

CCI

co-counsel expressions

second edition May 2003

In this second edition of an explanation of a hundred special terminologies in CCI co-counselling, we pay special attention in using simple and proper English. Thanks to a native English speaking co-counsellor in Brussels who did a marvellous job! The first copy of the first edition of January 2003, was presented to John Heron; the public announcement was in an opening circle of the Co-Counselling International meeting in Aotearoa / New Zealand in January 2003.

The aim of this ABC, especial for those who have left their fundamentals behind them, is to recall the atmosphere of using CCI terms and techniques. By doing so, they can be translated into now used familiar expressions. It might even be a helpful tool for those who want to extend and express their personal view about the CCI core business. The description and the reminders make no attempt to reword any definition, whether they exist or not.

Readers are strongly invited to share their own visions, preferably along the outlined structure, by e-mail to CCI World News Service, www.cciwms.com, or directly to cciwms@planet.nl. The English version is not to be seen as a strict translation of the last edition in the Netherlands. Both, the English and the Dutch version, do and will continue to influence each other. Both versions are nothing more than a start. The collector of these terms thanks those who contributed with their explanations, their names are in the justification. The collector will be utmost gratified whenever a reader will be benefited in using this collection.

The English edition is free of charge available at www.cciwms.com.

Niek Sickenga May 2003

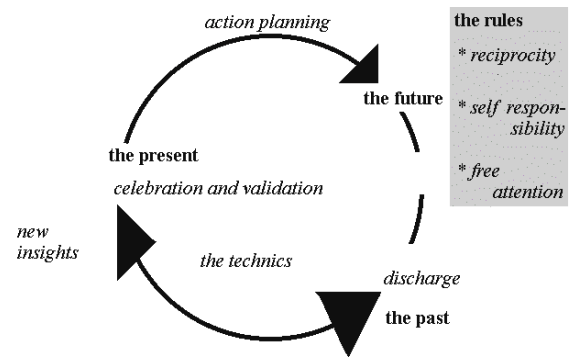


diagram of the process of CCI co-counselors where the principles act like pre-conditions to start and maintain it, by Niek Sickenga.

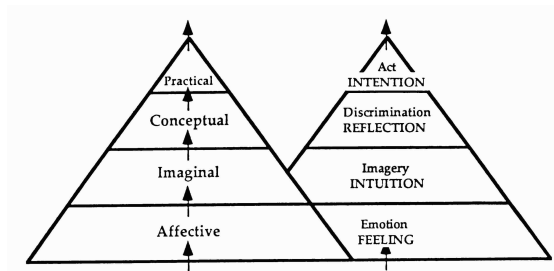


diagram of the up-hierarchy of John Heron in feeling and personhood ISBN 0-8039-8728-5.

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a**acting into****description:**

the intentionally raising of certain emotions by 'playing as if'.

reminders:

- * acting into is a basic technique of CCI co-counselling;
- * aim: getting the discharge started with words and nonverbal behaviour, including noises;
- * acting into sadness, madness, fear with your whole body (sitting, lying down or standing);
- * role-play the emotion: sad, mad, scared, glad;
- * start with shaking your body and gibberish to effect control reduction.

action planning (UK) life action (USA)**description:**

concrete plans to realise a new decision.

reminders:

- * translating new insight from a session into concrete and realistic steps;
- * ask: how do you want it to be;
 mention a first, realistic (little) step;
 when are you going to do this;
 how do you remember this agreement with yourself.

association**description:**

by a word or object evoking memories of a certain event or situation.

reminders:

- * association is a basic technique of CCI co-counselling;
- * mention spontaneously what comes up: thoughts, images, memories, insights;
- * can be used at the start of a session to trace pain;
- * in the course of a session: tracing what is related to an actual experience.

attention**description:**

giving/getting attention is the door to communication.

reminders:

- * is a basic principle of CCI co-counselling;
- * stimulates, activates, gives permission, is healing;
- * is active perceiving and different from understanding;
- * perception of verbal and body-expression.

attention free / free attention
--

description:

attention free from environmental stimuli en re-stimulation totally directed at the field of attention.

reminders:

- * each perception of the counsellor is focused on the client; 'to be totally present' for the worker;
- * be aware of your own free attention;
- * in case of re-stimulation: park it and work on it later.

attention switch / present time
--

description:

exercise to switch your attention completely into the here and now.

reminders:

- * the exercise re-establish your free attention;
- * to be used in daily life at the moment of impressive emotions;
- * to be used when you need to restore your balance of attention.

awareness

description:

sense of own thinking, feeling and action.

reminders:

- * aim: co-counselling is aimed for awareness of own feelings and patterns;
- * making choices and knowing why;
- * recognizing the influence of emotions;
- * knowing about and recognizing patterns;
- * sense of you are you, not more and not less than any other one;
- * a suggestion is: what do you need?

b

balance of attention

description:

keeping a balance between being in the here and now and reliving the past.

reminders:

- * aim: not to be carried away by the emotions;
- * balance between the safety of the here and now and the reliving of a difficult experience in the past;
- * the worker (client) is responsible for his or her own process, to accept or refuse the interventions of the co-worker (counsellor);
- * being drowned by emotions, the co-worker (counsellor) offers an attention switch (present time);
- * the balance enables the worker (client) to discharge the emotion.

basic needs

description:

needs to realise your own capacities, or human potentialities.

reminders:

- * physical and personal; substantial and insubstantial;
- * to love and to be loved; to understand and to be understood; to be self-directing and freely engaged with a greater whole;
- * to be self responsible.

basic principles

description:

fundaments of the CCI-co-counselling method.

reminders:

- * in couples: one is worker (client), one is co-worker (counsellor);
- * change of roles and equal time;
- * free attention and balance of attention;
- * the worker is in charge and is responsible for their own process;
- * the co-worker (counsellor) keeps the track of the client, supports, doesn't have to understand and is time-keeper;
- * respect, equivalence, confidentiality;
- * to be (come) fully the one you are now.

basic working techniques

description:

fundamental CCI co-counselling techniques, leading to discharge and liberation.

reminders:

- * basis techniques are for tracing pain and discharge/liberation;
- * there are five basic techniques: association;
literal description;
repetition (exaggeration, softly);
contradiction;
acting into/role play

buddy

description:

a CCI co-counsellor who is, by appointment, available for support during a CCI happening.

reminders:

- * mutual contract about availability;
- * creative supporting attention for the other one.

c

CCI

description:

Co-Counseling International

reminders:

- * in common usage:
- * an international meeting or workshop of CCI co-counsellors for several days or hours;
- * international network of individual CCI co-counsellors or CCI co-counsel communities;
- * description as a brand of co-counselling.

CCI method

description:

CCI (Co-Counseling International) is a self help method to handle one's own process of emotions, imbedded in a philosophy of pre-conditions to start and maintain that process.

reminders:

- * the process of gaining insights and learning to handle emotions;
- * this process depends on the availability of pre-conditions;
- * in co-operation with some one else and accepting one's self responsibility;
- * the CCI basic principals are the pre-conditions to start and maintain that process.

CCI-workshop

description:

a CCI-meeting of several days.

reminders:

- * international meeting of CCI-co-counsellors, lasting several days;
- * aim: practising co-counselling (co-creating), topics of own choice;
- * being co-responsible for the creation on the spot of a living community for the agreed time;
- * registering means reconfirmation/ acceptance of the CCI principles.

celebrate

description:

to describe confidently one's own or others good qualities.

reminders:

- * aim: to strengthen awareness, to recall emotions;
- * I celebrate my abilities, body; live;
- * I celebrate my patterns.

charge

description:

the recognition, whether aware or not, of the content of your feelings in a situation.

reminders:

- * the evidence may be visible, audible or not;
- * visible: blushing, (facial) expression; audible: the tone of voice: crying;
- * body language: posture, back, hands, feet.

clear thinking

description:

logical interpretation and conclusion of objective facts, views and reasoning.

reminders:

- * feelings and intuition doesn't count;
- * almost scientific acceptance and reasoning;
- * use your brains!;
- * no hodge-podge or fuss.

closing circle

description:

closure at the end of a group's meeting or workshop

reminders:

- * goal: a clear and proper closing ritual of a collective working period;
- * a closing circle is working time: offer free attention, no commends, honour confidentiality;
- * if holding hands: thumbs to the left (left hand receives, right hand gives);
- * say your name, stay firmly on your feet, validate yourself and or others and speak in the 'I' mode in present time.

co-creating

description:

contractual insight giving a method for self investigation and development, including working on patterns as a result of past experiences as well as reconnection with the spiritual self; by John Heron in 1996 at a workshop in Tuscany, Italy.

reminders:

- * investigation and work in different fields; creator and co-creator;
- * primary pain by spiritual amnesia;
- * secondary pain as a result of face to face wounding;
- * head (brains), heart (social) and belly (spiritual connections);
- * a person is an embodied spiritual being;
- * co-creating as a method includes co-counselling.

co-creating fields

description:

different fields the creator and their co-creator can range over during a co-creating session.

reminders

- * active presence;
- * receptive presence;
- * life-prompts;
- * regression;
- * imaginable opening;
- * restructuring belief-systems;
- * thinking and planning.

coming near

description:

research on the boundaries of working and well being.

reminders:

- * experience how close is still OK;
- * experience physical closeness, touch and do not touch;
- * experience what is too close;
- * discover and respect your own and other one's boundaries;
- * identification check with or without that person;
- * experience the healing of body and mind.

contract

description:

an agreement by the client, about time and the role of the counsellor and the structure of working in a session.

reminders:

- * purpose: to create clarity and safety; to enhance the results;
- * in all three types of contracts the client is in charge:

- 1) free attention of the counsellor;
- 2) normal contract: the counsellor only intervenes if the client gets stuck;
- 3) intensive contract: the counsellor supports the client actively; the client commits themselves to work with the interventions as much as possible, at least to try them out several times.

contradiction / reversal

description:

to contradict the pain behind the feeling in words or gestures.

reminders:

- * to contradict is a basic technique of CCI co-counselling;
- * to bring the pain behind the feeling into discharge;
- * to reverse the content of a sentence, word, feeling awakes the pain;
- * attack the pattern so the pattern rebels; verbal and non verbal;
- * when the contradiction recalls no pain, the pattern has gone.

conversation

description:

social verbal exchange of views, thoughts, beliefs, experiences.

reminders:

- * social exchange;
- * competitive and competence;
- * clarify the situation, getting an agreement;
- * the difference in comprehension of your and my words.

co-operative inquiry

description:

a way of research with people where the roles of researcher and subject are integrated (John Heron).

reminders:

- * people use the full range of their sensibility to inquire;
- * aspects of the human condition;
- * human curiosity.

core

description:

basic assumption of the human potentiality.

reminders:

- * the human being is basically loving, co-operative, curious, good, reliable, eager to learn, buoyant;
- * the human figure is an embodied spiritual being.

cushion

description:

soft object for acting out.

reminders:

- * acting out emotions (mad, sad, scared, glad);
- * acting out situations: persons here and now, past or future; situations;
- * always bringing the cushion back to the object it really is.

d

de-role

description:

bringing back a person or object to what they really are.

reminders:

- * thanks to the persons for the role they played before the end and check if they are again completely themselves;
- * bring the object (cushion) before the end back to what it is;
- * de-role yourself as workshop facilitator/trainer.

detecting an atmosphere

description:

discover how much an atmosphere can influence one self.

reminders:

- * observe your own relationship between observations and emotions;
- * where in your body?, has it a colour?, makes it a noise?;
- * observation skills: ears, mouth, nose, eyes, nerves, other inner skills;
- * compare as well: identification, projection, intuition.

dialogue

description:

exchange of views, facts, feelings and thoughts with deliberation.

reminders:

- * collective research on joint experiences and views;
- * I see my part of the reality; you yours;
- * together we may see more;
- * mutual respect.

direction holding

description:

continuously repetition to a positive contradiction.

reminders:

- * consistent way of working supported by the counsellor/worker;
- * check the whole session if the positive contradiction still satisfies;
- * strengthen awareness; run a chronicle pattern.

discharge

description:

giving a totally utterance to the bottled up pain of an emotion.

reminders:

- * totally discharge gives room to formulate how you want it to be;
- * models of discharge: laugh, cry, yawn, belch, puke, shout, yell, tremble;
- * offer supportive permission to discharge fully; it is one of the goals why we do this all;
- * discharge liberates and heals.

dramatising

description:

exaggerated playing of emotional expression that doesn't turn into real discharge of emotions.

reminders:

- * is a pattern to prevent real discharge;
- * pseudo anger: monotone, loud, painful yelling; makes your voice hoarse; ongoing pounding;
- * real anger is energetic and the expression of it gives relief; gestures decrease in intensity;
- * dramatising grief can give high squeaking sounds, throat not open;
- * holding breath, blocked throat is an indication of dramatising.

e

emancipation

description:

process of liberation from limitations of self responsibility.

reminders:

- * ongoing process of liberation;
- * the process is started and maintained by pre-conditions;
- * obstructed by: hierarchy, depending on, lack of knowledge, poorness.

emotion

description:

intense feeling, located in the body, needs are frustrated or satisfied.

reminders:

- * the domain of love, ecstasy, wonder, worries, fear, regret, anger;
- * emotion is an index of motivation;
- * mad, sad, scared, glad.

equivalence

description:

having the same rights and plights.

reminders:

- * unprejudiced respect for the position and experience of the other one;
- * equal rights and plights don't make everybody the same;
- * equal rights are not equal knowledge, skills or insights;
- * equal rights is the right on your own responsibilities;
- * celebrate the differences in knowledge, skills and insights.

experiencing feelings

description:

getting aware of emotional states (mad, sad, scared, glad).

reminders:

- * becoming aware of feelings;
- * body posture and gestures often express unaware feelings;
- * search for what's behind the feeling;
 - where in your body, has it a colour, makes it a noise,
 - how big is it (size), what do you want to say to it.

f

facilitator

description:

the person who facilitates, according to the CCI principles, the process in the benefit of those who attend while taking their own responsibility.

reminders:

- * facilitating is a kind of role play;
- * offer a structure or none for the meeting;
- * honour the CCI principles;
- * de-role by mentioning one thing you could have done better and one thing that went well; ask the same from the group.

feelings

description:

the capacity to participate in both the internal and the external perceptions.

reminders:

- * perception, internal and external;
- * resonance, empathy, perception of feelings;
- * using all kinds of communication capacities;
- * see also: emotions: being touched; experiencing feelings.

fundamentals CCI co-counselling

description:

basics of CCI co-counselling training

goal:

- * awaking awareness of wishes to change;
- * awaking of the influences of past experiences;
- * re-experience earlier emotions;
- * liberation of early tensions;
- * transforming new insights into actions in reality.

way of approach:

- * distinguish and observe feelings;
- * discover the relationship between actual patterns and own history;
- * experience the role of CCI techniques and their application;
- * action planning and confidentiality.

practise:

- * with a mate (at home) or in groups;
- * local, regional, national, international (CCI network).

g

good and new

description:

method to get positively grounded and affirm yourself by naming positive things of and for yourself.

reminders:

- * direct attention to the here/now and positive feelings in there;
- * seeing, and so being aware of your own growth;
- * say your name, say: 'I' (am) in the present time;
- * name the quality of what you experience;
- * be in your power.

group / community

description:

a connection of three or more individuals, who act for a defined period as CCI co-counsellors, within and outside session time, for personal and common goals.

reminders:

- * national weekend, workshop, support group, international, national, regional, local etc.;
- * in time varying from three hours till a range of years;
- * acts as a living organism like highlights and depressions;
- * mutual agreement between participants and with group; aim: start, and continuation;
- * intention: maintain a balance between creative, supportive, loving, capable, brilliant, respecting, honest people, each on their own way with their own qualities;
- * practice: chooses its own way of management and decision-making independently of other groups.

h

history of CCI

description:

CCI's own story since 1974.

reminders:

- * emancipation;
- * CCI techniques are not unique; based on humanistic psychology, Rogers, Maslow and others;
- * research on feelings, thoughts, dreams and spirituality (co-operative inquiry); antithesis: positive- negative; up hierarchy , responsibility;
- * the original theory of co-counselling and the paradigm shift (John Heron 1995); co-creating, incorporating CCI co-counselling, introduced by John Heron 1996;
- * dialogue about CCI history, John Heron and Dency Sargent 1997.

hot seat

description:

self examination within a group and also being reviewed by that group.

reminders:

- * common way of working within CCI; self review of growth – and points of tuition;
- * the group offers their view on points of tuition and validates the growth;
- * points of tuition first, growth later.

hug

description:

way of expression and experiencing of somebody's close presence.

reminders:

- * way of greeting, acknowledgement, and careful support;
- * touch and being touched is healthy for body and mind;
- * saying NO is OK, YES too, ask always permission;
- * each stays firmly on their own legs;
- * a hug takes as much time as is needed.

humanistic psychology

description:

trend in psychology; positivism, equality and individual responsibility (acknowledgement of own personality) centres this trend,

reminders:

- * influence of childhood on personal development;
- * the core of human beings is loving, reliable, curious, co-operative;
- * needs to be met: to love and to be loved, to understand and to be understood; self responsibility and being part of a bigger whole;
- * Carl Rogers, Maslow, John Heron.

I

identification check

description:

look into another person/situation to whom /what does this remind me.

reminders:

- * A will be like X because X was also ...; identical situations;
- * track down identification, restimulation, projection;
- * checking session in person or with a cushion, with or without support;
- * check: who does A reminds you? does A look similar to X?
 what is coming back? work/discharge now or later?
 mention the differences between X and A;
 ask if A feels acknowledged as individual; validate A.

I want you to know that

description:

sharing round for items around personal well-being in a social context.

reminders:

- * items of personal importance causing possibly a lack of free attention;
- * at the start of a CCI meeting, to make sociable what is on top;
- * passing for now or for this round is OK.

inner counsellor

description:

personal homing devise from inside.

reminders:

- * inside mechanism to handle own emotional processes.
- * in good connection with your own core, intuition, spirituality;
- * increasing consciousness by applying oneself to the CCI pre-conditions and techniques.

insight

description:

confirmation of the discovery from or the recognition from one's own (unknown) visions.

reminders:

- * clearing and handling according to the CCI principles with the phenomenon: the universe, life and spirituality;
- * the CCI principles are pre-conditions to start and maintain this process of discovery;
- * fundamental material for own visions.

inter personal

description:

awareness of mutual feelings and experiences between individuals.

reminders:

- * way of being, recognising own feelings by other one's expressions;
- * literally: between people;
- * verbal and non verbal.

intuition

description:

prompting knowledge how to act.

reminders:

- * knowing by inner prompts;
- * inner counsellor;
- * result of observations with all available – also unknown – ways of communication;
- * see also: identification check, projection and detecting a certain atmosphere.

j

justification**description:**

sources are, with thanks:

the Netherlands: Han Donkersloot, Suzanne Hagenbeek, Nanno Huisman, Peter Koekebakker; Lydia Lieftinck, Mariët Simonetti, Joke Stassen, Wilke Verhof.

Scotland: Janpieter Hoogma, Richard Horobin, Rose Evison.

New Zealand: John Heron.

USA: Dency Sargent, Carol Driscoll.

l

literally description**description:**

factual description of an emotional situation in the past, or the actual reality.

reminders:

- * literally description is a basic technique of CCI co-counselling;
- * re-living of a painful history;
- * coming back into the actual situation;
- * always in present time and I... .

m

mini session**description:**

working time of very limited duration (1 up to 10 minutes).

reminders:

- * discharge of raised tensions; raises effectiveness of meetings;
- * contract: only free attention; amount of minutes; present time;
- * be aware of keeping confidentiality.

n

network**description:**

grouping of all those who did their CCI fundamentals satisfactory.

reminders:

- * local, regional, national, international;
- * network in the sense of a community;
- * ad hoc communities, long term communities, same interests: trainers, supporters, organisers, man, woman, music players etc.

o

opening circle

description:

marking the start of (group) work.

reminders:

- * goal: becoming aware why and how you are here;
- * an opening circle is working time, give free attention, no commends;
- * holding hands: thumbs left: left hand receives, right hand gives;
- * say your name, stay firm on the floor; knees unlocked;
- * say something good about yourself, your world, be positive.

p

pain

description:

profound perception of intense lack of fulfilled emotional needs.

reminders:

- * emotional needs: to love and to be loved; to understand and to be understood; being aware of being part of a greater whole;
- * restrict the lack by freezing or denying the needs;
- * pain just presents itself at any time, any place.

paradigm

description:

theoretical opinion based on approved and recognised foundations.

reminders:

- * awareness of insights and vision;
- * liberation of the consequences of (earlier) emotional pain;
- * paradigm shift: new views replaces old ones;
- * primary and secondary pain;
- * awakening of awareness of spiritual being.

pattern

description:

my chosen way of reacting on stimulations from outside.

reminders:

- * origin: experience or denial of an emotional need;
- * repeated behaviour, automatically managed; patterns are neither good or bad;
- * anti pole: insight and creativity, free from thinking and doing;
- * latent patterns show up now and then;
- * chronic patterns evolve into shared identity.

pitfalls

description:

unwanted circumstances which arrive without being perceived.

reminders:

* pitfalls for worker(client) and co-worker (counsellor)

* for the worker:

I must show a nice session to the co-worker;
it is enough now;

I have done this already many times;
there will not be any result,

* for the co-worker:

guide the worker; console the worker; soothe the worker;
I am responsible for a good session of the worker;

being distract; one minute more; the worker is doing so
nicely; I might miss the point so I don't intervene, maybe
I do wrong.....

power

description:

mechanism of oppression based on knowledge, material or immaterial positions.

reminders:

* power based on knowledge, creativity, financially, origin etc.;

* acceptable and non acceptable forms of power;

* power and inability.

pre-conditions

description:

a necessity to start or maintain a certain process.

reminders:

* pre-conditions for fire: air, dry wood, paper, matches;

* the basic principles of CCI are pre-conditions for emotional learning;

* pre conditions implemented in laws: to achieve wished results.

* see process.

present time

description:

telling about the past as if it happens now and as I....

reminders:

* as technique see literally description;

* as exercise see attention switch;

* telling in the I mode as if it happens now intensifies memories;

* colours, shape, smells, your age, what clothes are you wearing.

primary pain

description:

existential pain caused by forgetting oneself as being originally an embodied spiritual being.

reminders:

- * growing awareness of being part of a greater whole;
- * creating your own path: dancing, singing, rituals;
- * located in your own body;
- * co-creating including co-counselling within CCI;
- * paradigm shift; primary and secondary pain.

process

description:

the course of a genesis.

reminders:

- * pre-conditions to start and maintain a process;
- * self generating process, begin and end;
- * the process of life, living, cooking, chain reaction;
- * see pre-conditions.

projection

description:

self supposes other one's feelings or state of being, as if they are yours.

reminders:

- * projection is an ongoing habit; a pattern;
- * projection is an expression of absence of free attention;
- * park projections: keep them to work on later in your own session;
- * projection, restimulation, identification.

r

RC and CCI

description:

main differences between Re-evaluation Counseling and Co-Counselling International

reminders:

- | RC | CCI |
|--|----------------------------------|
| * the counselor (co-worker) is in charge | the client (worker) is in charge |
| * the counselor manages | the counselor supports |
| * clear thinking | feelings, intuition, dreams etc. |
| * no other methods integrated | other methods incorporated |
| * no socializing between partners | socializing is OK |

repetition (exaggeration/weakening)

description:

intensify the sense of an emotion by repetition.

reminders:

- * repetition is a basic technique of CCI co-counselling;
- * repetition in words or postures/gestures, verbal and non verbal;
- * play also with pitch, accent, louder, softer and very soft;
- * 'au', louder and softer;
- * repetition until the word or gesture differs by itself.

restimulation

description:

emotional pain returns by actual occurrence: situation, person, smell, noise.

reminders:

- * restimulation steals free attention;
- * restimulation is wonderful stuff to work on;
- * where does this remind me off; where, when, whom.

role play

description:

replay an event/ person(s) from the past, the present or the future.

reminders:

- * role play is a basic technique of CCI co-counselling;
- * relive who and how you are at the time of that event;
- * de-role your support person(s) and cushion back to the original state.

s

safety

description:

guarantees to show up the one you really are now.

reminders:

- * aim: safety means fully permission to express in any way that you are and what you want now;
- * what ever comes up in a session is never mentioned anywhere, any time, except by you;
- * physical violence: always (down) to a cushion;
- * equivalence, same amount of work time, self responsibility;
- * free attention; the contract is clear.

safety rules

description:

a description of pre-conditions to guarantee safety.

reminders:

- * co-worker (counsellor): being close by; free attention; encouraging, confidentiality, respect;
- * permission to discharge;
- * offering a present time exercise;
- * ending the session as soon as the worker harms themselves, other ones or the environment;
- * worker (client): self responsibility, balance of attention;
- * physical violence: always (down) to a cushion.

scanning

description:

track down, within your history, similar situations with the same kind of emotional content.

reminders:

- * trace back systematically in your past; like a photo album;
- * search systematically for similar situations;
- * detect forgotten or repressed events; is there a pattern?

secondary pain

description:

face to face hurt by human or human institutions to individuals.

reminders:

- * prohibitions and restrictions in upbringing;
- * masters and royalties, bureaucracy, excommunicate;
- * antithesis of emancipation.

session, structure of

description:

a structured working time promotes effectiveness.

reminders:

- * make a contract: equal amount of time to work reciprocally;
- * contract: number of minutes, equal time, who starts, distance OK?, touch OK? warning? (how many minutes before?); facial affection?;
- * way of working: kind of contract: only free attention (1), or with suggestions?(2), or intensive?(3);
- * working time: loosening up, a validation for yourself, what is on top, suggestions are often all basic CCI techniques;
- * closing up: what do you take with you, action plan, validate your work and own qualities; offer a present time exercise.

sex and CCI co-counselling

description:

CCI and practising intimacy.

reminders:

- * intimacy easily calls up sexual interests;
- * prevent to mix up CCI and sexuality; no hidden agenda;
- * an existing relationship can be deepened by CCI;
- * no fundamentals together with your partner!;
- * after practising the CCI method working in pairs is excellent.

sharing round

description:

taking turns in sharing experiences and feelings; can be timed.

reminders:

- * purpose: sharing what you experience(d) yourself;
- * say your name and tell your experience, in present time mode, as short as possible;
- * don't refer to others, own your own statements;
- * others don't have to understand, just give free attention;
- * a sharing round is working time, so it is confidential;
- * has a healing effect.

socialising

description:

contacts between CCI co-counsellors outside working time.

reminders:

- * proceeding positiveky, healing contact outside working time;
- * be aware of what you hear in and outside working time;
- * make proper agreements to preserve the relationship.

suggestion / intervention

description:

response or initiative from the counsellor or co-worker to support the client or worker.

reminders:

- * only if agreed by contract; only in case the worker (client) seems to get stuck;
- * suggestions are basically the CCI basic techniques;
- * co-worker (counsellor) surprises pattern of worker (client);
- * suggestions or interventions can be ignored.

support group

description:

group of 8 –10 participants in an ongoing CCI meeting regularly, for an agreed amount of time to support each other.

reminders:

- * a support group is self generating;
- * formed at the beginning of a CCI meeting;
- * meeting time is working time so is confidential;
- * can be composed by themes; participation is voluntarily.

t

tasks for worker (client) and co-worker (counsellor)

description:

description of roles from worker and co-worker in a CCI session.

reminders:

- * the worker (client)
 - chooses the contract;
 - is responsible for their balance of attention; and their work;
 - may ignore suggestion;
 - has to honour persons and the environment.
- * the co-worker (counsellor)
 - gives fully supportive free attention;
 - offers suggestions verbal and non verbal as contracted;
 - cares for the time, offers a present time exercise;
 - ends session immediately when the worker damages persons or the environment.

techniques

description:

own directed remedy to reach discharge and discover or review emotional insights and views.

reminders:

- * aim: to re-experience, discharge , liberate, re-evaluate and action planning by own experience and responsibility;
- * CCI techniques are value free;
- * the worker uses their techniques, the co-worker may suggest;
- * basis techniques: repetition, literally description, contradiction, acting into or role play.

think- and listen round

description:

in a group each one gets a turn (can be timed) to think aloud about a certain topic; listen to the thoughts of others.

reminders:

- * exchange of attitudes;
- * clarification of your own thoughts by listening to others;
- * enhances opinion forming and decision making of all participants;
- * just opinions, brainwork, no feelings or beliefs.

theory

description:

supposed construction of a mechanism based on observations.

reminders:

- * observations supposing some kind of order;
- * a notion of how a process works (pre conditions / pattern / needs)
- * action and re-action, positive and negative and everything in between;
- * willingness to review based on own observations.

theory CCI co-counselling

description:

explanation of mechanisms within CCI co-counselling.

reminders:

- * the core re-acts and observes unimpeded;
- * obstructed emotions freeze and hide behind ghost solutions;
- * ghost solutions transform into pattern; frozen emotions and patterns block the amount of creative solutions;
- * discharge of frozen emotions liberates; you are your own creator;
- * practise new insights: action planning: where, when, with whom, how.

theory CCI co-creating

description:

explanation of the mechanisms within CCI co-creating.

reminders:

- * primary and secondary pain;
- * healing in the field where the hurt occurred;
- * co-creator follows and co-creates with the creator;
- * fields of co creating:
 1. active presence; 2. receptive presence; 3. life prompts;
 4. regression (interpersonal hurt); 5. imaginable opening;
 6. restructuring belief-systems; 7. thinking and planning.

tips for home work

description:

activities to promote the effect of sessions at home.

reminders:

- * create space;
- * block your phone, block the doorbell, inform your housemate(s) : do not disturb;
- * inform your neighbours, close windows (curtains), make noise in cushion;
- * easy clothes, no wristwatch, no ornaments, no shoes;
- * tissues, bucket, cushions, timer, pen, paper;
- * begin right away, just do your session as agreed, no talks afterwards;
- * make a note of the used techniques and their output.

transformation

description:

a process of fundamental changes caused by new insights on the same level.

reminders:

- * discharge: transforming dramatic experiences into release;
- * not only discharge causes transformation;
- * transformation can be painful;
- * origin of new insights/awareness.

transmutation

description:

the process of jumping fundamental changes into another level.

reminders:

- * variant of a biological or chemical concept;
- * a suddenly occurring permanent change;
- * origin of new insights/awareness.

transpersonal

description:

state of awareness rising above your own personality .

reminders:

- * boarder shift of your own consciousness;
- * 'I am'; 'I am open'; 'I am open to the Universe', 'I am ONE with the Universe';
- * being aware of my own existence as part of the universe;
- * growth to personal and interpersonal awareness of spirituality;
- * practical: one's own contribution to the social world.

u**up hierarchy****description:**

the basic fundamentals of insights, visions, belief system, are the own observations.

reminders:

- * your own observation is the foundation of your vision;
- * clear thinking versus your own observations;
- * examining your own experiences with other one's statements;
- * bottom up versus top down.

v**validation****description:**

unconditional short and powerful stating your own or other people's qualities.

reminders:

- * aim: acknowledge and reinforce positive qualities;
- * awareness of the qualities of positive abilities opens up to create further expressions and growth;
- * a validation is mentioning the quality of an observed attribute, worded in present time: 'I am', 'You are';
- * validate your qualities, big or small; say your name;
- * written validations: write your name; validation time is working time: no comments.

w**working time****description:**

time to work in pairs or in a group.

reminders:

- * keep the confidentiality, never mention what happens except by the worker (client) who may refer to its work;
- * no comments, honour the contract;
- * opening and closing circle, support group time, sharing, sessions are all working time.