

Here and Now.... December 2009



*a newsletter for the CCI
co-counselling community*

This issue published 1st December 2009

Editor: Kate MacKechnie

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

Next issue due out March 2010 submissions deadline end of February 2010 .

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 sixth edition of "Here and Now". It's one year and six months old now...ish. 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.

"Here and Now" has no connection with "One to One", and is not part of its subscription process. 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.

Confidentiality and Copyright

Material in "Here and Now" is confidential and may not be passed to anyone who is not a member of CCI without the specific and express permission of the author concerned. This does not apply to the lists of contact persons, teachers and the details of fundamentals courses as these



are intended to be publicly available.

The Bakelite Museum, Williton

©2009 on all items is retained by the authors. The permission of the author must be obtained to use the material for any subsequent circulation or publication.

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

CONTENTS

Flyers for Residentials and events

Fundamentals

Other sources of information on CCI Co-counselling

Articles

What is it for me, right here right now ?
Kate MacKechnie

This is the sixth issue of Here and Now. It is a bit late as usual. I'm finding that the submissions come in at their own pace and so that's my excuse and I'm sticking to it. Since last issue I have enjoyed a wonderful holiday with 6 other co-counsellors, a wedding of two co-counsellors and a fantastic Autumn residential at Bawdsey.

My heartfelt thanks to those of you who have written, drawn and photographed stuff to put in.

Kate MacKechnie



Watchet Beach

CCI 2010 Photo gallery

I have put a page on the web with a photo gallery of the beautiful venue for CCI 2010 in Ireland this summer. I took these pictures in 2005 when we were last there. Click here:

www.counselling-leeds.co.uk/co-counselling-net/CCI_2010_photo_gallery.html

Richard Mills

.....
Hello cocoers

I have just been told about www.meetup.com

I have signed up to it and have started to use it for promoting CCI. It seems to be good for local, grassroots-type things.

Here's my group: <http://www.meetup.com/CCI-network-co-counselling/>

If any of you wish to set up a group you may use my text or images or video. Ask me for the files in that case.

Best wishes
Richard

"Sheila"

Photoshopped portrait

Bawdsey November 2009

by Kate Mackechnie



Janice Wasser-Report on the Dror International Workshop

Here is a brief report on the Dror International Workshop, which took place on Oct. 16-20th, 2009 at Beit Oren, Israel. There were a total of 37 participants and 7 special guests for the first night. Nine people from CCI attended the full workshop, 7 of them visiting Israel for the first time. We had representatives from 5 communities outside Israel – Bob Sawyer, Gail Fuller and Jeanine Lajeunesse from the USA; Rudolf Giesselmann from Germany, Csaba Ghimessy from Hungary, Alan Trangmar from the UK and Corrie van Haasteren, Marlies and Sytse Tjallingii from The Netherlands.

The workshop was a mixture of styles from Dror and CCI for several reasons. Dror's usual national workshop is only two days long; CCI is usually a week – so we worked in 5 days. Dror used to have planned workshops around a theme with facilitators in place. CCI usually has an open program where any participant can make offerings. This workshop was partly planned in advance, partly open for offerings.

On the first day, opening circle started at 16:30. In the evening Avi Butavia facilitated our Arab-Jewish support group. There was a very moving sharing round where those who have participated over the years (the group has been running for over 30 years), spoke about what the group means to him or her. Translation was heard for Arabic, Hebrew and English speakers. Avi led us in very powerful visualization imagining that we were members from all the countries present in the meeting: "Imagine we are all Germans, imagine we are all (Israeli, Palestinians, Americans, Dutch, Hungarians, British ...) It gave a feeling of interconnectedness, despite our differences.

The second day was arranged with two group sessions after opening the day with Ida sounding the didgeridoo and Tibetan bowls – this naturally became our regular opening

exercise since everyone seemed to find this appealing. Support groups were determined by random selection, picking a color group out of a sack.

Ofer and Luiza facilitated a workshop entitled: "What is the meaning of Community". After lunch and a nice afternoon break, Marlies and Sytse facilitated the group on CCI techniques, bringing in some tools of co-creating with a possibility to do sessions with more movement. That evening we had a lovely bonfire on the beach with all the trimmings of a typical Israel "kumsitz" – music, potatoes in the fire and hot tea and snacks.

The following two days were open to offerings from participants. The following workshops took place:

Anti-Terror Tactics, Ofer Cornfeld; My Inner Tune, Ida Rubin; Biography work: Age 5, Age 9 (journaling) Aviva Haim; Arabs and Jews as Allies, Avi Butavia; Our Relationship with our Surroundings, Naomi Springer; Contact and Movement, Or Inster; How do you experience your body? Corrie van Haasteren; A Co-co way to deal with pain caused by hurt, mistreatment or rejection, working in 3s, Csaba Ghimessy

Evening: Bring a Song, Alan Trangmar

Good parenting, Daniel Krichmar; Intimacy, physical contact and sexuality – Dividing lines, Philo Aviram; Aging and Oppression, Luiza Namizov; Role-playing for advanced co-counselors; Sharing stories from our past, Rudolf Giesselmann; Prison Work, An Exploration, Bob Sawyer, Rudolf Giesselmann, Janice Wasser;

Evening: Talent Show and Dance party

Tuesday: Closing Circle – We asked the CCI representatives if they noticed differences or learned something new at the Dror workshop, and the questions asked to the

whole group were what characteristic in you enabled you to have the experience you had here at the workshop, and what will you take home with you. There was a very rich round of positive validations and a feeling of great inspiration for future meetings of Dror and CCI. The use of validation envelopes was adopted from our CCI brothers and sisters. For the Dror members who forgot to take them home, a sweet surprise is waiting in their postbox.

Although we had an unexpected heat wave that brought in temperatures well into the 30s, everyone seemed to take this in stride. The accommodations were not ideal, but somehow everyone seemed to feel at ease – the nights did cool off a bit and the meeting rooms were air-conditioned. The food was excellent - very healthy selections, serving everyone's needs and there was plenty of it!

We are very happy to say that bursary was offered to 7 participants and generous donations were given from the Dutch community, also supporting all three of their representatives and from our dear Alan Trangmar. Thank you!!!

The letters participants have written about their experiences are available on our web site: www.dror.org.il along with pictures in the gallery that are currently being collected.

Janice Wasser, Dror Co-counseling, Israel



Dror International Workshop, Israel

October 16-20, 2009

Personal report from Rudolf Giesselmann on his issues of special interest for members of Co-Counseling and friends.

'Why on earth do you want to go there?' Some friends asked me before I went. With 'there' they meant two things: The Co-Counseling workshop and Israel. With 'you' they also meant two things: First me with my interest in Co-Counseling and personal development, and me who is sometimes overtaken by muscle weakness. Because of the latter I always need a good reason to travel.

My relationship towards Israel is not as simple as towards, for example, France, or the Fiji Islands. In Germany every sentence said about Israel at anytime can violate tight political correctness. And this political correctness is also part of me. At the same time I feel distinctly connected with Israel because of Germany's history. Is that a reason to go? I don't know. I'm just drawn. Attending the Co-Counseling-Workshop offers me the opportunity to go there without being only a tourist. And I'm curious: What is Dror? For a long time now a Jewish-Arab Support Group is meeting, and once they even did a peace performance in Jerusalem. I'm especially interested in their sociopolitical approach inside their work with Co-Counseling methods for personal development. I have questions: how does Co-Counseling and joint political action work together? About Dror and the International Co-Counseling Network CCI, how does this all fit together? Here we are 40 years after the Six-Day-War - why is there still no peace in the Middle East? So I bought my flight ticket (Hamburg - Istanbul - Tel Aviv) and flew. From the very beginning this felt good since Janice, Marlies und Sytse cordially offered to give me a hand as needed.

The first things to catch my eye were the differences which especially stood out. When I was queuing up at an arm's length (normal space for me), I had to learn that for an

Israeli this could mean that I don't seriously intend to be part of the queue, and they just planted themselves in the gap before me. A similar experience occurred when I was walking on the sidewalks in Tel Aviv. Just to pass each other was irritating now and then. Obviously here you don't move aside as widely as you do in Hamburg. The distance of a cigarette box (lengthwise) is enough even when the sidewalk is spacious, and there are only two persons passing. In Hamburg that would signal aggression or at least a lack of attention. In Israel obviously this means nothing special. For me, it took a short while to understand this.

Also different was the use of mobile phones. And here I finally start to speak about the Dror International Workshop. Participants received phone calls during a workshop. They searched for their mobile phones in their handbags. They got up to start talking; they walked to a corner of the room or they left the room. Evidently no one bothers at all. For me this is also a shift from an annoying matter in Germany to an amusing little story in Israel. But even after I understood, it was still possible to be astonished. Once during a workshop one of the two facilitators answered a phone call. Even in a session one time someone did so. The one who was clearing things for himself had a short phone call in between with the same amount of implicitness I noticed all of the time. No Israeli wasted any words on it.

The same goes for being late to a workshop. There was no discussion at all with the late comers. At Co-Counselling events in Europe and the US you pay attention not to be late. Punctuality there means attention and respect for each other. With Dror, it's different. This meaning doesn't exist here. Nobody bothered and surprisingly, I didn't bother after a while myself. Often it took more than half an hour until the critical mass arrived for the workshop to start. That gave me time to write something down, to contemplate things or to find a neighbor on a chair or a pillow to chat with. A process not organized, but in the end offering quite valuable productivity. That only could

happen because punctuality in this context didn't have a special meaning for anyone. So no one had to talk about it or get annoyed about punctuality. But trains are on time in Israel. What about their companies? I should have asked.

And what interesting cultural differences did I observe at the Dror International Workshop? Surprisingly there were not so many. 'Do Dror and Co-Counselling-International CCI fit together?' This question quickly lost its significance. After half a day it was in a way normal to be there. There was the same basis for togetherness as at other CCI-Meetings: Much caring and interest for each other without being fussy. In Psychology this is called: Caring acceptance of the other person without trying to make the other person self-similar with oneself (Levinas). That enables the possibility for a special connection with oneself it helps to express our truth. In this respect Co-Counselling is a space for the possibility of *full* speech (Lacan). (This just was my very basic answer to the question 'What is the core of Co-Counselling CCI?') I also found this in Dror. What was different was that differences in cultural backgrounds of the participants were a bit greater than at a workshop with only Europeans or people from the US. This special openness of the participants towards the world of experiences of other persons made it a real treat to be there. (Isn't this what helps make a better connection between the strange unknown worlds inside oneself?) In Israel if you meet several people you meet several cultural backgrounds at the same time. That's not different in Dror. This makes Dror special for me. The somehow working diversity is just beautiful. There is plenty of space for many people and enough for everyone. Dror is probably like Israel. One question arose: Why is it then so hard to offer respect for the Palestinians as well?

Dror members are from the middle of the society. Mostly they have jobs, are in a relationship, have children. There are older ones and younger ones. You could talk about politics easily with members of Dror. Co-

Counselling practically is theory and practice for personal development. What in Dror enables there to be this political impulse? Is there a piece in their Co-Counselling theory or does it lie within one, two, three persons who promote this engagement by conviction? There is the Jewish-Arab Support Group in which peace, friendship and support between Israelis and Palestinians is created again and again. There were workshops with societal implications: 'How can we pass on our culture to the next generation without passing on our traumas' [Daniel] and 'aging' (how to transform the existing roles for elder people in society into a wider space with more colors, more sex, more sparkling eyes, more pride and more laughter) [Luiza]. Another active involvement of Dror is their activities in the prisons. One element of this work is about how to cut the cycle of anger and violence. We learned that prison work with elements of Co-Counselling is also done in the US [Bob] and Germany [me, Rudolf]. Spontaneously, a workshop around this topic appeared and we shared experiences from the different countries.

I was really touched by a workshop which was not a workshop. It was a circle in which we shared our personal and family history which is related to the Holocaust or the period after it. After the catastrophe everyone had experienced really different situations but obviously we felt allied in that connection. Everyone was eager to hear the story of the other and to tell his/her own story. Our personal stories somehow belong together - the stories of the Israelis, the Dutch, the Americans and the Germans. It was a little miracle for me being treated with such open-mindedness. Everybody listened with openness and attention when I spoke about my childhood after the war in Germany - about the shame, the silences and the work mania. 'You are not guilty, you were not involved' I heard in Israel several times. I heard it clearly and without bias as I had never heard before in Germany.

Many workshops were developed on the spot by participants with subjects raised from a

kind of bigger group process. One more example: One afternoon I heard someone mentioning 'tomorrow will be Sabbath'. Three hours later during sunset nearly everyone stood in a circle in front of the big window of the meeting room. Someone lit candles - it took some time to find the matches - and we sang together. Nobody had announced this; nobody had even called others to come. It just happened. And the following activities just had to wait.

The basics of Dror work were mentioned or explained several times: Equality, Respect and the right amount of safety. In practice I experienced this during the Jewish-Arab Support group on the first evening. There I could solidly see equality and respect for diversity. Especially the phrase 'the right amount of safety' [Avi] was important for me. It is easy to ask for more safety not thinking about the fact that in a room with much safety, some things can happen especially well, but other things can nearly not happen at all. For instance, it's almost impossible for friendships to develop in a purely therapeutic arena. Friendship can only emerge and flourish when there is the free possibility to refuse friendship. When everyone is just a friend to everyone, friendships cannot grow at all. In this spirit Dror maybe has less safety but more friendships than some CCI Co-Counselling Networks. On the other hand, most of the members in my daily support group wanted a great amount of safety: Equal parts of time for everybody and isolated decisions ('self-directed') - what to do with this time-snippets. That was Co-Counselling in its basic version .

Thank you for enabling me to have all of these inspiring experiences and some friendships too. Thanks to everyone, especially for Hava, Janice & Philo.

Rudolf

Things I didn't write about so far:

- Indeed because of the heat I had to struggle with the weakness of my muscles most of the time. But they never gave me a serious

handicap. I was able to take part in the workshop with great joy. Wonderful isn't it!

- After the workshop, Hava and Janice drove a bunch of foreigners down to the Dead Sea. First I had to learn how to be in the water with swim rings for my arms and legs, and not to get water in my mouth and eyes (very useful advice). Afterwards when I knew the trick, it was pure pleasure.

- One day I lost my way in Tel Aviv. I had no address, only a tiny piece of paper with Aviva's phone number. Naturally it was easy to find an Israeli with a mobile phone and a taxi to drive me back as well.

- Meals in Israel are consistently similar to the ones in the restaurant 'Falafel al Arabi' in Altona, Hamburg five km from the place I live.

- Even in late autumn when there is cooler weather in Israel, it might get hotter than in summer. It's called a heat wave and it means 32 degrees or hotter.

- Tel Aviv is a major city with 400.000 inhabitants situated right near the sea with mile-long white beaches, deck chairs, parasols. Many roads lead directly to the sea.

- The answer to my question: why there is still no peace? Of course I really cannot say I know enough to make a real conclusion. All the numerous exchanges and conversations and dailies I've read, left me with an idea: Israel is so much more potent, powerful, and effective, economically and militarily over the Palestinians. That makes it difficult to get into real peace negotiations. That makes it easy to let new settlements grow. Reasons to do so are expressed everywhere. They are found in Archaeology, Torah, cultural superiority, the Holocaust, the recent rockets from Lebanon last week, the suicide bomber from 2006 in Tel Aviv ... I very seldom read about a reason for peace.

- The sound of the Dj. More than two meters in length with a broad tune. We heard it every morning and sometimes Ida blew it

while we waited for a workshop to start. These sounds created a connection towards the belly, the earth underneath, and to the bodies on the left and on the right.

- In this report I left out valuing adjectives in many sentences. My impression is that these adjectives are so much more easily used in Israel and in the US than in my place in Germany. Obviously we start to measure from a different reference point. That is my culture, and therefore it's in me too. Often we even put these adjectives in the gap between words or between lines. Adjectives which would be fitting for this report might be: Interesting, enriching, joyful, open, honest, engaging, cooperative, helpful, generous, hospitable, flexible, creative, attentive ... to mention a few for those who may need cultural translation.



Extended contract Richard Mills

I am now promoting the use of a fourth contract called 'extended contract', which is something different to intensive contract. Incidentally, I have never liked the idea of intensive contract because it seems to suggest that I (as counsellor) have to come up with some good stuff, and fast: when someone says to me, just as we start a session, 'intensive contract please', I shudder, and become an unconfident two-foot high mess on the floor! I mutter weakly, 'er...I'll try' and then I get anxious in the session (as counsellor) and worry when I have said nothing for 30 seconds.

The extended contract includes the following possibilities:

1. Role-play.

Use of 'extemporisation' by the counsellor: when in role, the counsellor may (usually but not exclusively in reverse role play) utter words or phrases they think will be useful but are not the client's exact words.

2. Role-play: use of doubling and alter ego

In doubling the counsellor (or third counsellor in a group larger than a pair) puts their hand lightly on the client's shoulder and speaks words on behalf of the client. These words have not come from the client – they have come from the counsellor. This is a step beyond what I consider to be the normal contract. Using the alter ego structure, the client asks the counsellor to act the part of the client. The client observes the action, rather than participating in it.

3. Devil's advocate

Counsellor may be 'devil's advocate' offering any ideas to work on re: projections or what I call 'empathic role-play'.

Examples:

Counsellor: 'How about talking to your step-father as though your step-father is 6 years old?'

Counsellor: 'How about playing the role of your step-father talking to your mother about you?'

Counsellor: 'How about sitting on the floor and looking up to your Dad?'

This offers more than normal contract, as they are quite specific ideas.

In any of the following interventions

4. Contradiction
5. Repetition
6. Exaggeration
7. Celebration
8. Directions

the counsellor says the actual contradiction/ repetition/ exaggeration/ celebration/ direction etc. The counsellor does this without first being

asked by the client.

Examples (these are all re: contradiction):

Client: 'It's fine'.

Counsellor: 'It's crap').

Client: 'I think I'm doing well at work'

Counsellor: 'Work is going well!'

Client 'I'm going to phone him'.

Counsellor: 'I'm going to phone him'.

Client 'er...I am quite happy'.

Counsellor (sensing distress): 'I'm pissed off').

Client: 'I think I'm coping with it (getting the sack)'

Counsellor (suspecting that the client may be pretty distressed under the surface): 'I'm shit scared.'

This differs from the orthodox use of these interventions in normal contract, which would be usually restricted to the counsellor's inviting the client to 'contradict that?', 'celebrate something?' etc.

Apparently, what I am suggesting is simply what RC co-counsellors do anyway. Joel Mael wrote on Cocolist, 6th Jan 2009:

Harvey Jackins often inveighed against counsellors using, (he called them something like 'set pieces'), routine, one size fits all, contradictions (interventions), such as "can you contradict that" or "say it louder". He repeatedly advised counsellors to use their creativity and intuition in devising contradictions to suggest to the client. He said to listen closely to get an idea of what the distress is and think of all possible ways of contradicting that distress.

NB. The quantity of counsellor interventions is not an issue: an extended contract still allows for free attention with sparse interventions.

Some of these ideas may feel risky or intrusive, but the upside of this is that it can be very powerful and can deepen the work.

I ran a workshop at Bawdsey 2009 on extended contract, which went very well. I am planning to do more.

Richard Mills

Empowerment and Intensive Contracts

John Talbut

RC pays a lot of attention to oppression and yet it seems to turn out, as Celia Wilson described on the email cocolist, to be quite an oppressive organisation.

CCI pays little formal attention to oppression and yet, in my experience, it is one of the most empowering settings there are.

Taoists would not be surprised by this, it is wu wei (doing by not doing).

Oppression is coercing people into feeling that they do not have choices that, in practice, they do have. Empowerment is the opposite, helping people to recognise the possibilities in any situation, helping them to develop the knowledge, skills and abilities so that they can act and feel able to act on more of the possibilities and helping them to feel that they have the right to choose how to act in any situation.

People who have been oppressed tend to act out persecutory or victim behaviours, or in coco speak they run persecutor or victim patterns. Important among those patterns are control (as in trying to control other people) patterns and dependency patterns.

This is why the requirement in CCI for the person in the client role to be self directed is so effective and important. It interrupts both these sets of patterns. As client it interrupts dependency patterns like "I can't do this without active help from my counsellor". As counsellor it interrupts the compulsion to somehow "help" the client.

Like all good contradictions it will elicit discharge or, if the person is less open, resistance and rationalisation (e.g. "this is not a pattern, I am being completely rational in wanting my counsellor to help me").

That is why I believe that it is so important that CCI holds to the requirement that the client is self directed. Not just allows the client to be self directed, this is a bit of a nonsense since if someone is being self directed there is not much anyone else can do about it, whatever they do the other person will choose for themselves how to respond. Nor encouraging people to be self directed as, I suspect, it is easy to deceive ourselves that we are doing this when, in fact, we are being controlling.

What CCI has are simple, practical directions that ensure that the client has to be self directed.

Therefore, with an intensive contract, the client is still self directed. So what makes it different from a normal contract?

First of all, the client has asked for an intensive contract so presumably they will give themselves one. I have experienced powerful sessions using intensive contracts, both as client and counsellor, when all the counsellor has done is give free attention. And, of course, whatever contract the client asks for, the counsellor is not required to do any more than give free attention. This should reassure anyone who is anxious about being a counsellor for an intensive contract.

Secondly the counsellor may be much more active in following up process cues. The interventions are the same as in a normal contract: "try repeating that", "try exaggeration", "try role play" etc. but more of them. Every time the client says or does something that could be worked on the counsellor tries to make an intervention.

I get participants on my fundamentals to do an exercise that tends to turn out a bit like this sort of intensive contract, although its purpose is just to get them to relax about having to get interventions "right". I get them to have five minutes each way where the counsellor's task is to make as many interventions as they possibly can (they have a prompt list of interventions) more or less at random, i.e. regardless of what the client is doing or saying. They are, of course, reminded that as client they can do what they like

with the interventions, ignore them, react to them or do what is suggested. It is interesting how many people get really good sessions doing this.

Thirdly, the counsellor may suggest a new direction for the client's work. I use the example of the intervention "try saying that to your mother" (perhaps pointing to a cushion) i.e. "try role play". If the client has been working on their relationship with their mother in the session then this would be a normal intervention. If, on the other hand, they had only been working on present day issues and had not mentioned their mother, but the counsellor had a hunch that this may be about something unsaid to their mother, then this would be an intensive intervention.

Whatever the contract, the counsellor's role is not passive. The following suggestions from RC are, I believe, good advice for CCI co-counsellors:

1. Pay enough attention to the client to see clearly what the distresses are.
2. Think of all possible ways to contradict the distresses.
3. Contradict the distress sufficiently. The client will discharge.

Even with a free attention contract I think the counsellor needs to be doing 1 and 2, and this is closely linked to empathy. The client will be aware of this, this will often be when the client has a sense of being given good free attention. And without being aware of it, in some subtle way, it often seems to me that the client will pick up some of these "ways to contradict the distresses" and incorporate them into their work.

CCI invites the counsellor to be more subtle, and as a result more helpful. So instead of some empathic intervention like "It seems as if you are angry with this man" (yeah, so what?) the CCI counsellor is invited to think about what patterns the client is running and how they could be contradicted by the client. Here are three possibilities for this example.

The client may be unaware of their anger. If so, interventions like "Try exaggerating what you are doing with your fist", "try saying that louder" or, possibly "try acting into anger" come to mind.

The man may be behaving in some way aggressively towards the client, so that the client's anger is appropriate, but the client's patterns are preventing them from allowing their anger to support them in resisting the aggression. In which case "try saying no I won't", "try saying you can stick these forms up your backside" or "try scanning on the craziest things to write on the forms" might be effective contradictions.

Or maybe the man does not seem to be behaving particularly aggressively and the client's feelings are re-stimulation from old events. Then "try scanning on other times you felt like this", "try saying yes, I would love to do what you want", or "try saying no to your dad" (if it is an intensive contract or dad had already come up in the session) might work.

It may be that the client realises what the counsellor was thinking. And sometimes the client says "I don't know what you did there, but it worked really well". That is CCI co-counselling working.

Developing client and counsellor skills

Musings in the season of mellow fruitfulness

Richard Horobin and Rose Evison, Pitlochry

It's autumn again in the northern hemisphere ... a time of mellow fruitfulness? Certainly it is again a time for speaking out on the nature of cocounselling: the *CCI World News Service* (www.cciwns.com) is hosting a series of responses to Niek Sickenga's challenge "What is the core of CCI cocounselling for you?" Although this is a large question – we'll get around to it, Niek, honest – we have been motivated by the contributions published so far to speak out ourselves on the narrower topic of the role of the counsellor in cocounselling.

In our view, in the peer cocounselling system, both client and counsellor skills are important – and learning both sets of skills is an interlocked, interactive process. Over the time we've been in CCI cocounselling, it seems to us that the client role has become valued more highly than the counsellor role: as John Talbot might put it 'Especially in England, and a good thing too'. However in our view this emphasis on clienting makes it *harder* to learn effective client skills – and if you may think this is paradoxical, read on. First, note that we are protagonists of 'cocounselling as team work', and that for a clear exposition of a contrary view we recommend John Talbot's recent contribution to the CCIWNS series.

The counsellor role — inner and outer

When clients are self-directing they are acting as counsellors for themselves. We express this in our cocounselling teaching by saying that they are then using their own *inner counsellor*. So developing our inner counsellors is necessary for becoming more self-directed as clients. In our experience the easiest and most effective way to improve our inner counsellor skills is to practise them by being an *outer counsellor* for others or, as it's usually described, acting as *counsellor* during a cocounselling session.

This is so because it is as outer counsellors that we typically have more free attention. The distresses we hear about and observe are not ours, so we have more attention to notice what's going on for the client, and to think about what techniques might help discharge happen. As client however our inner counsellor has much less attention, because this is taken up by the distresses and patterns being worked on. So our inner counsellors don't have time to think creatively, and are limited to those skills already learned.

To summarise:

- The skills of inner and outer counsellors are the same skills.
- We are unlikely to be smarter as inner counsellors than we are as outer counsellors.
- A useful way to improve our inner counsellor skills – that is, our client skills – is to develop our outer counsellor skills.

You may find our terms ‘inner’ and ‘outer’ counsellor novel, but the underlying ideas are not ours alone. For instance a few months ago Richard Mills posted to the online discussion group COCOLIST saying “In my sessions I use interventions internally as client, often with no or little intervention from my counsellor(s). How did I learn this? By practicing the interventions as a counsellor”.

Finally we can flag up a valuable bonus in developing our own inner counsellors. This is that we take them with us to help us in our ‘everyday’ lives.

Distinguishing patterns from discharge

A key skill for counsellors – outer and inner – is to distinguish expressive patterns from discharge. Crying, shouting, laughing and shuddering can all become patterned, so if we fail to make the distinction, we may encourage patterned rehearsal, rather than encouraging the discharge that dismantles patterns.

Fortunately, patterned emotional expressiveness and discharge are observably different. For instance ...

Patterns can be observed to be repetitious and rigid in:

- Feelings
- Acting
- Thinking and speaking
- Bodily rigidities like tensions, or sagging

Whereas *discharge* is observable as non-purposive muscular processes that result in noticeable changes, such as:

- Distressed feelings change to positive feelings
- Repetitive stereotyped actions change into flexible responses
- New ideas or useful memories pop up, talking is emotionally expressive
- Tensed muscles relax, sagging transforms to an alert, relaxed posture.

Patterns and discharge confused

A confusion frequently occurring arises from attempts to discharge anger by storming. This often results in patterned anger – eg rhythmic pillow pounding, or angry shouting leaving people with sore throats. Angry feelings and aggressive words or actions are part of chronic patterns, not signals of discharge. To permit discharge, anger patterns need to be contradicted rather than exaggerated. When we use a contradiction of our anger patterns a common discharge is laughter.

Why the emphasis on the value of contradictions? Because uninhibited, negative, familiar emotional expression is usually part of a chronic pattern: whether feeling grumpy, lashing out with our fists, shouting angrily and hitting repetitively, having hateful thoughts, or indeed the muscular tensions which come from trying to inhibit some of these.

When our control patterns inhibit us from getting in touch with distresses, then exaggerating pattern cues and acting into discharge is useful. So cushion thumping and using uncensored aggressive speech is useful, as an initial strategy, when we are inhibited from expressing our anger. But for uninhibited anger which is on top and familiar, when angry words are repeated again and again, go for contradicting it.

If we confuse patterns such as angry shouting and pounding with discharge, then we can come to believe discharge is not working, or that it is harmful. Both for inner and outer counsellors, the skill of making the distinction between pattern and discharge is an important one.

A final point in this context is that aiming for total self-direction as client, and therefore not developing counselling skills, may well mean not learning to distinguish between discharge and patterned emotions. Consequently, clients may be in danger of rehearsing their patterns rather than discharging them, with the counsellor having no permission to interrupt. Alas there is no such thing as a free lunch.



Happiness toolkit

This toolkit was created by the participants at a workshop at Bawdsey CCI weekend workshop

15th November 2009

The following ingredients are helpful for achieving happiness:

A) Nature and the senses

Being in touch with nature

Being outside and really present with awareness of the senses e.g. wind on the face

Walking while hearing and seeing

Being in a beautiful garden or on top of a hill with a beautiful view.

Walking in a wood

B) Sensual things

Colours and textures and nice clothes

Chocolate, coffee, new shoes, food you enjoy

Making love

Waking up next to someone

Being totally in my body

C) Feelings and thoughts

Being in love

Enjoying being different

Connectedness

Companionship and fulfilling relationships

Focusing on the good things

D) Things to do

Giving things away and not worrying about owning possessions

Goofing around and playing in a child like way, being silly

Being creative and totally absorbed in the creative act

Receive and give help unconditionally

Getting into the flow of almost anything

Put music on and dance

Swimming in the sea

Company of close friends

Sing with energy

E) laughter and mood

Belly laughter, spontaneous wit and funny jokes

Keep a joke book by the bed and laugh before you sleep

Having fun with someone else

Laugh when in conflict

Serendipitous things

F) deliberate actions

Don't forget to try to be happy at work

Have reduced expectations of others

Be altruistic

Focus on the good things

Accept mistakes when you make them do not dwell on them

Share something with someone

Above all be proactive and actively recognise and seek happiness

Try coming to a Coco residential!

What's in Three Minutes?

Margaret writes:

About five years ago I met Fiona at a weekend residential at Grimstone Manor. After doing a workshop together we became friends and decided to contact each other after the workshop. At that time Fiona lived in London and I lived in Cleveleys which is between Blackpool and Fleetwood in Lancashire. We decided our best time to talk on the phone was normally between 8 & 9 in the morning. We decided to do a session each morning Monday to Friday and have three minutes each way. When we began I did wonder how long I could sustain this. As I was retired and my partner was still working it was easy for me. The contact helped me through traumas in my life and very happy times which I like to celebrate in co-counselling. One of the practical supports that came out of the contact for me was that I found a new home for the cat I loved when I moved to Southampton and needed to leave the cat in the Cleveleys area.

At one stage of our contact Fiona said 'of course we know each other very well.' I was surprised by this and I readily agreed. Our contacts had been so regular and supportive that I had begun to take them for granted. We began to celebrate how good our contacts were regularly in whatever way we felt was appropriate. I found our negotiations light and easy and I made an effort to make sure that any social chatting I requested came before or after the sessions. I now cannot imagine my life without these sessions. We try to actually meet up whenever possible and often it's several months between our face to face meetings.

Fiona, for me, is generous, warm hearted, full of integrity, honesty and sensitive assertiveness. I love the fact that she is part of my life.

I welcome any questions on this article and I would encourage other co-counsellors to give it a go.

Love and hugs, Margaret Hallworth.

Fiona writes:

Yes, five years! People have commented that it is an enormous commitment. But for me it is 'a rock to swim to'. No matter how uneasy I feel when I wake up, whatever difficulties I am facing, I know that I will have quality, accepting time from a warm, skilled human being to help me start my day. And that it is reciprocal.

For me, our arrangement originated when we were both in a morning group at a CoCo residential which shared time each morning. On the final day I said that what I really needed was such a space in my everyday life, not just at a residential where there were workshops to go to and people to hug. Margaret said she was willing to give that a go.

Doing a session five days a week illuminates the ups as well as the downs of life and helps clear my mind and emotions. We both have mobiles so have enormous flexibility as to where our sessions take place – our homes, coffee shops, London Bridge, on trains, a snatched moment in a meeting room.

In addition to a usual 'What's On Top' contract, we reflect back what has been shared.

Occasionally we arrange to have a longer session with each other later in the day, particularly when things are especially tough.

Margaret has taught me a great deal about celebrating both small and large aspects of life. I find that when I feel low, Margaret's session can lift me. When we are both struggling we can laugh (or growl in a comradely fashion) about it. And when things are tough for Margaret I can find the 'good parent' in myself to be completely 'present' and make positive suggestions if required.

When one of us is out of the country, busy with other people or at residentials, we have taken 'breaks' from our sessions. Sometimes we 'miss' each other – get up late, unexpected transport arrangements, etc. After a break it can take a couple of days to get back in to the flow. But we do. In some ways I find it reassuring to know that we are choosing to do this & we would both

be okay if the arrangement did not exist.

This has been and continues to be a fantastic resource and friendship for me. I celebrate Margaret's authenticity, openness, warmth & positivity. And flexibility. This has been crucial for re-negotiating arrangements over time in order to suit both our lives as they have evolved over time.

I'm happy to share more about this if you would like to ask.

Fiona Jamieson

Where's my Ferrari?

Sold a big dummy, sold down the river,
Sold on a dream that did not deliver.

Cheated and lied to, scammed and deceived,
Sick of the promises, never believed.

Disappointed and bitter, annoyed by the loss,
Who is responsible? Where is the boss?

Despairing and hopeless, not wanting to cope,
Resentment and sadness, abandoned all hope.

Let down by the game-makers, not told the rules.
Left for an idiot. Feel like a fool.

Stuck up the creek with no sign of a paddle
Got to get out and get back in the saddle.

Stuffed and done over, stitched up a treat
Got to get out and get back on my feet.

Led up the path, got took for a ride
Got to get out, got to get back onside.

I understand music but can't play the chords.
If life is so brilliant then where's the rewards?

I followed the formulas, did what you said,
Created the visions, it's all in my head.

But it's not in my life and it isn't for real.
Do you hear what I'm saying ...know what I feel?

I'm sick of it all now, fed up and weary
I'm not going to listen to fatuous theory.

I jumped all your hurdles and ran up your ramps,
I bought all the tickets, collected the stamps.

Just show me the place where I cash in my chips
And send me away with a smile on my lips.

Don't sell me your methods, don't try to be funny
Just give me the limelight: give me the money.

Unrealised potential and endless ideas,
Lost in the sadness, destroyed by the fears.

I'm tired of learning and tired of tears,
I've been trying and trying and trying for years.

This isn't the way and it now has to stop.
So make me an offer. Open the shop.

I've put in the effort, can't do any more.
Just send the Ferrari. I'll be at the door.

Inspired by the legendary article 'If NLP's so great, where's my Ferrari?'

No-Counselling at Bawdsey

I attended the residential at Bawdsey last weekend for the second year running. I had a good time, fully participating in the event, offering two workshops, attending two others as well as a support group and initiating an open mic/ cabaret. I didn't do any co-counselling though. To an outsider – which I pretty much am – this is a bit surprising. Maybe to the seasoned CCI residential hopper – it's not an unusual thing for someone to get through a busy weekend of workshops and support groups without suggesting that people contradict, exaggerate or repeat anything. To me, it was a surprising achievement and I celebrate the inclusiveness and diversity of the event for allowing people like me to exist there.

It's not that I'm dead against doing any co-counselling – last year I did quite a lot. It just kind of worked out that way this weekend. I'll explain that in a minute. Firstly a bit of background on how I got to being a co-counsellor in the first place. Actually I'm not a co-counsellor – well I am by the objective standards of CCI – i.e. I have done a fundamentals training with a recognised teacher – but that doesn't make me accept the label. It seems to me that people choose for themselves which somehow implies membership of the club and pride in the model. I didn't spend any time this year denying my co-counsellorship and am happy to at times be part of this community but would not describe myself in this way.

I came to the model with more than a bit of reluctance. I had been aware of co-counselling for around twenty years and had a negative view of it as a model. This was partly to do with experiences of working in a voluntary agency with RC people. I was abhorred by their tendency to see all forms of mistreatment by one group of another as “Oppression” and to ignore historical power structure that operated between different groups. I was further put off when my then partner did a fundamentals and each time she expressed a doubt about the model – someone would try to counsel her about “her issue”. Over the years I acquired a more balanced view of co-counselling and became aware of CCI. I did a lot of counselling training myself including a diploma in integrative counselling and I could see more of CCI's benefits – such as accessibility and supportive community. I retained my objection to the importance given to encouraging discharge. CCI would probably have maintained our respectful distance, had I not started a relationship in 1998 with a committed co-counsellor.

Early in our relationship, I made my views clear and this seemed ok with my partner as long as I didn't get in the way of her involvement. I didn't. Things carried on like this and several times a year I kissed her goodbye as she went off to strange sounding places like Grimstone and Terminfeckin. I did however notice that she usually came back with a big smile on her face. Every so often she expressed a wish that I would do a fundamentals – just so that we could share some of these “holiday” experiences. It seemed like a good idea – but I put it off for reasons of money and childcare. Also – it would seem to require the ingestion of a large quantity of humble pie to actively do a course in a counselling model I'd spent years slagging off.

In the summer of 2007 my partner put it in more concrete terms. She told me that a course was being run in the autumn by a friend of her whom I also knew and that she would look after my son on weekends so that I could do it. It seemed like an offer I couldn't refuse – so I didn't. I enjoyed the course and whilst I thought I made a bit of a nuisance of myself by objecting to the model – I participated well and learned a lot. I liked the group I trained with and made some friends. I have continued to attend the regional group at times since then. Last year I went to the Bawdsey residential and got a lot out of the workshops and support group – though I found the

venue and event a bit flat for my liking. When I found myself agreeing to go again this year – I felt a bit determined (Is that possible?) to make it more enjoyable for me. This leads me to the question – how did I do this and how did I end up doing no co-counselling.

It was quite simple really. My strategy for getting more of what I wanted involved offering or suggesting things that I fancied doing. I offered a workshop on Brief Solution Focussed therapy. This – by definition wasn't a co-counselling workshop. I also offered a workshop on men's sexuality. This was actually supposed to be a co-counselling workshop – but the men there seemed to want something more free form and I wasn't the man to hold the party line. Some people did use co-co interventions in the workshop. I also attended two workshops led by others. One was a writing workshop and other a photography one. They were both excellent. Some people used co-co in the writing one and we ran out of time for the sessions in the photography. In the photography workshop – I did in fact make one co-co intervention I decided not to mention this earlier in the article as it detracted from my point. I will reach one eventually. My support group was one of those "heap" groups where people lie around in a heap and talk about their day. So be no great design or effort – I managed to avoid doing co-co.

I'm a bit worried that some people reading this will feel that I somehow cheated the residential – or that if more people acted like me, the message of co-counselling would be diluted, a bit like people subverting the customs of a religion or "marrying out". For me – although I now see the value of co-counselling as a personal exploration tool – I am mostly attracted to the community aspects of CCI. By this I mean – the opportunity to meet regularly with a group of people who have some things in common and develop interpersonal relationships over a period of time. These relationships may or may not exist outside of the residential settings – but for the period of the residential – we become a community with roles, tasks, dynamics, friends, enemies and a group culture. I find this rich and exciting and if I am permitted to dip in and out of the actual co-counselling I will be back.

Barry Golten

Walking with women (poem following a women's weekend group)



Walking with women
Wild wicked Weather
Walking with women
Together

Women Week-enders
Welcoming ways
Worries and wishes
Two or three days

Watching with women
To-wit to-woo
Wise women
Me, you

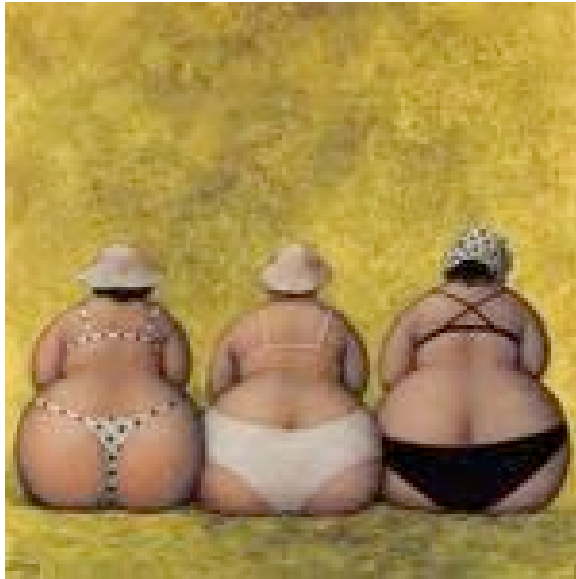
Wondering which women
Would winceyette wear
Which other women
Bravely bare

W.....ing with women
Make up your own line
Filling in the gap
Will be fine

Sharing with women
W's running out
Be back for more
No doubt!



by Butterfly Pat



Friends on Holiday

Inspired by being on holiday with six fine women, attending a writing workshop run by Sarah Horsfall, and looking at a postcard by Jeanne Lorioz.

The three women sat on the beach. The sand was yellow, the sun was warm. They had all applied sunscreen and wore hats. All three wore their new swimming costumes. Beryl wore black-she was pleased with the fit but agreed that too much bum-crack was visible. Edith wore white, a sensible fitting bikini hers, with large high-waisted bikini bottoms but a skimpy top. Edith was not sure about the colour as her skin was pale. The pants had begun to look dirty too, she noticed, due to the sand.

Florence, or Florrie as she preferred, wore a new polka-dot bikini- her bottom was a “thong” style. She felt nervous wearing it, but secretly thought she looked younger than Edith and Beryl because of the bikini. The other two women were not happy about her choice of bikini but did not tell her. When she was out of earshot they talked about it- “I can’t believe she wore that bikini”, “too much bum cheek”, “I don’t know where to look”, “I can see all the men staring at her arse”, “she won’t like it when she sees the photos.”

But they sat together, quite a sight to see how alike they looked in shape, haircut, age and type. They thought they could hear younger bathers sniggering. If they caught them, they would round on them and mock them, or pretend to chase them. Each day involved a lot of sitting on the beach, topics to discuss aplenty. Picnics to be set out and eaten. Treats to be had.

Kate MacKechnie

HERE & NOW Problem Page

December 2009

Dear Marvin,

Just too much going on at the moment, but when I write about it, there is only stuff happening for other people – I am getting side-stress. To reduce this stress I focus on what is mine and what is out of my control. The only stuff left is difficult and so I prefer to look at outside events. Hmm writing is very effective.

I had an operation earlier this year, and then had to go to the hospital 2 weeks ago with very similar symptoms. They couldn't find anything obvious wrong and suggested I stay – the plastic name bracelet was on my wrist, the bed assigned but I left, really frightened at the thought of staying.

Probably experiencing now the fear I felt but suppressed back in June. All the usual symptoms of stress, looking for a little thing to pick a fight over, wanting to blame anybody else for how I feel, going out lots so no time to reflect, not making the best use of any coco sessions (oh, would you like to contradict that? OK I'm doing my best – can you hear my grudging tone?).

So, following the writing workshop practice: just put it down, no censor. I'm going to do something creative – make some curtains for a friend. That will help me feel better about myself. Make some time to sit and think and feel – no reading, not driving. Any other ideas? Use a session to feel the fear – scary, might put that one off.

Thanks for any help you can give.

Anon

Dear Anon

Things that can help when dealing with stress and fear:

- Write about it, talk about it, session on it.
- Do something creative
- Do something for other people.
- Make time for yourself
- Feel it and accept it
- Don't make it bad or something that needs to change..

Marvin

Dear Marvin

Unfortunately I am very unpopular and most people find me abhorrent. Even my family seem happy to tell me how awful I am. Is there any way I can use Co-Counselling to help me become more popular? Yours in desperation,
Malcolm Tosser Nemphnett Thrubwell

Dear Malcolm

I'm sorry to hear about your problem. I'm sure that co-counselling can help. I suggest using the intervention we call 'contradiction'. The next time someone tells you they don't like you, just come back with the line "I wonder if you would like to contradict that".

Almost certainly your former detractor will contradict their previous view and say something pleasant such as, "Actually I like you a lot Malcolm, now I come to think of it". Wishing you success with this. Keep me posted.

Marvin

Dear Marvin,

Why do you Brits complain so much about having to make bit of effort to get to a residential? Here in America we drive 200 miles for dinner.

Randy, Ohio

Dear Randy,

Beats me. Over here the English mentality tragically combines with the co-counselling ethos to create a culture where grippers and grumblers are mysteriously regarded as assertive and well-balanced. Possibly that's why the weedy Brits constantly snivel about temporarily transferring their sluggardly bodies to a different part of their depressingly tiny country in the 21st century.

Marvin

Dear Marvin,

I keep hearing about people having problems with RC, can you explain this?

Ernest, Eastbourne

Dear Ernest,

Don't worry about RC people, I looked it up and they're not like us. They believe forgiveness of sin is achieved through church ritual, in confession, with the assistance of a priest who has to be male and unmarried. Weird, isn't it?

Marvin

Dear Marvin

I'm most grateful for your support during my last problem. However a new one has arisen. My wife Margery and I run a Co-counselling residential every year. This year I would like to take the step of preventing a few co-counsellors from attending this workshop as they are, quite frankly, prone to disrupting residential with what I can only call shenanigans.

Now Marvin, I'm not a fussy man, as you know, and we all get used to a bit of a hullabaloo at residential. Opening circles can be rife with tiffs, to-do's and ding-dongs, and co-counsellors can be an absolute shower when it comes to discipline. All this is par for the course and grist to the mill. Water off a duck's back old chap. So my question is how can we stop this undesirable element from attending our workshop?

Yours with a worried expression,
Bernard Cholmondely-Farquhar

Dear Sir Bernard,

You have my sympathies, we are all plagued by undesirables. Lack of self-discipline is rife in modern society as a direct result of our obsession with reality TV and the beefburger.

But I think you'll find most of these co-counselling types are basically decent coves. Although sadly there's always the odd bad egg. Just give them fair warning to buck their ideas up and play the game. If that doesn't work, then a jolly good kick up the backside works wonders. What a shame we abolished National Service. As my old Commanding Officer used to say..... (*Oh do shut up – Ed.*)

Dear Marvin,

What is your favourite Attention Switch?
Ermintrude

Dear Ermintrude,

I have found the following to be most effective in diverting the client's attention. Get them to:

- 1) Attempt to bite off their own ear.
- 2) Recite *The Rubaiyat of Omar Khayyam* in the original Persian.
- 3) Remove their trousers and throw them through the window.

Marvin

Dear Marvin,

I recently fell over in Waitrose and am concerned that I may have lost my Balance of Attention.

George, Grimsby

Dear George,

Try shopping more downmarket. They say LIDL is OK, if you don't mind rat droppings.

Marvin

Dear Uncle Marvin,

Is it OK to take the 'equipment' to a co-co residential?

Amber

Dear Amber,

I do wish you wouldn't ask these things on my problem page. (But yes, if you put it in an unmarked bag and keep it with you at all times.)

Dear Uncle Marvin,

And another thing, should I pack my pyjamas?

Amber

Dear Amber,

For goodness sake. I think it will be quite warm. Why not take your little nightie with the frilly bits round the... (*Can we keep this correspondence private, please – Ed.*)

Disclaimer: The views expressed in "Here and Now Problem Page", are not those of the Editor, nor of anyone other than Marvin Proops, Agony Uncle.

Kate MacKechnie would like to say that she has nothing but praise for the good people of both Waitrose and Lidl. She has complete belief in the cleanliness of their fine supermarkets and the excellence of their products. At least they are not Tesco's.

Fundamentals in Leeds, with Richard Mills Jan/Feb 2010

Cost £250

with Richard Mills BA, BSc, UKRC RIC, Co-Counselling Trainer, Therapist and BACP Accredited Counsellor

0113 219 5526 richard@richardmills.co.uk

www.co-counselling.co.uk

Dates: 30th and 31st Jan, 6th, 27th and 28th Feb 2010

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, re-evaluation and goal setting; and,
 - within the co-counselling session, helping participants work on their own immediate internal process as connected to their emotional and behavioural personal history: this links the present with the past

I have taught 7 Fundamentals of Co-Counselling courses in Leeds. Within CCI I have led many workshops on a variety of topics (eg death, loss, choosing, rejection, eating and feeding, here-and-now processes, psychodrama, unfinished family issues, and using masks).

Feedback from people I have worked with: 'I appreciate the creativity and thought you put into your workshops.' 'Your facilitation of your Celebration workshop was brilliant. I appreciate your support.'

'Challenging and stimulating but always dependable. Safe guy.' 'Thanks for...contributing so much, with your workshops. You enriched my weekend.' 'I like your clarity and directness...the caring in your facilitation. Thanks for creating a safe space.'

Lists on line

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, coco@dpets.co.uk, 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 (coco@dpets.co.uk) 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=wiki/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>

Co-counselling and "Detox" workshop 2010

Dear all

Below is information and a booking form for the 5th Co-counselling and 'De-tox' residential taking place in Somerset in January 2010, to which you are all warmly invited. Please can you also pass on the details to any co-counsellors you know who don't get Here and Now. A word version of the flyer and booking form is also available on request.

Thanks

Co-counselling and "De-tox" Workshop at the Earthspirit Centre, Dundon, Somerton, Somerset, South-West England

Saturday 2nd January to Tuesday 5th January 2010 **please note that the workshop will be Saturday to Tuesday, due to how New Year's Day falls this year**

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. The food provided by Earthspirit is excellent and abundant! The workshop is alcohol free.

Accommodation is in a beautiful warm venue in a gorgeous setting, with hot tub. See: www.earthspirit-centre.co.uk for details and pictures. Cost £175, a deposit of £30 secures a place.

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.

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



Co-counselling and "De-tox" Workshop Booking Form

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.

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 July, and full payment by Dec 1st
I enclose deposit/ full payment £ _____

Cheques payable: to C.MacKechnie

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

BACS payments can also be made - contact Kate for details.



CCI 2010 Termonfeckin near Drogheda Ireland from Saturday 24 July to Friday 30 July 2010

CCI 2010

This is another CCI “no frills” Irish workshop. The event may be loosely described as CO-OPERATION, and we welcome all offers of help, both before and during the event. The venue is Termonfeckin, near Drogheda, County Louth, Ireland, which some of you may already know. It is about fifty miles (eighty km) north of Dublin.

The Venue

The house is called “An Grianan” or “a sunny place”. It is the centre of the ICA, the Irish Countrywoman’s Association, and it is now open as a Conference Centre. Their website gives information about it, www.ica.ie.

It is located by the sea, and an invigorating walk will bring you to the strand. The centre has accommodation for 85 people.

Dates

The workshop starts on Saturday 24 July 2010 in the afternoon and continues until Friday morning after breakfast on 30 July 2010. The centre will be open to us from 3pm. on 24 July.

The weekend of Friday 30 July to Monday 2 August 2010 is a Bank Holiday Weekend in Ireland, and will be very busy as regards air traffic and holiday accommodation, so please keep this in mind when you are making travel arrangements.

Cost

For bookings up to 30 April 2010, the cost will be 430 euros.

For bookings after 1 May 2010 the cost will be 450 euros.

For a single room there will be an extra charge of 60 euros.

A deposit of 100 euros will secure the place.

Campers

Unfortunately it will not be possible to accommodate campers on the site.

Children

We appreciate that for some people it is important to be able to bring their children, and it worked very well in Germany last year. We would be happy to talk to co-counsellors who want to bring children, to see if we can work together to make it happen. We would rely heavily on parents helping with a programme of activities for these children.

The Bank Account Number is

BIC AIBKIE2D

IBAN IE90AIBK93104715026017

SORT CODE 93-10-47

Account number 15026017

The Bank is:

Allied Irish Bank

100/101 Grafton Street

Dublin 2 Ireland

Phone 00 353 1 671 3011

CCI 2010 in Ireland, July 2010, will have a website up and running by early December. The website will be www.cci2010.info

Transport

The low cost airlines, Aerlingus.com and Ryanair.com have very cheap flights from European destinations. When you arrive at Dublin Airport, Bus Eireann, the national bus service, have a bus running every hour from the airport to Drogheda. It leaves the airport at a quarter past the hour, every hour. The journey takes about one hour, and you can then get a taxi from Drogheda to An Grianan, Termonfeckin, or we will try to collect you from Drogheda bus station or train station.

Booking can be done through Dymphna Headen by e mail at dymphnaheaden@hotmail.com, or by writing to

Dymphna Headen,
Arderry
Bawnboy
County Cavan
Ireland

Bookings can also be made through
Declan Reddy, email carlovia@ireland.com

We will do our best to give a scholarship to those who might otherwise not be able to come. Those who need a bursary/scholarship should contact the organisers as soon as possible.

BOOKING

Name.....
Address.....
Telephone No.....
Email.....
.....



This is my first CCI

Yes.... No.....

My fundamentals Teacher was.....

I have co-counselled foryears

I would like to attend a Teachers' workshop.....

I would like vegetarian meals.....

I have special requests.....

Laurieston Hall Co- Counselling Adults

Cost: £199, £221, £243 and £265
This includes a £3 co-counselling admin charge



Saturday 15 – 22 May 2010

Co-counselling is a method of personal growth with participants working in pairs or groups, taking equal time as client and counsellor. This is the 8th Co-counselling Adults Week and is open to anyone who has completed a 40 hour fundamentals training course, whether new or experienced.

This event offers support, challenge and fun as well as the opportunity to spend time with other co-counsellors from Britain and abroad in a wonderful rural setting. Themed workshops are offered by participants throughout the week and there is plenty of time to enjoy the loch for swimming or boating, walks, sauna, dancing and singing. Mid-week circle dance is hosted by the Laurieston Hall band. Towards the end of the week there is usually an evening of entertainment organised by the workshop participants.

For more information visit www.co-counsellingadultsweek.co.uk

How to book

Places are limited to 30.

Please send a completed booking form (available from: www.co-counsellingadultsweek.co.uk) to Terri Bliss at 77/1 Gilmore Place, Edinburgh, EH3 9NU.

If you require a copy of the booking form by post please contact Terri on 0131 623 1253.



FOUR DAYS !

**Thursday evening 29 April
to Monday afternoon 3 May**

Come to

Scotland for M^cCoCo 2010

The Co-Counsellors in the Scottish network are delighted to offer M^cCoCo 2010, a Scottish mini-CCI workshop. We are offering this exciting, challenging, supportive, fun space from Thursday evening 29 April to Monday 3 May. This will be the twelfth M^cCoCo. The Monday is the May Bank Holiday for everyone in the UK. To those people from far away we hope to offer the well-known hospitality of Edinburgh Co-Counsellors before and after M^cCoCo .

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 topic. We will facilitate the setting up of support groups and buddies.

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 Chris Jamieson on ..44 (0)131-332 4548

www.McCoCo.cocoscotland.co.uk

No Bosweddyn this year? - Come to Leicestershire instead!

My house will be available over Christmas and the New Year for co-counsellors to gather and do what co-counsellors do. I will be away for some of the Christmas week and all of the New Year week.

Not quite Cornwall, but it is in a rural location with walks from the front door and a nature reserve 10 minutes walk away.

Please let me know by the end of this month (November) if you would be interested in



Kelham Bridge Nature

coming

John Talbut (01530) 836780 coco@dpets.co.uk

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.