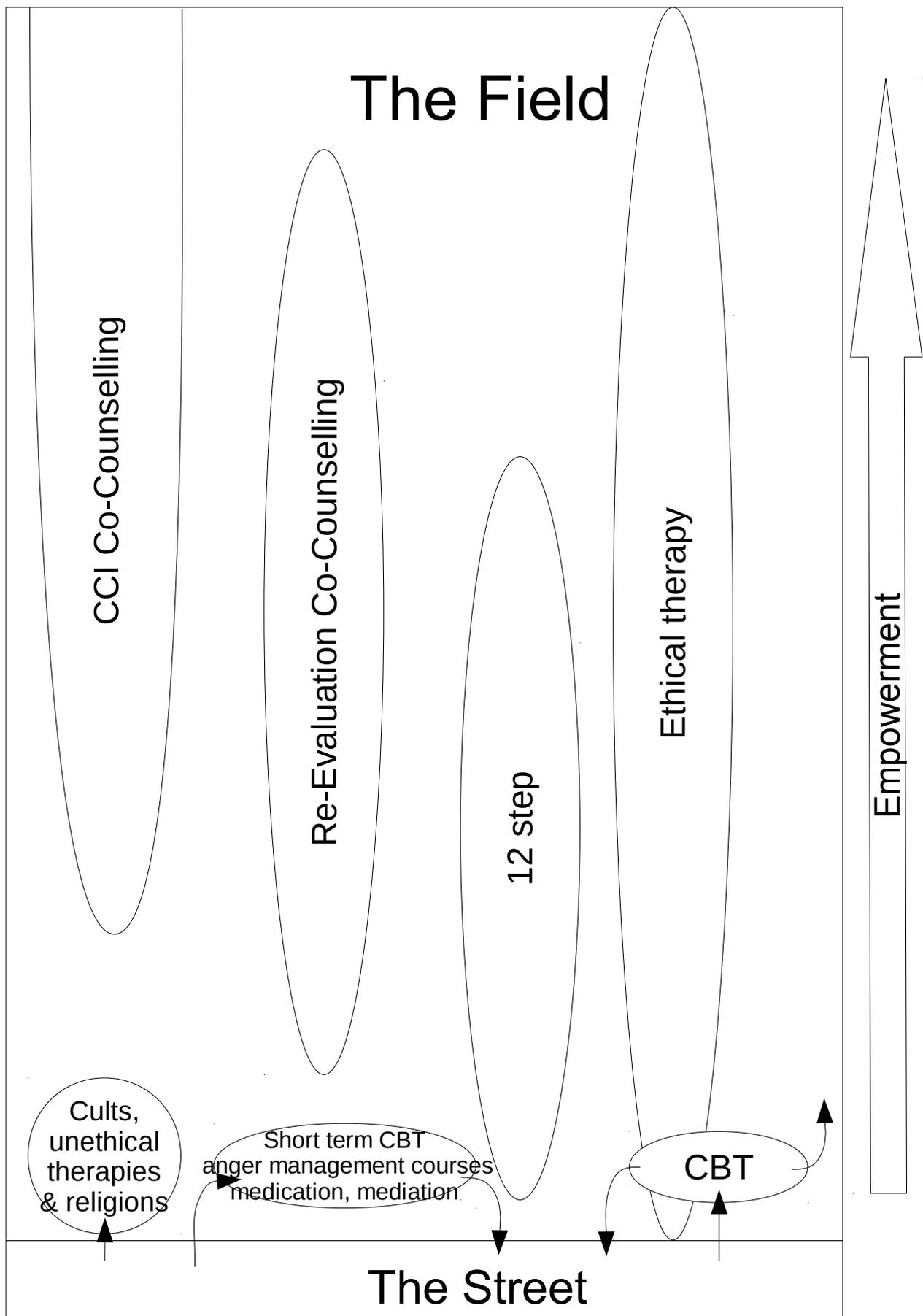
CCI co-counselling starts some way up the field and extends upwards, probably indefinitely. It starts some way up the field because of its requirement for client self direction. People need a certain level of self empowerment before they “get” CCI co-counselling, before it makes sense to them, not just as an idea but as something that feels as if it can work for them.

This is why, I believe, it is difficult to recruit people into CCI co-counselling “off the street”, i.e. people who have not done any empowering self development work. There may be some people “on the street” who can get it, who are ready for CCI, but not many.

CCI co-counselling extends indefinitely up the field of empowerment because, I believe, that however powerful we may be CCI provides a tool that can enable us to overcome whatever is preventing us from being aware of even more possibilities, from developing more skills and knowledge to act on those possibilities and making better choices in our own self interests.

Essential, I believe, to maintaining CCI co-counselling as a consistently and indefinitely empowering tool is its unique requirement for the client to be uncompromisingly self directed.

RC co-counselling, in which client self direction is compromised, has the advantage that it comes nearer to the street but the downside of this is that it is less consistently and indefinitely empowering. RC in its organisation and in the practice of co-counselling gives much more support to people who have dependency patterns. The role of the counsellor is more active and directive than in CCI. RC as an organisation actively reaches out to people and supportively coerces people to keep up active co-counselling.



In the practice of co-counselling the downside of this is that it does not interrupt or contradict people's dependency patterns and so there is no consistent encouragement to deal with them. The downside of the organisation is that it is hierarchical, rigid and effectively quite oppressive. This is a typical personal development paradox because RC pays a lot of attention to oppression, and has some very useful ideas about it. In

practice, however, there seems to be a culture in which people are discouraged from moving beyond their oppression. If you are an black person, for instance, you will be expected for ever to be in groups working on your distresses about being black.

The Problem

The problem seems to be that much of the work in the field, maybe nearly all of it these days, is not empowering.

Some of it does not even begin to empower people. There are endless “self help” books that promise the answer to people's problems but just give answers that worked for their authors. Courses and sources of advice give information without helping people to deal with their patterns that make the information useless.

Some things patch up some surface distresses and then dump people back on the street again, for example short term CBT or anger management courses, medication and mediation.

Other things take people a little way up the field and then keep them there. This would include therapists who keep their clients dependent on them, cults and various religions.

There are approaches that, like RC, are limited in how far they can go in empowering people. 12 step groups would be another example.

Then there are those therapies and practices that can be indefinitely empowering, provided that they are practised ethically, that is, circularly, in ways that are continuously empowering. Most of the established therapies can be practised ethically, even cognitive and behavioural therapies provided that they are not practised in isolation.

The Task

The task is to try to ensure that the general drift of work in The Field is in the direction of empowerment.

One approach to this, which I try to pursue, is to establish that for practice to be ethical it has to be empowering. This can involve challenging organisations' ethical requirements. For example, the ethical codes of BACP (the British Association of Counselling and Psychotherapy) are generally in the direction of empowerment apart from their overall complexity and prescriptiveness. However, there are some clauses that expect practitioners to take decisions out of the hands of clients, sometimes for the practitioner's benefit or for the protection of BACP itself.

Another approach is to look at the outcomes of the work and ask, does it leave or encourage people to find more ways of dealing with the issues in their lives and make better decisions in their own interests about what to do.

A further way of looking at this is to ask: does the work enable people to be more

- self aware (and hence other aware)
- self directed (e.g. assertive)
- emotionally competent.

As these are all essential components of being more powerful.

Lack of emotional competence is a major component in people's powerlessness. Lack of emotional competence in practitioners is a major reason why much of the work in The Field is not empowering.

Emotional competence, that is being comfortable with and recognising the value of emotions, is not to be confused with concepts like “emotional intelligence” and “emotional literacy”. Stripped down, these latter concepts recognise the importance of emotions and teach more effective ways of suppressing them.

Another way of testing activities in The Field is to see whether they involve holistic learning. Holistic learning includes affective learning, that is learning that leads to people feeling differently about things and expanding the imagination as well as learning about facts, concepts and how to do things. Generally all learning is rooted in affective learning. If something does not feel right then we cannot imagine it, if we cannot imagine it we cannot make sense of it and if we cannot make sense of it we cannot do it.

Therapies that focus on the affect can fail to empower people because they fail to build on the affective learning towards problem solving and finding more ways to deal with the practical issue of life.

Conversely education has been massively undermined by denying, indeed actively discouraging affective learning. Except, that is, in the negative way that people learn to be afraid to be curious, challenging and experimental. They learn that education is solely about information and having the correct answers.

Why does empowerment matter?

From the point of view of CCI it matters because empowering work in The Field will bring more people into CCI. Which is nice for us who like being in CCI and do not want it to whither away, but that is not important. It is important because CCI itself is so empowering. And why does that matter?

Because empowerment is fundamental to making real headway towards solving most of the world's problems. We are not short of solutions to problems of poverty, ill health, misery, climate etc. What we are short of is people (most people) making decisions that put solutions into practice. Instead most people are on the street, compulsively doing what they feel they "should" do irrespective of whether it makes any sense.

Decisions that put solutions into practice are based on examining the problems and the possibilities, working out what needs to be done to put each of the possibilities into practice and each of us deciding, in our own best interests, which possibilities to try. In other words they are powerful decisions that are made by people who are in their own power. That is, people who are empowered.

Getting our hands dirty

In my experience the best practitioners are nearly always CCI co-counsellors. In general I think this is because we are relatively powerful. In general I think it is difficult, and maybe impossible, to help someone else to become more powerful than we are. Partly this is because supporting empowerment in others is a two way process, as they learn so do we. It is also about having the confidence to encourage others to be confident.

The trouble is, there is not enough of us doing this. So I want to encourage more CCI co-counsellors to get more involved in working in The Field. This is not to say that I am not aware of the work that many of us have done and do do. I just want more.

A difficulty with becoming involved in existing practices and organisations is being constrained by their culture. It often seems to me that when co-counsellors do get involved in these ways they seem to act in accordance with the norms of the practice rather than using what they have learned from co-counselling. Consequently they tend not to guide the people they are working with towards co-counselling.

Having spent many years teaching in adult education I am aware of how difficult it can be to maintain empowering practice within oppressive organisations. Every year teachers are subjected to more controls that aim to dictate what students should be taught, and consequently what they should not be taught, e.g. to think for themselves and question what they are told.

I am also aware from working with psychotherapists how practitioners can find empowering practice really challenging and may well attack someone who works in empowering ways.

What follows are two suggestions for working around these constraints.

Set up new practices

Groups of CCI co-counsellors could set up therapeutic, personal development or educational organisations firmly based on empowering approaches. Practitioners would be required to be actively using CCI co-counselling for their own support and development (not necessarily exclusively). Practice would be based on the facilitation of holistic, experiential learning along the lines of John Heron's *Helping the Client* (one to one) or *The Complete Facilitators Handbook* (working with groups or classes).

Such organisations could focus on particular niches, for instance fitness and weight loss, parenting, conflict resolution, coaching or tutoring. These organisations would have more flexibility than CCI to fit the product to the market and meet people where they are at.

A CCI Practitioners Network

We could set up a support network exclusively for people who are actively using CCI co-counselling for themselves and are engaged in some sort of personal development practice outside of CCI. A key activity for the Network would be regular gatherings at which members could share experiences, ideas, support and problem solving.

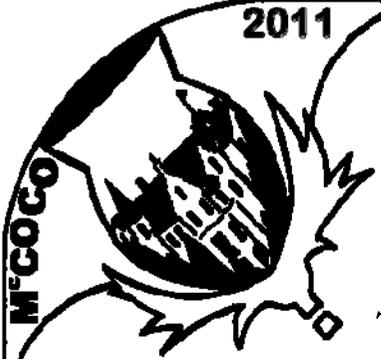
This Network could intentionally overlap with the Independent Practitioners Network (IPN) in which a number of CCI co-counsellors are already involved. This could be an informal overlap with the IPN practitioners who are CCI co-counsellors being more coordinated. Or it could be a formal overlap by IPN member groups being set up that are exclusively for active CCI co-counsellors.

Alternatively the Network could have its own groups and links along similar lines to IPN for those members who want this more intense level of support.

Suggestions for action

CCI co-counsellors who are working in the field outside of CCI or who are interested in this work get together at gatherings to work on these issues and see what we can organise. Possibly we could organise a gathering especially for this work.

2011



Come to M^cCoCo 2011

From
Thursday evening (6 p.m.) 28 April
to
Monday afternoon (4 p.m.) 2 May

- Come for a long inspiring weekend with Co-Counsellors to Wiston Lodge with beautiful grounds, 25 miles south from Edinburgh. The Friday and the Monday are Bank Holidays.
- Before and after McCoCo we hope to offer the hospitality of Edinburgh Co-Counsellors.

McCoCo's peer programme will be created by its participants. 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.

ACCOMMODATION

At the moment we can offer camping, single sex or mixed rooms for 4-10 people, and cabins. Each cabin can have two couples. These cabins need to be booked ASAP otherwise we may lose this opportunity. With Wiston Lodge we are looking at the possibilities of caravans on-site for couples or singles and sleeping accommodation in the village or B&B further afield. Contact us if you have special accommodation needs.

PRICES per person

<i>Grants are likely available. Ask for it or Donate!</i>	Early	After
	Bird	15-03
• Dormitory	£160	£170
• Camping	£110	£125
• Single room in house*	£170	£185
• Double room in house*	£170	£185
• Cabin room for one*	Contact us	
• Cabin room for couple*	£155	£175
• Staying with neighbours or caravans*)	Contact us	
• Attendance McCoCo with Bed(&Breakfast) further afield	£75	£90
	<i>B&B not included</i>	

*) If available

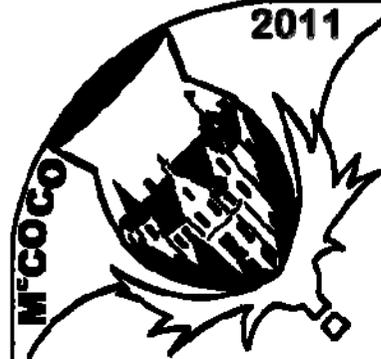
BOOKING CONDITIONS

1. Please book as early as you can! Then we can try and create special accommodation arrangements. We need to know definite numbers by 15 April.
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. This to our discretion.
5. If you don't turn up, we still have to pay for you. So you still owe us the full amount.

BOOKING FORM & INFORMATION

Send it to Chris Jamieson, 78 Easter Drylaw Place, Edinburgh, EH4 2QQ, Scotland
If you have any anxieties or queries about the workshop, phone +44(0)131-332 4548

2011



BOOKING FORM

(Contact) Name

Address

Town

Postcode

E-mail

Phone

Date

Fundamentals Teachers

ACCOMMODATION

- Camping
- Dormitory male/female/not bothered

If the options below become available I would like:

Number relevant boxes in order of preference and score-out the option you don't want

- In house**
 - Single room
 - Double room
- Out house**
 - Cabin room for two
 - Cabin room for one
 - Staying with neighbours
- Bed(&Breakfast) further afield**
 - I can offer a lift to and fro B&B
 - I need a lift to and fro B&B

My special accommodation need is:

- I need accommodation
 - Before McCoCo
 - After McCoCo

DIETS

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

- Special diet requests.....
name.....
name.....

- Tick here if this is your **first Co-Counselling residential.**
- Tick here if you do not wish to be on the contact list.

TRANSPORT

- Tick here if you need a lift from:
- Tick here if you can offer a lift from:

MONEY MATTERS

- Deposit £50** enclosed: *deposit is required when booking*
name.....
name.....
- Donation** enclosed: *your donation will enable other people to attend the workshop*
name.....
name.....
- Tick here if you apply for a **grant.**
You will be contacted ASAP if you are awarded one.

All cheques payable to: "McCoCo".

Please pay the balance by **15 April 2011.**



Exciting Workshops are coming to McCoCo!

And there is plenty of room for spontaneously organised workshops too!

Special Events

The 'Evidence' Forum and CoCo Café

The 'Science of Emotion & Co-Counselling' has been the main topic of a recent Teachers workshop, presented by Rose Evison and Richard Horobin. Lilian Brzoska and JanPieter Hoogma like to celebrate this initiative to look at scientific ideas about emotions and human nature to improve Co-Counselling teaching.

This 'Science of Emotion' initiative inspired us to organise a workshop on 'Evidence behind working with Emotions'. Its challenge being of course the question of how to create an 1) inspiring and as an 2) engaging workshop as possible.

So we will start the workshop with a short forum of three people. Each of them will do a concise introduction highlighting their area of special interest in the evidence of the Science of Emotions. After these introductions there will be a short time to ask questions.

- **James Hawkins:** ex-co-counselling teacher with a special interest in the evidence-based, empirical science of Emotions and Stress. Click [here](#) for his blog about these topics.
- **Lilian Brzoska:** holistic evidence of a relationship between spirituality, attention and emotions
- **JanPieter Hoogma:** especially interested in the role 'testimonial or anecdotal' e.g. 'See, how it works for me!' evidence plays in the Science of Emotions.

This Forum will be chaired by **Mystery Surprise**.

The 'Evidence' CoCo Café

We hope that the short forum will inspire the workshop's participants to engage themselves in a CoCo Café conversation encouraged to share about all aspects of the science of emotions and co-counselling while doodling.

The conversational culture of World Café has been introduced last year at McCoCo by Rudolf Gieselmann (absent), Dymphna Headen and Marjan Tuk. Then there were the experiments during CCI Ireland (Agota Rusza, Lilian Brzoska and Rudolf) and twice in Scotland (Lilian with support from Mary McCann and JanPieter). Almost all of them will be present to support this process.

The Evidence Forum and CoCo Cafe will take place on Sunday afternoon.

Web site Links

[Rose and Richard's Teacher workshop announcement](#)

[Stressed to Zest](#), the research-evidence based blog on stress, health and well-being by **James Hawkins**.

[Catharsis, venting and the talking cure](#)

[World Café](#)

[Coco Café on CoCoInfo](#)

The new [CoCoInfo Bibliography](#) contains among others references to research on discharge and emotions

Opening of the 'Just Listen' Photo Exhibition

Rudolf Giesselmann has captured persons while they are listening to somebody at CCI 2010 in Ireland. With his photographs he explores the process of listening, a 'duet dance with love and attention' as he names it.

The exhibition at McCoCo will be festively opened on Friday evening April 29th with an opening speech by Dymphna Headen.

Beltane Fire and Maypole Celebrations

Offered by **Lilian Brzoska**

We will be together over May weekend which includes the Celtic festival of **Beltane** 30th April / 1st May. This is the Festival which welcomes in the Sun, celebrating Fertility in The Land and her people. **May Day** is also celebrated in Britain as a national worker's holiday, expressing solidarity with the International Worker's Movement.

We will co-create a **CoCo Beltane Fire Festival** on the night of the 30th April, when Calton Hill in Edinburgh and The Doon of May in Galloway also have their fires alight, as our People prepare to welcome the Dawn of May 1st 2011.

We hope the creation of a **Maypole Dance** on the 1st May will also be possible. **It is up to you**. Lilian Brzoska will be delighted to hear from anyone who wishes to Co-facilitate the Fire Festivities and/ or the May Day Circle of Life. We encourage the bringing of, or creating, your **Queen of the May** and **May King** (Green Man) costumes, awakening your own Inner Sun, celebrating the Fertility of ideas and feelings of connection in our Co-counselling International.

The 'Listening' project

Last year's CoCo Café inspired Graham Colbourne to offer his 'Connecting' workshop that turned out to be a very popular one. One of its spin-offs was that it brought people together who are very interested in the Listening aspect of Connections between people, Co-Counselling and CoCo Café. The **Listening Project** has been born. Here below you see a rich offering of workshops approaching Listening each from their own angle.

Expressing Yourself as a way of Listening

Offered by **Lilian Brzoska**

Listening to yourself is often easier if you Express Yourself Creatively. This will be a Co-Counselling Workshop in which you will be encouraged to move expressively, laugh, sing as you discharge and make marks on paper with paint. Your creative child will be encouraged to emerge and meld with your Present Day Expression of Yourself, to enhance your experience of Being You in daily life.

Six Listening Modes

Offered by **Marjan Tuk**

By switching between various listening modes, you can

- increase the richness of a current life experience
- balance more effectively your feelings, thinking and will power in your balance of attention,
- detect more easily the hidden opportunities in difficult and challenging situations
- develop more practical and effective ways of dealing with what life throws at you

In the workshop you will explore those Six Listening Modes as client in a Group session. So bring an issue or topic! This will also clarify the qualities, preferences and traps in your ways of listening. If time left, we will explore the opportunities these Six Listening Modes offer in a CoCo Café Conversation.

Active Listening and Disagreement

Offered by **JanPieter Hoogma** from the **Netherlands** and **Scotland**.

Active Listening is about listening carefully to other people on their terms and resist the temptation to assess what they are saying without really understanding what they are talking about. Active listening is successful when the other person feels listened to and understood, especially when you are disagreeing with them. This requires an open mind and a disagreement tolerance. This workshop is about all that fun and pleasure that are on offer by the skills of really understanding where people are coming from.

Listening to your Longings by Creating Art

Offered by **Dymphna Headen**

Using paint to come in touch with your longings and what is blocking you to fulfil them.

Listening and Expressing your Inner Movements

Offered by **Ian O'Sullivan** and **JanPieter Hoogma**

Discover how to come in contact with the feelings and emotions hidden in your body and how you can express them through dance.

We will guide you through different ways of how you can use movement to listen to your body, open it up and express in dance what needs to be expressed. We will use music usually associated with five rhythms dancing. There will also be elements of co-counselling sessions.

Confidence in your dancing capabilities is not required at all: everybody is welcome, with a maximum of 16 people.

Listening, Dialogue and Relational Depth

Offered by **Grahame Jack**

How do we give the other our full, best quality attention to enable them to think well and connect with themselves?

How do we do this while staying mentally, emotionally and bodily in touch with our selves and when and how do we share our reactions with the other?

How can we use this subtle mix of receptivity and expressiveness to really connect with the other and relate deeply?

This is the territory that will be explored in this workshop. It will be experiential so bring your listening skills, your expressive self and your desire to connect deeply.

Focusing - listening and sensing into your body

Offered by **Eileen O'Connell**

Focusing is a body-orientated process of self-awareness. It involves listening to your body in a gentle accepting way so that you can be open to hearing the messages your inner self sends. The aim is to get in touch with felt sensations, so that attention is given to things that are directly experienced in the present, but have not yet been formed into words.

Focusing can be practised on your own as well as with someone else and can be used in many life situations. It is easier to learn the technique with someone else so in this workshop we will work in pairs as focuser and companion. The role of the companion is simpler than that of a counsellor in Co-Counselling. As companion we learn how to listen and support the inner relationship the focuser is forming with themselves.

In this introductory session we will initially practise the art of being present in our selves. Then in pairs we will explore the 'felt sense', the subtle level of knowing (which is not yet formed into words) and learn how to listen and honour this inner wisdom.

I have completed Level 4 training in Focusing (people who reach Level 5 are fully trained). I have been very impressed by the subtle power of the technique. It is something that can be incorporated within counselling and Co-Counselling, to great benefit and works well using telephone or skype.

Photo project 'Just Listen'

Offered by **Rudolf Giesselmann** from **Germany**



This is what I have in mind:

I want to show the power of listening in a series of photographs. Listening is one of the core qualities we have in Co-

Counselling. I would like to take photographs of the listening person while the person who is working is in the 'background'.

This is what I would like to offer: a photo session to take a portrait of you in a session while listening. I will provide some prints of 13 x 18 cm and a digital photo file for you to keep, all free of charge.

This is what I would like to ask: To give me the rights to publish the photo in the contexts of art and Co-Counselling. The title of the photographs will be anonymised in an appropriate way you decide.

How you can take part in this photo project?

By signing up on the workshop list. Both session partners need to agree that I will be present with my camera. After some arrangements beforehand because of good light and perspective I will be quiet all time during the session.

Community Development

I joined co-counselling for its skills and sessions; I stayed for its community.

Getting on with Difficult People

Offered by **John Talbut**.

Three workshops, one for each stage:

Stage 1: How to relate well with people that we have difficulty with, partners, family members, people we have conflicts with or anyone else. This workshop will be about getting in touch with what is going on in the other person while staying in our own power.

Stage 2: Being assertive with people that we have difficulties with.

Stage 3: Using a *Six Category* approach with people that we have difficulties with.

CoCo Café - What next?



CoCo Café celebrates its first Birthday during this McCoCo. Almost all people who nurtured its birth and development in Scotland, Ireland and the Netherlands will be at McCoCo.

A splendid opportunity to reflect back and to learn from what happened so far.

CoCoInfo: the Facebook and LinkedIn of Co-Counselling?

Offered by **JanPieter Hoogma**.

Already familiar with Facebook and LinkedIn? During this workshop you will be shown how fast CoCoInfo is approaching the capabilities of these social networks plus the extras these sites do not have. I am also looking forward to your feedback about what you like about CoCoInfo and what needs to be improved.

Other Special and Exciting Workshops

Back to Basics: CCI Co-Counselling in a Nutshell

Offered by **Sue Gray** and **John Talbut**

This will be a practical workshop to refresh and remind ourselves of the essence of co-counselling:

- Keep it simple
- Client in charge
- No questions

In the sessions we will explore:

- How we give free attention
- What the difference is between process and content
- The co-counselling client techniques
- How to remind the client of those techniques in normal or intensive contracts

Traumatic Incident Reduction

Offered by **Celia Wilson**

Traumatic Incident Reduction (TIR) is a second cousin to co-counselling and can be done alongside it. TIR is an intensive method that works well for material from traumatic incidents or for stubborn themes in our lives arising from distress. The "viewer" works through the material to an "end point" where it is no longer bothersome.

Come along for a brief introduction and opportunity to try it out. More extensive training courses are available in the UK.

** Goldfish bowl is a non coco 'exercise' that enables an agreed question or theme to be discussed by one group and listened to by another. The listening and the talking group then swap over. Usually both groups have equal time.*

A Special Support Group

Photographers Support Group

Offered by **Rudolf Giesselmann** from **Germany**



instance to speak and to read a visual language with it special possibilities. Notebook, beamer and card reader are provided.

RelationShipWreck? ... Or creating an even better relationship!

Offered by **Steve Roche & Sue Gray**.

We all have wisdom and experience about relating with each other generally and also more intimately and romantically. This workshop will provide structures in which we all can

- celebrate what we do well;
- share things we have discovered that have helped us;
- learn from each other about solving things that still trip us up or mystify us
- discharge feelings and emotions that hold us stuck!

The format will be sharing rounds, Coco Sessions and Gold Fish Bowls*.

Steve and Sue will hold the space and also participate. It is 'suitable' for single people and people in relationships.

Manifesting your Desires

Offered by **Gucci**

The workshop is based on Tantra and the rest is a surprise.



Co-Counselling SUMMER-by-the-sea in West Cornwall

Friday 19th – Friday 26th August 2011



Come and join us for a summer co-counselling residential by the sea in one of the most beautiful places in Britain.

The week will be peer led. If you have a workshop you want to offer, come prepared or ask for support from the other co-counsellors present. Past activities have included Thai Chi in the garden (with sea views), singing around a campfire, picnics and BBQ's on the beach, visiting ancient sites, swimming and dancing. There will be opportunity for lots of co-counselling in a beautiful nurturing setting.

Hosted by two co-counsellors, Boswedden House is a lovely, spacious, elegant, comfortable 19th c. house. All rooms are en suite. There is an indoor swimming pool on site and a sauna. It is in a rural setting yet less than a ten minute walk to the coast at Cape Cornwall and one mile west of St. Just-in-Penwith - the most westerly town in England and accessible by public transport.

The cost is £260 for the whole week Friday August 21st – 28th, including food. Camping option available. Evening meal preparation, and clean up will be a team effort. It should be a wonderful 7 days. Space is limited to 20 participants.

Participants must have completed a course in Co-counselling to be eligible to attend

To book, or if you have any questions, please call Thelma or Nigel on 01736-788733. or email Thelma@boswedden.org.uk

We'd love to welcome you.

Nigel & Thelma