

Welcome



McCoCo 2009
in
Wiston Lodge

The organising team offers you this booklet in the hope you will have a positive experience at CCI 2008. Apart from these two pages It contains the following:

Page 2 **Info for first and old timers**

Page 3 **Creating a sense of safety at CCIs**

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Page 6 **Assessing how safe or risky workshops can be for you.**

Workshop announcement form

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Welcome Willkommen welkom

Failte *Haere Mae* **ödvözlöm**

bienvenue benvénida **Shalom**

to

M'CoCo 2009

We are delighted you are here with us in Scotland and we look forward to being with you. 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.

Wiston Lodge is a magnificent 19th century Victorian Hunting Lodge, set in its own extensive wooded grounds. There are a number of rooms suitable for workshops and sessions, including a large hall for dancing and a big room for the opening circle, open fires to sit round, and a large games hall. The house and grounds offer a remote rural experience, far from any shops and other distractions. Outside, the 52-acre estate is a rich mixture of woodlands for walking and outdoor sessions, gardens and a campsite. 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.

We hope you will enjoy McCoCo 2009 in Scotland,

Chris Jamieson and JanPieter Hoogma

For first and old timers

We are pleased that so many people are participating, some of you for the first time, and we would like to welcome you. To give you a good start and get us off to a good start, we are offering the following:

- On Thursday evening we are offering a **new people's melting in workshop** in which you can ask questions.
- There will be **Support Groups** throughout the whole workshop. At the opening Circle Thursday evening we will explain in detail how they work and what the options are. On Friday morning during the opening circle we will facilitate the actual forming of support groups.
- **Trust persons**
at CCI's Co-Counsellors find it easy in general to deal with each other. Where people deal with people, however, things can sometimes go wrong as well. Often you can cope yourself, whether or not in a Co-Counselling session. But if and when you can't cope, or need support anyway, you can contact a Trust Person. They are obliged and committed to full confidentiality in protection of your privacy unless you yourself choose this to be different. If necessary, they can consult or ask each other for support without mentioning names.
Over and above this you can always consult teachers from other countries, e.g. England or USA.
- **Buddies**
On Thursday evening we will set up Buddies. You can choose to have a buddy as companion for the whole workshop.

The Opening Circle

The opening circle is not only important for coming together and start McCoCo; it is also an important place for Culture setting and other information. If you missed the Opening circle, please contact one of the McCoCo organisers to get an update.

Are you feeling unsafe...?

Boundaries dodgy? Got a bone to pick? Feel a conflict coming on? A bit spooked? Call in one of the Trust Persons or 'Ghost Busters', your friendly, on-the-spot Safety Team. No issue too big or too weeeee....

Give us a try, we're standing by!

Complaints, compliments and questions

They are welcome about any aspects of CCI. Please put them in the folder on the Notice Board and we will process them promptly. If it is very urgent, please speak to somebody on the organising team.

Please do not contact the venue staff directly.

The Diversity Folder

Diversity is a great good in Co-Counselling and it works as long as clients keep taking responsibility for their session.

There is a folder full with copies of co-counselling techniques and procedures from various Co-Counselling approaches.

Among others, there is the 'Aware Negotiation of Sexual Attraction', conflict resolution procedures, Pain-to-Power and the Video Technique.

You can find it near the workshop table Feel free to take any copy you wish.

If you know of a Co-Counselling Technique or Procedure missing, please get it to us and we will provide it next year.

Our organisers role

We see it as our role to provide a general framework for McCoCo: venue, culture setting and opening circles, safety team and child minding arrangements. We do this with the hope that all people at McCoCo including ourselves enjoy offering and attending workshops, Co-Counselling in all its aspects and last but not least have a great time together.

Creating a sense of safety at McCoCo

While preparing for the first McCoCo in 1998 and the European CCI 1999 in Scotland the workshop organisers thought about how they could help to create a safe workshop environment. They considered feeling safe at Co-Counselling workshops to be one of the essential conditions for people to experiment and to get most out of the workshop.

Based on their experiences of Co-Counselling workshops as participants, organisers and Trust Persons, they decided to look for good practises and to apply them at the workshops they were organising. This approach seemed to work out well, hence we have decided to adopt this approach for all McCoCo and CornuCopia workshops.

How are we supporting the creation of a safe environment at McCoCo

1. By providing clear information to the participants about the safety philosophy of the workshop.

In this welcome pack we have a section about workshop safety, containing the following documents:

- a mindmap about "**Safety and risk at CCI workshops**"
It describes our thoughts about 'feeling safe' and clarifies what the workshop organisers are responsible for around safety and what the participants are responsible for.
- a "**Guidelines for protecting your personal boundaries**" mindmap
- an "**Assessing how safe or risky a workshop is for you**" mindmap
This is designed to support workshop participants to assess whether the safety-risk balance of the workshop on offer is appropriate for them.
- the "**Aware Negotiation of Sexual Attraction**" (ANSA contract)
This article by John Heron supports workshop participants to take a closer look at the nature of their sexual attraction. See Diversity Folder.

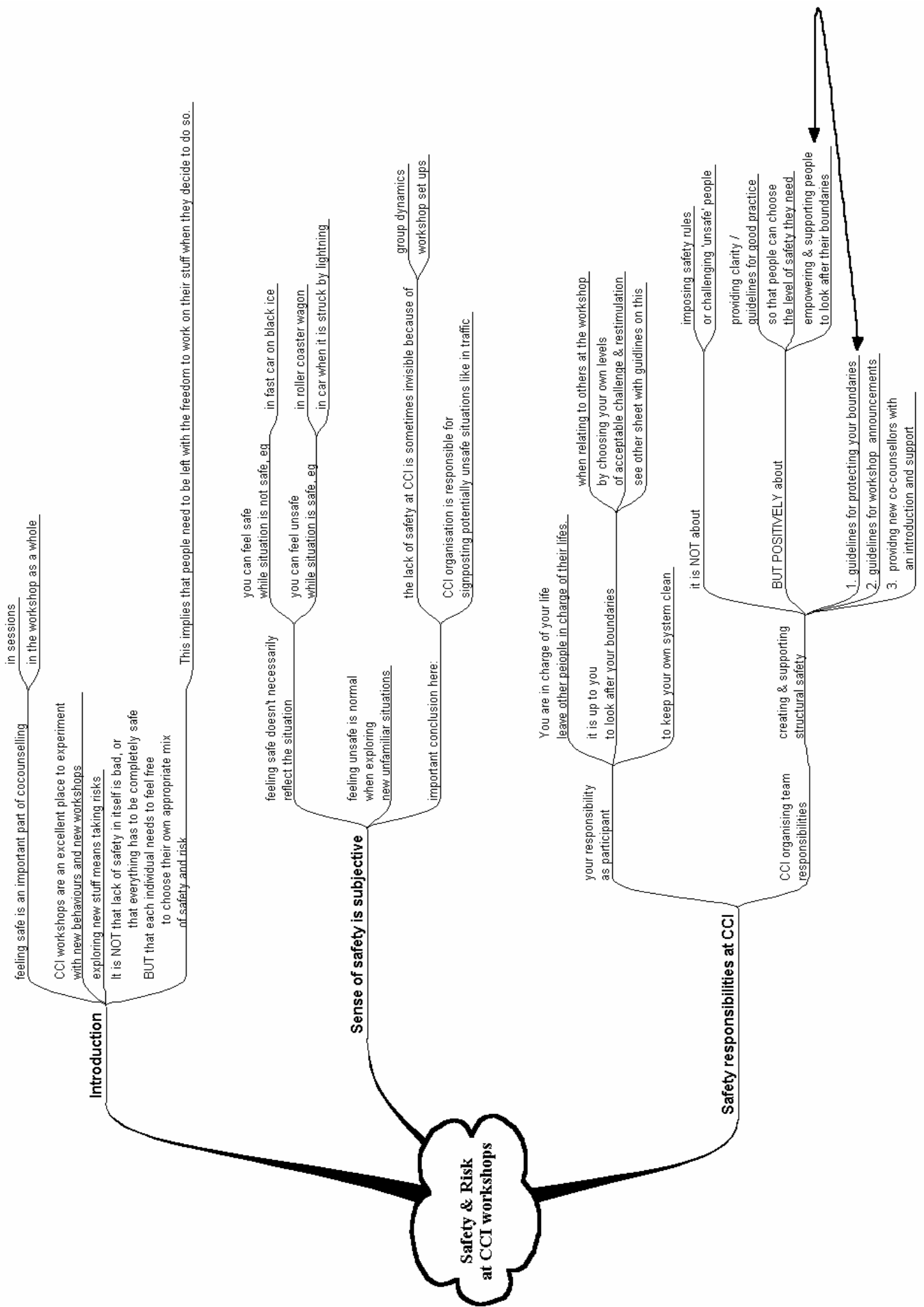
2. By encouraging workshop facilitators to be clear about the safety and risk factors of the workshop they are offering

For this we developed a 'Workshop Announcement' form. See next page.

3. By organising a Safety & Conflict Team "The Ghost Busters"

To make this Safety Support team successful we suggest that:

- potential team members are asked to agree with the above outlined safety approach. This provides a good basis for co-operation and mutual understanding
- safety team members meet daily to "check in" with each other
- the existence of the Safety Support team and its members are well publicised.



it is up to you to look after your own boundaries

and people's sense of boundaries is individual of their own boundaries of other people's in different cultures

1. saying no is very positive

it honours yourself it creates clarity remember: there is no need to give a reason

2. ask for what you need

negotiate what you both need in a shared space you can support this by ANSA for sexual attractions if needed, reflection time checking, is the solution loving to yourself?

3. check whether you are in 'victim' mode allowing people to walk over you, if so

own up to it for yourself decide what you need that is loving to yourself

Guidelines for protecting your personal boundaries

4. some ways in which your boundaries can be trespassed

by people who challenge your patterns and try to interrupt them, if so remember: your pattern is your own business you have the right to disregard them and leave or negotiate what you both need in a shared space by unsolicited clienting outside sessions with no agreed contract, if so stop communication or negotiate what you both need client directs anger at you, if so ask them to direct anger at cushion in sessions: e.g. client's material is restimulating stop session, ask for mini renegotiate

5. options for processing boundary problems with support

have a session share with support group work out a 'life action' consult a trusted experienced co-counsellor or a trust person if you have unfinished business without practical implications by sharing truths without support people or using 'conflict resolution' procedure or remember: you can choose to do nothing is focused on problem solving avoids trying to change each other (This is more fruitful than conflict resolution procedures here) if you need a change in situation or behaviour use creative negotiation that with or without support people

Workshop titleWorkshop *background* descriptionFacilitator(s)
Definite Room**Safety balance****More
safe****More
risky**

Is it a Co-Counselling workshop?	<input type="checkbox"/> Yes	<input type="checkbox"/> Mixed	<input type="checkbox"/> No
Is the facilitator 'holding' the group?	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes, as so participates	<input type="checkbox"/> No
Does it include working with feelings about other participants?	<input type="checkbox"/> No	<input type="checkbox"/> Yes, but in structured way	<input type="checkbox"/> Yes
Is there a (known) risk of people leaving the workshop very restimulated?	<input type="checkbox"/> Yes	<input type="checkbox"/> Maybe	<input type="checkbox"/> No
Any special features, things to bring etc.			

Everything suggested by the facilitator is always optional.
All participants are free to leave the workshop at all times.

Sign up below**Min:****Max:**

1	15	
2	16	
3	17	
4	10	
5	19	
6	20	
7	21	
8	22	
9	23	
10	24	
11	25	
12	26	
13	27	
14	28	

Workshop announcement form

Aim of this form

To provide clarity to potential participants about aspects of the workshop that might affect their balance of attention

To empower potential participants to ask questions about the workshop and to make a more informed decision about the levels of risk and safety they might encounter in the workshop

How it is used

The facilitator(s) offering their workshop fill in the form and stick it on the workshops poster with blue tack. Everybody can read the offering and sign it in time.

In the workshop announcement circle the facilitator reads through the safety balance sheet on the workshop form, e.g. "This is a Co-Counselling workshop", "The facilitator is not holding the group" etc..

If the workshop facilitators have not filled in the safety balance items on the workshop form, in the opening circle they will be asked to answer the five safety balance questions.

Their answers will enable people considering to attend that workshop, to make up their mind.

The AIM of the workshop announcement form is

to provide clarity about the safety & risk factors of a workshop so that people can assess whether the safety-risk balance is appropriate for them

1. Is it a coco or a non-coco workshop
It is coco if: processing experiences through coco session any sharing rounds are non interactive, except perhaps for facilitator interventions

2. Is facilitator holding the group?
yes, if facilitator is taking overall responsibility for the group process and not doing the program
no, if participating in the program
no, if there is no facilitator anyway

3. Will people challenge each other in the workshop?
Some people will find this very unsafe

4. Are participants permitted to leave the workshop?
Sometimes there is a commitment asked to stay to the end. This can overstretch your tolerance of restimulation. Remember: you ALWAYS have the right to leave a workshop if necessary!

5. Is it a known 'high risk' workshop? Is there a known chance that some people will leave the workshop very restimulated?
examples are:
'choosing and being chosen'
some community building workshops e.g. Scott Peck
some encounter workshops
conflict / sessions without safety procedures

suggested ground rule for this type of workshop
in opening round people promise to accept the risk of severe restimulation

examples
sexuality
nudity?

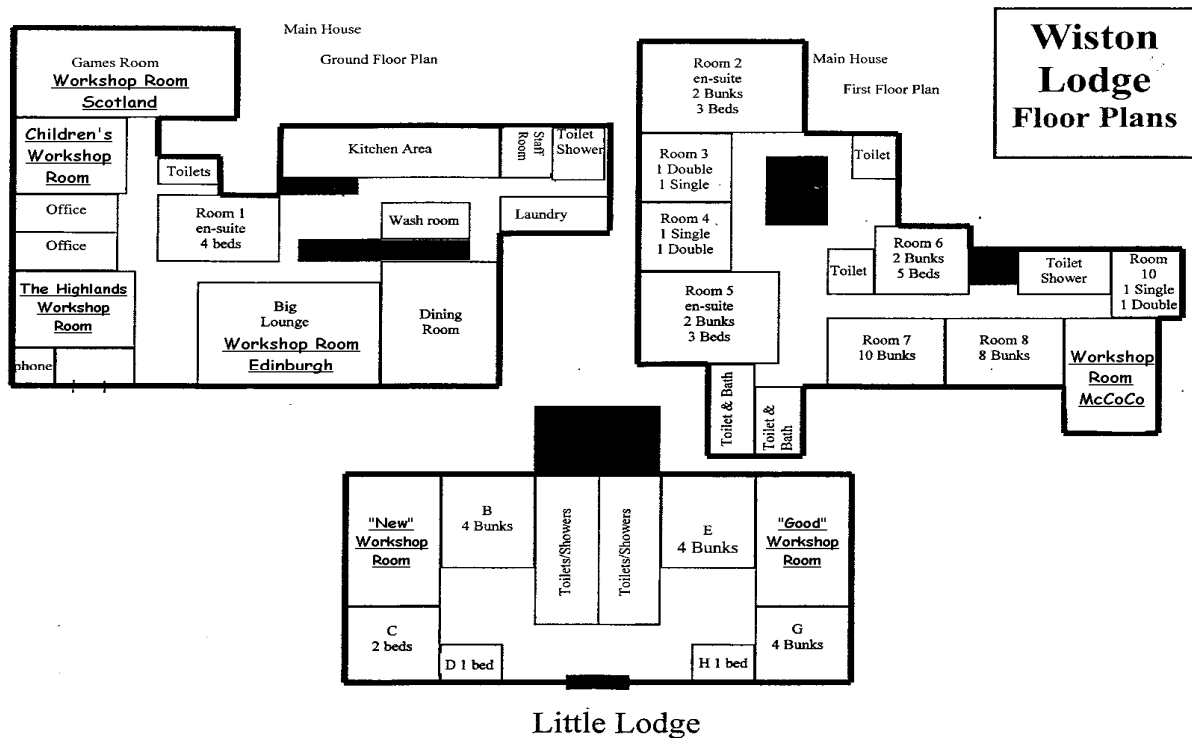
6. Is this workshop likely to restimulate those not attending the workshop?
Suggestion: culturally provocative workshops need to be confined to the privacy of the workshop room

Because people need to be left with the freedom to work on their issues when they decide to do so.

Assessing how safe or risky a workshop is for you

Use of the site

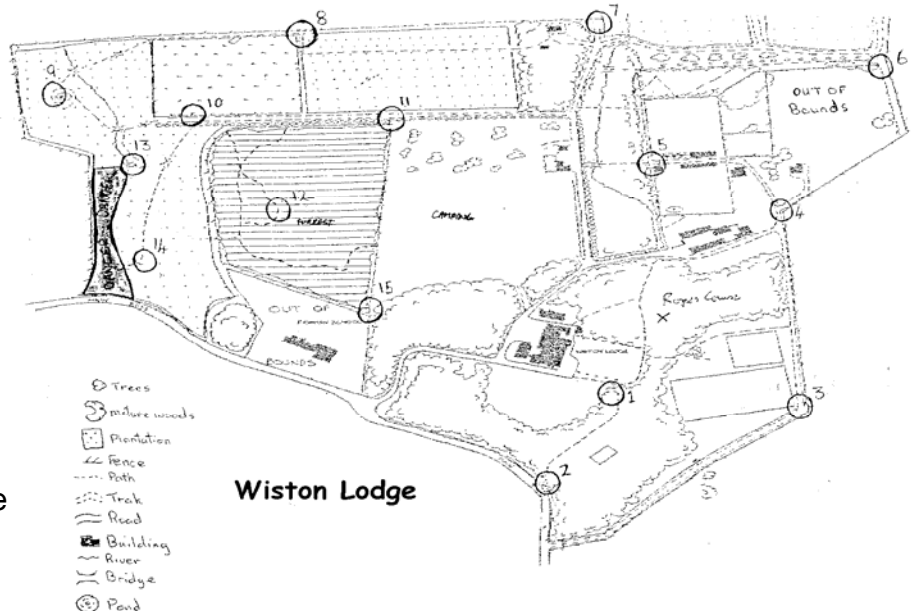
Workshops and bed rooms



Attention Please

- After the meals, please clear the tables
- Payphone in the hall: 01899-850 253
- Noise: please keep noise levels down between 11 p.m. and 7 a.m.
- However, do not use the showers near the back door, near the staff rooms between 10 p.m. - 8 a.m.
- We can use any area of the site, but do not play on the ropes as this requires special equipment and guidance.
- We can have a campfire any time we want.
- Nude sunbathing is OK.
- At the end of McCoCo, please strip the beds

The grounds



Wiston Lodge

Address and Phone

Millrig Road
 Wiston by Biggar
 South Lanarkshire
 ML12 6HT
 Phone: 01899 850228 Fax: 01899 850693

Your notes

Time Table

Thursday 30 April

4.00 - 6.00 Arriving, HELLO,

6-.00 - 7.00 Dinner

7.45- **Opening Circle**

8.45 - 9.00 Coffee & Tea, supper

9.00- **New People's Melting In**
10.00 workshop

Monday 4 May

Packing between breakfast and

Afternoon

.30-2.30 **Support Groups**

.30-3.30 **Closing circle**

Friday-Sunday

6-8.15 **Early Workshops**

8.30-9.00 Breakfast

9.15- **Opening Circle**

10.15 - 10.30 Tea / Coffee

10.30- **Morning Workshops**
12.30

12.30-1.30 Lunch

1.30-2.00 pm Free Time, Tea

2-5 pm **Afternoon Workshops**

5.00 - 5.30 Free Time / Safety
team meeting

5.30-6.30 Dinner

7.15-8.30 **Support Groups**

8.30 onwards Supper

8.45 **Evening Activities**

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