

the best of

CCI World News Service

'coming into our full potential, in a healthy emotional way, within a tolerant environment'

a selection of reviews and articles

year 2008

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CCI World News Service

www.cciwns.com

its vision and mission

vision

(February 2000; 2009)

- **the service supports the outreach of CCI communities and individual practitioners by increasing public awareness of CCI co-counselling/ co-creating;**

mission

(February 2000)

- **to establish an on line CCI World News Service to keep the world informed;**
- **to serve CCI communities, their newsletter editors and CCI members on a world wide scale;**
- **to support and honour, if appropriate, individual, local, regional and national CCI initiatives on a world wide scale;**
- **to enhance international exchange by publishing, on an irregular base, news, editorials and special contributions of correspondents and readers.**

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CCI is a planet-wide association of individuals and local networks committed to affirm a core discipline of co-counselling while encouraging, on an international and co-operative basis, the advancement of sound theory, effective practice, network development and planetary transformation. Local networks of co-counsellors within CCI are independent, self-governing peer organisations, exploring ways of being effective social structures while avoiding all forms of authoritarian control.

(07-12-2008)

keeping CCI co-counselling safe by Fred Wallace ('back to basics!' 2)

CCI Co-counselling is not therapy. The person in the counsellor role is not a therapist. Their job is to give **caring aware attention** to the client as the client works through a session. It is not the job of the person in the counsellor role to get involved with the content of the client. The client is in charge of the session and does not deserve to be distracted by having someone jump into their work. I may have the greatest ideas in the world. I may be brilliant in my observations, but when I am in the role of counsellor I quiet my rational mind and stop the internal dialogue and simply stay present for the client. I am the witness who witnesses their humanness as they do their session. If the person in the counsellor role thinks that they know best for the client and they start intervening in the content of the client's session then they have violated the trust they accepted when they agreed to be the counsellor within a CCI co-counselling session. To me, it voids the contract, and the two people might as well be sitting in a restaurant having a conversation.

The true power of co-counselling comes when the client has the space and time to truly get involved in their own process. This is what makes CCI co-counselling unique. Silence can be a great part of a client's process. The person in the counsellor role must respect the client and let them do their own work at their own pace. The client is the expert on their own life. If a person in the counsellor role is thinking they know what the client should do, then they no longer are giving **caring aware attention**, which is what they were asked for when the contract was made. It means that the person in the counsellor role is no longer giving energy to the client, but is trapped in their own head and their own process rather than being out with the client.

Interventions, therefore, can never be content based, or leading. They are about the process. When a person, as counsellor, starts getting involved with the content of a clients session they are stepping into some kind of guru/therapist role that is antithetical to the idea that we are simply witnessing the person's human struggles. We are giving the client energy through our **caring aware attention** and that is active role. It is not our job to subject the client to our thoughts and opinions by making inappropriate interventions. It is not a conversation. Inappropriate interventions can be as simple as... 'Why are you doing that?...' 'Why don't you do this or this.'... 'I don't understand.'... 'You aren't being clear.' ... 'I know.' ... 'That's too bad.'... 'Are you sure that's what they said.' ... 'You can do better than that.'... 'That's exciting.' ... 'Tell me more.' ... 'You'll get over it.'

Sometimes it is easy to slip when we are giving interventions. We only give process interventions and what that means is that we are concerned with moving the client deeper into their work. Process interventions are simple... 'Say it again' ... 'Louder'... 'Contradict that' ... 'What's the thought' ... 'What's the feeling' ... 'Who do you want to say that to' ... 'Say it to them directly (pushing a pillow in front of the client)' ... 'Its ok to be angry' ... 'Its ok to cry' ... 'Stand up and shake that out'. These interventions do not get involved in the content of the client's session. Stay conscious. It is easy to slip. Remember when you sit in a session you are stepping out of your ordinary life into a sacred space where we truly believe in ourselves and act in that manner. It is great practice to sit and hold a person as divinely human as they work through their struggles. We are privileged to be invited in to be the witness. The client is not entertaining the counsellor. The client is not explaining to the counsellor what is going on. The client is speaking to them self for them self. If the client falls into the trap of wanting the counsellor to understand what is going on, then the client is busy looking for acceptance and to be understood. This drains power from the client. They stop being concerned and focused on them self, but have shifted their attention to someone else...what so many of us do in our daily life. And if the client is not careful this desire to explain and be understood can encourage inappropriate interventions from the counsellor who feels they are being directly addressed by the client and naturally, want to respond.

A perfect example of this desire to explain and be understood happens when a person gives a long **New and Good**. 'My name is Fred and my new and good is that I have submitted a piece of art into a show in downtown New Haven. The piece had to be 18" by 18" and so I created a piece specifically for the show. I'm really excited about this piece.' By giving this long detailed explanation I am trying to explain what I am doing so that 'YOU' understand it, and in the length of my explanation I lose the power and the connection between my name, the notion of 'new and good' and the new and good itself. I could have simply said: 'My name is Fred and my new and good is 18 by 18.' I know what that means for me and I smile when I say it appreciating what I am bringing into my life as a new and good and I get to experience the feeling of this new and good. **New and Goods** are short and crisp. They are not long detailed explanations of something. Again, if a person wants to do that type of sharing then CCI co-counselling is not the format.

CCI co-counselling is a process built on the belief that we are competent, mature, capable human beings who are brilliant and have the ability to shine in all our radiance. It is very strongly counter cultural because we take a positive stand in CCI co-counselling that we are not victims or that we can no longer trust ourselves to find our way in this world. CCI co-counsellors are bright, alert competent people who choose the forum of CCI co-counselling to heal past emotional and spiritual wounds and grow into the wondrous people that we are. We have the answers within. We simply have to listen to our own wisdom. Thanks Fred. niek (07-11-2008)

keeping (CCI) co-counselling safe by Fred Wallace (‘back to basics!’1)

I co-counsel so that I can speak my truth without anyone making a comment or making a judgement about my truth. It is a sacred space where I can be vulnerable and emotionally human. It is a place where I can explore my life out loud at my own pace with the energetic support of another who witnesses my humanness and holds me as good to the core. It is a place for me to hear through my outer ears the reality of my internal life. By doing this I gain a true perspective on my own life.

Co-counselling is about a person sitting in a safe environment, what I call sacred space, and examining their own life. The person in the client role takes the time to be with themselves, to hear their own thoughts and follow those thoughts. This person takes the time to explore what is going on within themselves including feelings and emotions that are running in their body. Co-counselling is built on the belief that we have our own answers to all our issues, problems, dilemmas inside ourselves and that given the time and the caring aware attention of the counsellor, we will find those answers. We are wise beings.

The safety I feel in co-counselling comes from inside myself and this deep seated feeling only comes about because I believe in the concept of **confidentiality**. What I speak, what I feel, what I do during a session stays with me. It belongs to me. Many different people have sat across from me in the counsellor role through the years of my practice. I have trusted that they would hold **confidentiality** and they have. So when I sit down in a session I trust that I am doing my work for me and by me and it stays with me. It does not belong to the counsellor in any way. I deeply appreciate the quality of attention I receive and the timely process interventions that are given. It is my session and my counsellor respects that so there is never an issue of them jumping into my stuff. I celebrate all those who have supported me by being great counsellors.

will be continued

niek (05-30-2008)

Marlies Tjallingii shows the two sides of the CCI sign for contradiction at the first half of a CCI fundamental course of 40 hours – two weekends - at Donkerbroek, the Netherlands. The sign has to be showed with only one hand reversing, by turning the wrist. Joke Stassen and Marlies did their teaching together and it is again impressive to notice how quickly people pick up the basics, and practice them successfully. Likewise impressive is how quickly some 10 people together in a training, become a group, realizing that most of them never met before. The next part of this training will be the last weekend of May. (05-06-2008)

CCI fundamentals in Warszawa, Poland

Saturday afternoon, March 15 started the first CCI fundamental training in a restored part of an old building in the Praha quarter of Warszawa in Poland. In total 14 people attended the start. Including the four facilitators - from left to right - Joke, Siglind, Dietmar (CCI-trainers) and Walli (assistant CCI –trainer), and your CCIWNS-reporter.

The number of participants following the course varied on Sunday and Monday time by time, also because they had other obligations to honour. Still all of them got a taste of the flavour of this kind of approach in handling your emotions. They differ in age – from 21 up to 76 – most Polish from 21 up to their mid-thirties. Some of them were psychologists and many were trained as pedagogic specialists. Most of them worked at the municipal’s children’s centre under construction for that area where we were based. The items of the fundamentals were facilitated in German or English and translated into Polish (and vice versa) by Dietmar and Eva, one of the participants, an accredited NVC-trainer.

It was – again – obvious how ‘free attention’ works – and how it also can be useful in personal contact with children. So after an explanation in English about the in and outs of CCI they started already with their first exercise in practising this free attention followed by a sharing. And here especially was it important to those who were not able to talk Polish, to get an idea of their experiences. As far as they hadn’t already some idea by observing body language. This all gave a special flavour to the course, also in relations to validations etc.

Obvious is also how quickly a group becomes a kind of community, how impressive it is to do your own work in a language nobody knows! Realising as well that by sessioning my own way of working, is also modelling for others. And how first body language and second sign language, is helpful for your own and other one’s processing. Though there was no conclusion on the late Monday afternoon, if and how CCI might grow in Warszawa in the nearby future, seeds have been planted, experiences gathered and their influence, far into the future, will be impressive and helpful in their own daily life. In one way or another. And that is the benefit of travelling to Warszawa!

niek (03-22-2008)

impressions of a 4 days non violent communication workshop in Scotland

Forres, Scotland, February 2008 A stormy flight from Schiphol Airport to Edinburgh, rain and heavy snow on the way to Inverness and up there, thanks to the 'Gulf Stream', green meadows again at Scotland's Northern coastline. Soon afterwards it starts snowing again, the world changes and being based in Newbold House we reach our destination. Newbold House is special with its purpose and with its vision.

purpose and vision

The purpose of the house is: 'to help create a more peaceful, compassionate and sustainable world through being a center for awakening consciousness; providing transformative experiences for our visitors, guests and house members whilst demonstrating joyful, loving and authentic community'. And 'our vision is that by December 2008, Newbold House will be a) widely recognized as a centre of awakening consciousness; b) making a significant contribution to the local community and c) home to a community of committed, capable and long-term members.

In other words: Newbold House is a community-based holistic education centre in a 7 acres of garden and woodland in the north-east of Scotland. It is a sister organization to the Findhorn Foundation nearby, a spiritual community, an ecovillage and an education centre.

loving honesty

Loving honesty is the name of the four days NVC workshop organized by Leo Sofer (Findhorn) and Eva Rambala (Budapest) both certified NVC trainers. 'We hope', they write in their information sheet 'to balance the needs of the moment with a structured course of learning. We will focus on particular aspects of Non Violent Communication (NVC), which support us to be more compassionate and more authentic. We will explore four main topics'.

the four topics

The four topics are: 1) the Power of Honesty; 2) Empathy; 3) Anger and 4) the Power of Gratitude. And followed by their explanation: **The Power of Honesty:** How to express your honesty without judging or criticizing. How to guess the feelings and needs in another person's honesty. **Empathy:** Giving attention to feelings and needs helps us get clear what action to take next. Empathy is a simple and effective way to deepen our connection to life. **Anger:** Suppressing anger is dangerous to our health, yet expressing it in the usual way can often damage our relationships. We will explore ways of fully expressing anger that keeps us connected with ourselves and others. And final the **Power of Gratitude.** We will experience the power that heart-felt gratitude has to nurture all our relationships, connect us to our values, and give us the strength to accomplish our goals'.

the reality of the practice without rules

The first start, sitting on chairs in a circle with 17 people, a burning candle in the middle did work very well. We only were invited to be honest to ourselves and the other one and to give only our full attention without any judgmental thought. There were no rules. The invitation to give only our attention was explicit and worked for me as I am used within CCI! To my surprise it all worked without what I learned and experienced since 1982, like knowing that we all are equal, that we both have the same amount of time, that I am respected as I am, that I am in charge and responsible etc., which I name the 'pre conditions' to get 'the (CCI) process' running. And the process did run without all this, very well!

Being in this NVC sphere, with experienced NVC-ers around me and my open mind for what might happen to me in this experience, was a complete eye-opener! No timer, no rules, respecting your honesty as my honesty is respected by you, each being on their own way.

Later on we were invited to make our own list of feelings and needs: to use a 'treasure test' (take good care of yourself (physical and emotional), speak in present time, never copy others, use your own words, honor your needs and reflect. And as a reminder, these listed needs and feelings were surrounding the burning candle in the middle.

working in pairs

To explore the different topics and our feelings of the present, we worked sometimes in threes, sometimes in pairs, followed by a sharing round. Impressive quotes in my view are: The Truth doesn't exist, only my truth, changing from moment to moment; listening empathetic; how will you manage to listen to others if you do not know how to listen to yourself?; 'I observe within myself that;' support the other one in finding their needs'. And: 'NVC is a way of thinking, not a way of speaking; connecting with your gratitude; 'communicating from heart to heart'; 'the need to share and the need to listen'. And still so much more. It truly is a way of thinking with reciprocal respect and empathy.

Within CCI, where we have learned so well, to listen to our own needs and how that all works, it is a challenge to discover how much NVC has to contribute to this knowledge in practicing this simple way of feeling, thinking and checking honestly in our communication with one another.

niek (02-25-2008)

Dror and CCI co-counselling

In a reaction on the afterthoughts, requests and hopes of Joke Stassen after CCs 2006 and 2007, also published in CCI World News (December 09, 2007) Sytse and Marlies Tjallingii, two organizers of CCI Europe 2007 in the Netherlands, write a letter. Their text is fully published below. I validate their energy. The first and only question that remains for me in this respect is, if we want to reconfirm that in CCI meetings only those have access, who did their CCI fundamentals.

The answer on this question by the eleven organizers of CCI Europe 2007 was already published in CCI World News (March 14, 2007) and has since not changed, stating 'when they have done their CCI fundamentals in a satisfactory way according to and as they are taught by a certified CCI teacher'. And every Dror member is very welcome to learn the in and outs of CCI from a certified CCI trainer!
niek (02-13-2008)

to the organizers of future CCI's: the growing together process of Israelian DROR and CCI Co-counselling

Dear Joke and other people who are concerned about the "growing together process" of the DROR-co-counsel community and the CCI communities.

We respect the opinion and feelings of Joke expressed in her letter to future organizers of CCI's. To people who don't know who we are: Marlies and Sytse, members of the Dutch CCN and close CCI-friends with Joke and Niek. We form an ongoing Co-counselling couples group for more than ten years with them. We have worked together in many courses and workshops. We participated in the CCI in Hungary and we both had some DROR-members in our support groups and attended several workshops run by two DROR members. We visited Israel in May 2007, and were invited to DROR activities in different places in Israel (Jerusalem, Tel Aviv, in a prison. We learned to know many members of the DROR community and did co-counselling sessions with them, some of the sessions with time for reflection on the co-counsel techniques afterwards.

CCI Europe 2007

We have been members of the Dutch CCI organizing committee for CCI 2007 and participated fully in the discussions about the invitation for DROR members to the CCI. The Dutch CCI committee trusted us to invite people from DROR, who we knew as safe co-counsellors. They asked us also to take the role as contact persons, which we accepted gratefully. We had the intention to clarify the differences between some techniques of the DROR-members and other CCI participants in the opening circle of the CCI in the Netherlands in August. As far as we can judge ourselves we had the intention to do this on a respectful way that gave expression to our trust and faith that these two people were warmly welcomed and safe co-counsellors.

We did refer to the differences in the various communities and in case of having difficulties with those differences one could contact Marlies (as a trust person and in charge with the contacts with Israel). We did not point to our Israelian guests as exceptions as we know there are other big differences between communities like the USA-and European community, the Münster community, and the Cornucopia community in Scotland. In general it is our opinion that the differences between individual people are much bigger than between communities.

We acknowledge the "**growing-together-process**" as we named the process of growing towards each other. This process is in running very well as we saw in Israel and we can read from the interviews on the CCI USA website and what the two Dror members reported who joined us in the CCI 2007. We all originate from the same background in re-evaluation co-counselling and we have grown in slightly different directions. In Tel Aviv we tried to figure out some differences in the co-counselling communities, but we realise us that individual differences may be bigger than differences between communities. Let us validate the differences!

After our Israel tour we proposed to recognize the DROR fundamentals as sufficient to accept DROR-members to the CCI. We also respect feelings of unsafety and fear from some co-counsellors. There are two sides of this: One side is: the worker him/herself is responsible for his/her own feelings. The other side is: as co-counsellors we have the intention to avoid stimulating such feelings to other co-counsellors. Our experience is that we have successful techniques to handle them. However we should think together how we could train people to handle better the fears and overcome them. The fear workshop Sytse ran at the CCI 2007 was an attempt in that direction. Reflection and discussion about the use and the effect of techniques in sessions is a good and improved way to improve the techniques we use in all Co-counselling communities. Interesting is the article from John Talbut in the last number of one2one about this subject. We had already very good experiences in Israel and at the CCI in the Netherlands. This was done in the very productive Back to Basic workshop which we ran during the CCI 2007.

The growing together process has now already been successful in two USA CCI's, the CCI in Hungary and the CCI in the Netherlands, and the Mc CoCo workshop in Scotland. We hope that this process goes on in the next CCI's in the USA and in Scotland. Also the next CCI in Scotland the process will go on. Our intention is to go on with the growing together process for a few years up to the moment that there is enough trust and feelings of safety that our original proposal will be accepted by everybody and we will recognize our mutual fundamentals.

In the meantime mutual respect and equality as well as hospitality will be the main values in this process. An open mind to learn from each other to discover new possibilities to enrich our communities will be the purpose. Stimulate the exchange as much as possible. That the reason that we are planning to go to Israel once more this spring. In the CCI in Hungary we felt differences between DROR and CCI co-counselling in some workshops. The question is relevant if this is the result of complete differences in teaching the fundamentals or if this is mainly caused by individual differences.

During our visit in Israel we experienced differences in the different meetings: some were real co-counsel events and some were more political or social meetings where co-counsel techniques were used in bringing together different groups in the Israeli society. During our co-counsel sessions we did feel a lot of safety. We felt very much validated by the way people reacted to our workshop in Tel Aviv, where we introduced several important aspects of co-counselling, like making a contract.

In the Dutch CCI we had only positive reactions from participants. Of course we observed that we have to improve matching some techniques and rules, but we are fully convinced that this is a matter of time and positive effort in the growing together process. Yes there were differences. But these were bigger between persons and were also cultural and less related to differences in co-counsel techniques, as we experienced it ourselves.

As we know there are big differences between fundamentals from different CCI-communities. Some teachers are teaching more Transactional Analysis, or Bio-energetic others teach more cognitive behaviour (like Cornucopia) or more Gestalt techniques. In some communities Alcohol is accepted after sessions, in other groups there is a more strict attitude towards Alcohol, because of traumatic experiences of a substantial group of members. Feelings of safety are a hot issue in this discussion. Some groups are more inward directed some work in prisons. We want to celebrate these differences. We think there should be an ongoing development related to developments in psychotherapy.

We ask to recognise the DROR fundamentals, which have much in common with the different CCI fundamentals as they are given in the different countries. We think that to exclude people with DROR-fundamentals is contra productive in the growing together process. Of course invited people should have the DROR fundamentals. As we experienced it the people who came to CCI were very open to new experiences. This asks an open attitude of the receiving community as well.

Our proposal is to continue the process in the same way as we started already in Scotland, Hungary two times USA and the Netherlands inviting people on an individual base, advised by the board of DROR and the contact persons. Knowing that by this exchange more people will have the knowledge and skills to do sessions with people with different co-counselling backgrounds. We learn from each other and grow together validating and celebrating differences and becoming stronger and more inspiring to more people.

Sytse and Marlies Tjallingii February 2008

(02-13-2008)

CCI co-counselling

extending the theory and practice of CCI co-counselling

On request of CCI co-counsellors from the USA, Europe and New Zealand, John Heron is facilitating a two days international workshop just after the every three years CCI international meeting in January 2009 in Aotearoa/ New Zealand. Theme of this workshop is: 'extending the theory and practise of (CCI) co-counselling'. This non residential workshop is open to any active co-counsellor interested in the future of peer self-help whole person development. Accommodation is available at the nearby coastal resort of Orewa, some 45 km north of Auckland at the North Island of New Zealand. To book a place, please send him an email with your phone number [click](#) here. The costs to attend this workshop are minimal.

On the second of this month (November 2008) John mailed a discussion document for this workshop. The whole document is published in this issue, except the attached text of 'a definition of CCI' as it has been first published in the British CCI Newsletter One to One in 1994 and reversed in 1996. This definition is already on hand in CCI World News ([click here](#)). www.cciwns.com/CCI-definition.html.

To his recent email John attached a reconstructed draft of a definition of CCI (2008). This draft is part of this publication in CCI World News Service and will be discussed at the workshop at the South Pacific Centre for Human Inquiry. Do you have ideas or contributions to this text, my suggestion is to mail them directly to John. It possibly is also wise to have a look at the website of the Centre for Human Inquiry ([click here](#)). Personal I contributed already and will not publish my remarks, though they are not at all confidential. They are based on my personal experiences also in the recent past. I do not publish them because part of what I understand from an effective 'human inquiry' is, to share personal visions at the same time on the same meeting.

niek (11-04-2008)

a discussion document from John Heron

This is a discussion document circulated prior to the workshop on this topic scheduled for 20-21 January 2009 at the South Pacific Centre for Human Inquiry, Auckland, New Zealand. In 1996 I published two documents within CCI that were relatively independent of each other, based on working with different co-counselling constituencies. The first, 'A Definition of CCI', was, and still is, published on several CCI web sites. It was a conservative update of the original guidelines for CCI published in the first CCI newsletter in 1975.

The second was 'A Little Book of Co-creating', which was the launching version of a much more radical reconstruction of co-counselling. It replaced the terms 'client' and 'counsellor' with 'creator' and 'co-creator' and presented co-creating within a worldview embracing human spirituality and a vision of planetary transformation in terms of a self-generating culture.

I sense that the time has now come to blend these two documents into a pragmatic hybrid of conservative and radical elements. What is offered below, as a basis for discussion, is a draft redefinition of CCI in a form appropriate both to prevailing CCI structures and usage, and to currently emerging shifts in human consciousness. It is followed by a note summarizing the main changes, and for purposes of comparison the 1996 version is included [click here](#).

John Heron, October 2008.

niek (11-04-2008)

a reconstructed definition of CCI 2008

CCI is a planet-wide association of individuals and local networks committed to affirm a core discipline of co-counselling while encouraging, on an international and co-operative basis, the advancement of sound theory, effective practice, network development and planetary transformation.

Local networks of co-counsellors within CCI are independent, self-governing peer organizations, exploring ways of being effective social structures while avoiding all forms of authoritarian control.

Any person and network is a member of CCI if :

- * they understand and apply the principles of co-counselling given below
- * they have had at least 40 hours training from a member of CCI
- * they grasp, in theory and practice, the interdependence of the six ways of working (see below), grounded in a competence within the way of regression.

the principles of co-counselling

1. Co-counselling is usually practised in pairs: one person takes a turn as the client, the other as the counsellor, then they reverse these roles. In every session each person spends the same time in each role. A session is usually on the same occasion, although sometimes people may take turns as client and counsellor on different occasions.

- * When co-clients work in groups of three or more, members take an equal time as client, each client either choosing one other person as counsellor, or working in a self-directing way with the silent, supportive attention of the group. For certain purposes, the client may request co-operative interventions by two or more counsellors.

2. Co-counsellors work with the *dynamic ground* of liberating creativity deep within each person, facilitated by the living *presence between* clients and counsellors and by their participation in the *free attention of the universe*. This threefold account of human spirituality, and all the other principles included in this CCI definition, are subject to revision by co-counselling practice itself, where every session is a collaborative experiential inquiry into the belief-system on which it is based.

3. The client is in charge of their session in these respects:

- * trusting and following the dynamic process of liberation emerging within
- * keeping engaged with the living presence between them and their counsellor
- * opening to the free attention of the universe
- * choosing at the start of the session from the four contracts given below
- * choosing within a free attention or normal contract what to work on and how
- * being free to change the contract during their session
- * having a right to accept or disregard interventions made by the counsellor
- * being responsible for working in a way that does not harm themselves, the counsellor, other people, or the environment.

4. The client's process may include, but is not restricted to, working creatively both within and between these six ways:

- * discharge, transmutation and re-evaluation for healing the memories of personal distress and cultural oppression (the way of regression)
- * creative thinking at the frontiers of personal belief (the way of new belief)
- * visualizing future personal and cultural states for goal-setting and action-planning (the way of action)
- * opening to the spiritual and subtle dimensions of experience (the way of opening)

* celebration of self, others, nature and culture (the way of celebration)
* self-discovery by creative expression in line, colour, sound, movement (the way of art)
CCI takes the view that the first of these is a secure foundation for the other five; and that all six call for their balanced, interdependent and mutually supportive use.

5. The role of the counsellor is to:

- * give full, supportive attention to the client at all times
- * intervene as a facilitator only if this is in accordance with the contract chosen by the client
- * interact as a co-creative participant with the client only if the client has chosen the fourth contract (see 10 below)
- * inform the client about time at the end of the session and whenever the client requests
- * end the session immediately if the client becomes irresponsibly harmful to themselves, the counsellor, other people, or the environment,

6. The counsellor's intervention is a behaviour that enhances the client's work. It may be verbal, and/or nonverbal through eye contact, facial expression, gesture, posture or touch.

7. A verbal intervention is a practical suggestion about what the client may say or do to develop their working process, either within one of the six ways, or in moving from one way to another. It is not a stated interpretation or analysis and does not give advice. It is not driven by counsellor distress and is not harmful or invasive. It liberates client autonomy and self-esteem.

8. The main use of nonverbal intervention is to give sustained, supportive and distress-free attention, in the context of universal free attention, in a way that opens up a presence between counsellor and client, a presence that empowers the client's full emergence. This is the foundation of all four contracts given below. Nonverbal interventions can also be used to elaborate verbal interventions; or to work on their own in conveying a practical suggestion; or, in the case of touch, to release discharge on the way of regression through appropriate kinds of pressure, applied movement or massage.

9. The counsellor will be a co-creative participant with the client

- * when co-designing and co-enacting a procedure for opening the space for the whole shared session
 - * when joining in some part of the client's turn, as specified in a contract chosen by the client before her or his turn begins (see the fourth contract below)
- * when they have agreed to allocate – as well as time for each to have a turn as client - a third period of time for interactive co-creative work within one or more of the six ways.

10. The contract which the client chooses at the start of the session is an agreement about time, and primarily about the range and type of intervention the counsellor will make. The four kinds of contract are:

* *Free attention.* The counsellor makes no verbal interventions and only uses nonverbal interventions to give sustained, supportive attention. The client is entirely self-directing in managing their own working process.

* *Normal.* The counsellor is alert to what the client misses and makes some interventions of either kind to facilitate and enhance what the client is working on, either within one of the six ways or by moving among them. There is a co-operative balance between client self-direction and counsellor suggestions.

* *Intensive.* The counsellor makes as many interventions as seem necessary to enable the client to deepen and sustain their process, both within one of the six ways and by moving around between the six ways as they call each other into action. On the way of regression the counsellor takes a sensitive, finely-tuned and sustained directive role, leading the client into working areas being omitted or avoided, and facilitating the client in healing distress-charged memories by both cathartic and transmutative methods.

* *Participative.* When, and only when, invited to do so by the client, the counsellor becomes, if so moved, a co-client, that is, works co-creatively and interactively with the client within the modality of any of the ways, except for the way of regression. This contract may be added as a component within the free attention and normal contracts given above.

11. Counsellors have a right to interrupt a client's session if they are too heavily restimulated by what the client is working on and so cannot sustain effective attention. If, when they explain this to the client, the client continues to work in the same way, then they have a right to withdraw completely from the session.

12. Whatever a client works on in a session is confidential. The counsellor, or others giving attention in a group, do not refer to it in any way in any context, unless the client has given them explicit, specific permission to do so. It is, however, to be taken into account, where relevant, by the counsellor in future sessions with the same client.

note: the main changes in the above 2008 reconstruction from the 1996 definition are:

1. Principles 2 and 3 make explicit and integrate three basic components of currently emerging spirituality:

- * Embodied spirituality: the spiritual life-potential embedded within each person, which prompts the

emergent holistic development of all aspects of our incarnate being – physical, psychosocial, subtle and spiritual.

- * Relational spirituality: the reality of relationship, the spirit that connects, the field of presence between persons fully open to each other. This is central to the interaction between counsellor and client.
 - * Transcendent spirituality: cosmic consciousness beyond and encompassing creation, the source of its formative archetypes. This free attention of the universe is a backdrop to the field of presence between embodied persons.
2. Principle 2 affirms the practice of co-counselling as a collaborative experiential inquiry open to revise the principles on which it is based.
 3. Principle 4 extends the client's ways of working to six, affirms *both* the grounding role of the way of regression *and* the balanced interdependent use of all six ways, and affirms the complementary roles of discharge *and* transmutation within the way of regression.
 4. Principle 9 introduces practices in which the counsellor can become a co-creative participant interacting with the client. Principles 5 and 10 add one of these practices as a fourth contract to the traditional three.

John's discussion document ends with the text of 'a definition of CCI' as it is published in 1996; if you want to consult that, please click **here** www.cciwns.com/CCI-definition.html niek (11-04-2008)

35 years: CCI manifests itself more and more

Compared with ten years ago, the CCI approach of co-counselling has disclosed tremendously. Since the start of CCI in 1974, practically and theoretically, it was the privilege of the trainers to inform the public about the benefits of practicing the (CCI) co-counselling approach as they understood it themselves. These were the times of a huge need and interest in an alternative way of helping yourself emotionally.

Informing the public about this new approach mostly was the 'mouth to mouth' transfer, the availability of flyers and the announcements of information meetings. Sometimes press releases worked well and well known places for flyers were libraries and alternative shops. The benefit of the information meetings is still the direct contact between receiver and sender.

Internal, within the different independent CCI communities, sometimes local and also national, the internal information evolved into voluntarily edited CCI newsletters for members only. In 'the old days' they were sometimes issued even eight times a year! The content was confidential and members lists with names and addresses were utmost, and only to use for CCI purposes; as they still are.

part of disclosing

Part of the start of disclosing the CCI approach may have been the first 'wallpaper' newsletter in English at the spot on the CCI Europe meeting in 1994 in the Netherlands. At the end there was a paper copy for the participants available of all papers issued during this meeting. The same happened at the CCI New Zealand-meeting in 2000, now in an electronic version. Feedback from abroad New Zealand, especially from the USA, made the next step possible into the electronic era within CCI. That same year, in May, CCI World News started. Websites were no news anymore.

Today many CCI communities use, in one way or another, internet. There now is a whole range of CCI websites. Some – like in Germany, only to inform the public, others use it as well for internal organisation communication by using partly passwords for members only. The number of CCI newsletters on paper has diminished; in the Netherlands totally, except for those who have no internet connection.

CCI World News Service

In this range CCI World News Service is a private and public initiative; there is no CCI organisation, no director, no guru and nobody is financial interested in it. There is continuously and standard on the website available a description of its editorial policy, a vision and a mission.

Altogether after 35 years CCI is opening up to the public more and more. Practical as well as theoretical. Practical it learns that it is possible to honour privacy and confidentiality by being honest in telling what I understood as writer, what resonates within me, how I feel and what it does to me. Theoretical because the method is not only practical. Doing things has a meaning: why we do what we do. Trusting the capacities and the potency of the human being, and awaking by finding our own answers on our own questions whether they are material, emotional or spiritual.

So there is progress! Also in the mission of CCI World News Service. As the number of hits of the site, now more than 1.000 a month, proves. As well as recent contacts with people from the Caribbean, South Africa and New Zealand.

niek (09-30-2008)

CCI-USA website list for sessions

Bob Sawyer reports: 'The CCI-USA website contains a listing of co-counsellors willing to get together for sessions. It is located in the' (CCI) 'Co-counsellors Only area and is password protected. Currently it lists mostly folks from the USA but, it is open to CCI co-counsellors from anywhere in the world. Beginning on the first of October I will be updating all the listings in this section. If you are already listed please check to make sure that your information is correct and let me know if there are any changes needed. If you are not listed but would like to be included please contact me. Listing can be done with the information that you want there i.e. first name only or first and last name, address or town or general area only, best way to contact etc. Just let me know how you wanted it done. If I don't hear from you your listing will remain the way it is'.

So far Bob's email. This is an excellent new use of websites that may help people with their CCI co-counselling practise, that is also practised in the Netherlands. Since more people do have skype, phoning by computers and seeing each other by web scan, they far more easily are able to do these kind of long distance phone sessions as well. Seeing the person in question makes such a difference! And they can easily use [sign](#) language as well and that works also there perfect!

niek (09-16-2008)

why do I practice CCI co-counselling?

The practice of CCI co-counselling has, in my experience, mostly been focused on the 'cleaning' part of my more or less traumatic experiences in my past. And action planning helped me to the next step: how I want to handle that now. And that is still very useful.

That it works like that is quite explainable. Because experiencing my external [ignorance](#) and learning how to cope with the physical and social world around me since I came here, resulted also in quite a lot of emotional pain. This pain had to be solved first. Literally it is on top, and it took all my attention in my fundamental training!

There is nothing wrong with that. Only that it took me over some 20 years - if not more - to become aware that this 'solving the pain from the past' is only one side of the coin. The other side of it has everything to do with my future: creating an environment, my world, around me that is worthwhile living my life and fills in my internal ignorance in a way that suits me personally and practically. To live balanced and in peace. It looks to me as if CCI co-counselling in more circles is most focused on what happened in the past, related to what happens in the here and now. So the other - creative - part of the coin, how we want the world around us - deserves special attention!

My experiences around sharing with people I can trust, has contributed much to this new insight. I trust them because I believe that they also honour the ingredients that serve that process. Sharing in a broad way. Varying from validations to new insights. Ingredients like owning my statements, expressing validations, and receiving them, even disagreements with others and sharing their insights, have paid a great contribution to that creational part. A creation for which I need other people to bring it together with them - if we both agree on that - into reality. Sometimes even without words: just a sign about 'do you want a hug?', is enough.

That is what we try to do, more or less unaware of that, as I understand it well, during a more days (international) CCI meeting. So a fact is that I need participants for that. And I need to trust them, I need their respect, their openness, their honesty, their reliability etc. because otherwise the creation of that 'other kind of society' does not come into reality. And it even only works because we share these common grounds and we are both aware of that. Though each in their own way of understanding. And for these common grounds we need the CCI fundamentals because it definitely is reciprocally.

And so CCI co-counselling offers me tools to 'clean my past' and tools for creating - together with others - our environment to live in. And from now on I will focus on both!

niek (08-20-2008)

CCI co-creating

a two days international workshop on co-creating

The South Pacific Centre for Human Inquiry, co-initiators John Heron and Barbara Langton, announces on their website www.human-inquiry.com a 2 day international workshop on co-creating at the South Pacific Centre for Human Inquiry, 45 kilometres north of Auckland, New Zealand. The dates are 20 and 21 January 2009, soon after the international CCI co-counselling meeting in Tauhara Centre in Taupo, North Island, New Zealand from 12th to 18th January 2009 (click here).

The workshop at the South Pacific Centre, drawing on the co-operative work of the current co-creating field-test, will explore the theory and practice of co-creating as a way of extending the theory and practice of co-counselling. It is being held at the request of co-counsellors from the USA, Europe and New Zealand, and is open to any active co-counsellor interested in the future of peer self-help whole person development. Non-residential: accommodation available at the nearby coastal resort of Orewa says the website.

world view of the South Pacific Centre

The South Pacific Centre for Human Inquiry is being developed as an environment where people can explore who they are as emerging whole persons, in deep communion with others, within an interconnected universe of many dimensions.

'We have chosen' they write, 'a hill site which enables access to and attunement with the wider reaches of being. We practice reciprocal participation between human beings, other life forms, the visible universe - our planet, our solar system, our galaxy and beyond - and parallel realities, presences and powers beyond our ego.

We believe that authentic distress-free human spirituality is based on transparent intentional co-decision-making, shared fields of presence, and rhythms of mutually lived inquiry. Methods which enable this at the practical level are: co-counselling to heal past and present distress which may be affecting our relationship with ourselves, with each other, and the way we act in the world; and collaborative action inquiry to transform and make integrated sense of our activities in every dimension of being, and to co-create the elements of a self-generating, self-renewing culture of diversity-in-unity.

More about subscription and the international CCI meeting in Aotearoa soon. CCI World News will be represented and intends to report about personal impressions of both events. niek (09-10-2008)

culture

CCI-USA 2008 at Lake George about authenticity

With more than 30 workshops, about 80 participants and a wonderful venue on the borders of Lake George (State New York) the meeting of CCI-USA from April 22—27 was a memorable event. In all different meanings. More about that in this issue. Special was everything: the welcome dinner, the workshops, the support groups, the talent show, the drumming, the socialising, the sharing, the post box, the workshops for tomorrow, the weather, the closing ceremony etc. etc. Click here for more! (05-06-2008)

let it go.....

Just after my last support group meeting, Saturday afternoon, I became aware that my digital camera wasn't in my backpack any more. It never showed up again. A perfect exercise of 'let it go...'. Knowing that the capacity of the camera was over some 100 photo's, I had been lazy and didn't unload the pictures. They told their own story of the last eight days. From the take off, from the snowy Canadian landscape far below, from the drive on a beautiful day in the spring of 2008 to Lake George in the State New York and, most of them, of the very special moments during this CCI. Like the room with validation envelopes, the silent auction, the CCI banner, a gift from the Hungarian community at their first CCI international gathering in 1989 with Carol Driscoll talking, and all these other special CCI moments they pictured. That was the hardest site of 'let tem go...'. The other site was to be creative in finding a suitable solution to get what I needed. I certainly wasn't the only one taking photo's. So I asked for assistance and yes, especially Jim took the role of the 'running reporter' on board for special pictures of the venue on the Sunday of the closing circle. And thanks to all others who mailed also photo's to me to create what it is now! Thanks. niek (04-30-2008)

Postscript: Just after finishing this the phone rang; they had found my camera at Silver Bay!

culture or preconditions?

In different CCI circles there is an actual discussion going on, questioning if there exists something like 'a CCI culture' or not. Part of that discussion, as I experience it, is highly rational. Translated in my own language, they say: there never has been given a literally description or definition of a CCI culture, so such a culture doesn't simply exist. As if a culture is an explicitly defined symptom, that doesn't change anymore and stands for ever. Lucky enough, we may observe different expressions of such 'cultural' changes also in history! So it looks more as if cultural expressions are like living creatures. They change, like languages change, within certain boundaries. And even they are flexible.

In societies we are (mostly) used and need, or forced, to act highly rational. More or less is this experienced as a need to survive as a private entity. In CCI co-counselling we try to experience also the opposite of being rational: listening to our heart, expressing our personal authenticity. Within the CCI co-counselling setting there is in the description of 'a definition of CCI' explicitly mentioned how we have to act and behave in sessions, being in the workers (the client's) role or the role of the co-worker (the counsellor).

I learned by experience in co counselling, to call these descriptions of behaviour, the pre-conditions that enable (me) to start the process of gaining new insights by discovering and discharging of what touches me emotionally.

So there is a range of pre-conditions, like keeping confidentiality, keeping equality, being self responsible as worker, being respected, gaining and giving free attention etc. That means also, that there may be room for very private, personal pre-conditions. And they may alter also if there is a need for. In that way, the name 'pre condition' may be universal, the content may be personal enlarged.

It is this range of pre-conditions (respect, equality, attention etc.) within CCI sessions, that act – in my opinion - as a description of what I call in 'the outside world' the CCI culture. If CCI has anything to contribute to that outside world of today, it is expressing this culture. It needs courage, to express this also in the world outside sessions and we need too, again in my opinion, to learn to communicate that in a non violent way! Doing so we express together how we can create another kind of society. This definitely is the greatest contributions to and the best advertisement for practising the method of CCI co-counselling everywhere!

niek (04-28-2008)

emotions

five reminders improved into 5 items worth remembering.....

The five reminders in our issue of July 29th has been improved into '5 items worth remembering about emotions at home and at work'. Rose Evison and Richard Horobin took a major role in re-editing these five and the at the same time published explanation of it. Reviewing the whole process to gain more clarity for what CCI advocates and how it differs from other co-counselling approaches and briefly why, a special historical overview was created about 'what happened almost 35 years ago'

Rose and Richard, who were both already active in this field, were so kind to re-edit also this part into proper English and made some very important contributions to it as well. I am very grateful for these contributions and also this part will be structural implemented in CCI World News from now on. In the left column of the home page of it, this will be announced as the fifth blue underlined top-item called '5 items about emotions...' So the wording is immediately available if needed. And I celebrate the process that enhanced to gain more clarity about this!

niek (08-25-2008)

origin of the five items...

I wish to consider the question of the origin of the *five items worth remembering*, and how I came to them. The actual motive is, that about half a century ago emancipation of the individual flooded the western world. Since then there have been fifty years of profound changes in knowledge and insights. So it is clearly time to review, how far the visions and conceptions of those days are still relevant. Anyway, the question is still unanswered. So it is convenient to have an idea about how to live with that question on our way to the answer.

Around the fifties of last century a time period in which Authorities reign supreme comes to an end. Colonialism is almost finished. The demolition of the wall between East and West Germany, and the end of the Soviet Union signal the end of that era. In this period, starting around the British Victorian time, the world had to face horrible depths. Like the First and the Second World War and all wars after. These horrible experiences and the need to cope - and live - with them individually, have certainly contributed to the process of emancipation.

It also looks like as if these developments have enhanced the foundation of different kinds of self-help institutions. The American Harvey Jackins started, in 1952, a counselling agency that evolves in the seventies into Re-evaluation Counseling, the RC-communities. As boss of this RC organisation Jackins (1916-1999), pulls the strings firmly until his death. Those who do not agree with him simply have to leave, and many do so voluntarily. In the beginning of the seventies he appoints the British founder and director of the Human Research Project of the University of Surrey, John Heron as his European representative. This institute is the oldest centre for humanistic psychology and education in Europe. Later Heron became assistant director of the British Postgraduate Medical Federation.

principal disagreements

Heron disagrees in 1974 principally with the theoretical approaches of the authoritarian Jackins. In Jackins opinion, all emotional pain is caused by ignorance, natural disaster and social oppression (people hurting people) and can be overcome by rational approach. Heron underlines this ignorance, but distinguishes it in two kinds as he describes in his declaration about the Paradigm Shift (J. Heron the original theory of co-counselling and the paradigm shift (1995)). First the **external ignorance**: learning how to cope with the physical and social world, and second the **internal ignorance**: forgetting who I really am (a spiritual entity in a human body). Also politically there is a huge gap between Jackins - with his trade union background - and Heron.

Being a talented therapist and theorist Heron expects much from an opening up of the RC approach by trying out different aspects of other growth methods as well. Equality between worker (client) and co-worker (counsellor), each owning their self responsibility, and keeping strict confidentiality are hot items for him. He leaves RC in 1974.

Almost at the same time the RC members Tom and Dency Sargent (an RC-trainer) from Connecticut USA, were thrown out of RC together with a big part of their community.

Eventually Dency took up teaching and leading outside RC and this was the birth of CCI-USA. John Heron and Dency Sargent created the first CCI meeting in the USA in 1975, and also then set up the first CCI workshop in Europe, at Farnham, England in 1975. In a meeting of teachers at this Farnham workshop the first CCI guidelines were agreed. Present at this meeting were John Heron, Dency Sargent, Rose Evison, Richard Horobin, Dick Saxton and at least two others whose names need digging out from long ago archives. An important guideline about organisation was that each community decided on how their organisation embodied the peer principle. These guidelines are still followed by CCI USA community.

Heron, a talented co-counselling practitioner and theorist, connects CCI principally with the humanistic psychology (Maslow, Carl Rogers etc.). A range of his publications about CCI are revised in 1998, such as 'Catharsis in human development' (1977), his 'Co-Counselling Manual' (1974), 'Suggestions for Exercises' (1978), 'Co-Counselling Teachers' Manual' (1978). At the CCI international meeting in January 1997 in Auckland, New Zealand, Dency Sargent and he share their experiences of leaving RC with the participants of that meeting (J.Heron and D. Sargent Dialogue about CCI -1997-2000). In 1973 Rose Evison and Richard Horobin take their (RC) fundamentals training from John Heron and facilitate their first CCI fundamentals in 1975 before attending the first European CCI. And they are still facilitating! Together they write 'How to change yourself and your world' in 1983. And in 1994 they publish 'Co-Counselling as therapy - the second edition of a chapter in a book entitled 'Innovative therapies in Britain'. Now they call their approach 'cathartic co-counselling', to distinguish the processes from current varieties of co-counselling that have moved away from, or down-play, the use of discharge. Because there are in the meantime many co-counselling varieties in Britain and abroad. Cathartic co-counselling' is within CCI and is generally in harmony with 'a definition of CCI', writes CCI World News in July 2008. The four items worth remembering about emotions in your daily life, are derived from that. Richard Horobin is a biologist, in the Division of Neuroscience & Biomedical Systems, at the University of Glasgow, and Rose Evison is an organisational and counselling psychologist who has published scientific accounts of how their (co-counselling) theory and practice are applied in managing emotions at work and in learning situations. An essential part of their well-founded scientifically-based approach, that discharge is a process inbuilt by evolution that releases the pain that drives the patterns. However 'only basic painful emotions discharge, so these need to be re-experienced in a non-threatening present'.

niek, with thanks to Rose and Richard for their contributions (08-06-2008)

the five items....

The first of these five items are rooted in my own experience and you can check this out personally. The other four are derived - with thanks - from the scientifically-based views of the Scottish CCI trainers Rose Evison and Richard Horobin, as I understand them in their manual and in their writings over 30 years of practice. The aim of a CCI fundamentals training is: to work from strengths, and increase resilience to stress; increasing the ability to listen and communicate respect to others; increasing ability to detect distress-driven responses in self and others in everyday life, and to minimise the practical difficulties caused, by applying emotional first aid; increasing abilities to overcome getting stuck; and learning skills useful for people who are voluntary or professional helpers. The method applies to the whole person, and the techniques used are organised into strategies that assist learning. These strategies are underpinned by a theory of emotions, that relates to the whole person, and is backed by research in many fields, e.g. psychology, neuroscience, linguistics.

(08-06-2008)

five items worth remembering about emotions at home and at work

- 1 by managing your emotions well, you can build better relationships with your family, friends and colleagues;
- 2 emotions, pleasant and unpleasant, provide the motivation and resources to act in the world;
- 3 pay attention to your painful emotions and dysfunctional responses; by acting in an emotionally expressive way you can release yourself from their influence;
- 4 expressing unpleasant emotions in a safe place resets them to pleasant ones and releases creativity in your life;
- 5 the process of resetting painful emotions to pleasant ones, is inbuilt in humans by evolution.

practising CCI co-counselling is acting as your own therapist, is about exchanging attention, is joy, take it on board, be aware! try it out!

join CCI fundamentals!

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(08-06-2008)

an interesting approach to emotions, discharge and patterns

Rose Evison and Richard Horobin, two Scottish CCI co-counsellors who started teaching in 1975, have recently restated their account of the core concepts we use almost daily within CCI. I came across some of their ideas in the 2008 spring issue of the co-counselling newsletter in Scotland. Finding the ideas interesting, I invited the authors to send me more details so I could increase my understanding. They did. Richard is a biologist, in the Division of Neuroscience & Biomedical Systems, at the University of Glasgow, and Rose is an organisational and counselling psychologist who has published scientific accounts of how their (co-counselling) theory and practice are applied in managing emotions at work and in learning situations. In my opinion - and I am convinced by recent experiences that I am not alone in this - CCI World News is not a suitable platform to discuss the ins and outs of different co-counselling approaches. Such discussion is not my personal aim here. My aim is to publish Rose and Richard's scientifically-based account of what co-counselling is, and possibly why it works.

Richard and Rose continue to teach, and to use for themselves, the traditional co-counselling activities they learned from John Heron. They now call these activities 'cathartic co-counselling' to distinguish the processes from current varieties of co-counselling that have moved away from, or down-play, the use of discharge. My understanding - based on their manual *How To Change Yourself & Your World* (1985) and on their recent articles - is that cathartic co-counselling is within CCI, and in my view is in harmony with 'a definition of CCI'.

base of teaching

They base their co-counselling teaching on using 'discharge to change the rigid destructive responses of thoughts, feelings and actions, called patterns, into flexible constructive creative responses to people and problems. Since patterns are kinds of conditioned responses, learned under emotional pain, changing them means releasing emotional pain, moving mind and body into positive emotions which go with flexible, co-operative, creativity.'

In the account below I aim to present core parts of their theory of emotions and link it to co-counselling core concepts and practice. The connection with other scientists is that 'while not all emotion researchers and theorists agree with each other, a consensus is emerging congruent with cathartic co-counselling theory. There is also explicit evidence for cathartic reset processes in-built by evolution, i.e. Discharge'.

human beings and emotions

Rose and Richard describe human beings as 'the most intelligent creatures we've met in this universe and the most emotional. These two aspects of being human go together, so we are intelligent because we have emotions, not in spite of them'.

They state 'Emotions provide the motivation and resources for us to act in the world, enabling us to survive, adapt, and develop as individuals and as groups.' 'Basic emotions, from which we develop our wide emotional repertoire through learning, are an evolutionary heritage'. 'Emotions are functional ...positive and negative emotions have different functions'.

'Pleasurable emotions provide optimum conditions for goal-directed learning interactions with our physical and social environment. They motivate us through pleasure to master problems, nurture our children, and solve difficulties in living together.' An example is love which motivates relating positively to others.

'Painful emotions provide optimum conditions for rapidly reacting to physical & social threats to our well-being. Automatic processes compulsorily focus our attention on threatening stimuli; provide rapid activation of bodily resources; and impel us to act, because not acting is very painful.' Examples are: anger which motivates overcoming obstacles; and shame which motivates us to repair damaged relationships, etc.

How do patterns arise? The theory says that learning under painful emotions — when discharging the pain has been interfered with — produces the dysfunctional emotional responses that co-counselling calls patterns in which our feeling, acting, thinking and physiology are rigidly linked. Discharge is a process inbuilt by evolution that releases the pain that drives the patterns. However 'only basic painful emotions discharge, so these need to be re-experienced in a non-threatening present [safety]. Painful emotions plus safety means a balance of attention, which produces discharge.' And discharge 'resets' us to pleasurable feelings and breaks patterns.

They emphasise the value of the contradiction technique to obtain discharge in co-counselling. Within the process of contradicting patterns they distinguish a) the setting up of a distress-free counselling environment, b) the contradicting of control patterns that act to prevent discharge and c) using contradictions to obtain discharge with strong and chronic patterns.

The quotations used in this editorial contribution were, before publishing, checked by both authors. And in my opinion they have made a marvellous contribution to a wider understanding of emotional processes and how they support co-counselling activities.

niek (07-20-2008)

a Dutch supplement on 'dealing with emotions'

Autumn 2001, a little booklet (64 pages A5 size) about 'dealing with emotions' is issued in Dutch, describing the CCI co-counselling approach (ISBN 90-72370-05-8). Summer 2007 a supplement on that publication follows, describing recent views since 2000.

This supplement restates that the basic assumptions within CCI have not changed; the wording may. The existence of 40.000 languages in our world proves the human need to share their happy and unhappy experiences.

This need connects seamless with the range of needs mentioned in the earlier CCI approach: to love and to be loved, to understand and to be understood and to be self directing, while also being part of a bigger whole.

the silent witnesses

The supplement states, among other items, how close sharing, healing and discharge of emotions are connected with each other. And how searching for expressing our feelings is an ongoing process and exercise in trying to get what we need. For these expressions language is a sophisticated carrier. Though not perfect. Even talking the same language, words does only reflect within us, whatever we have experienced ourselves in our past. Communicating is, if not all, to an high extend - a matter of mirroring what we observe with our own experiences.

This is within us and within others, a highly personal and reflexive and continuous process based on what we observe in every way. And still that is all our own interpretation and does not mean that we do understand each other. Besides, not knowing in what direction this personal process continues, especially within others, roots the need to honour and respect absolute confidentiality of the content of the work we witnessed. We certainly need to keep that in mind too in practising empathy.

The supplement describes also the importance of discharge and its healing process. Realising that reliving the past makes us the more aware, that the past is not any more the present of to day. It is like awakening of the reality of the here and now on different levels: **internal** and **external**.

Internal with the existential question who we are, where we come from and what we are doing here. Discharge on this personal level can take us to the brink of spiritual awakening and is in fact a transformation of the personal being, states John Heron. He is, without any doubt or hierarchy, the theorist 'par excellence' of CCI, without harming at all any other CCI theorist or those who practice this approach. Like the here expressed views.

On the **external** level he distinguishes a **physical** and a **social** section. Physical like nature disasters, illnesses or accidents etc. though they may also be affected by human interventions. Like the exhaust gases of cars (CO₂). And our contribution in heating up our earth. On the social external level it is 'people hurting people', and doing so aware or unaware. This also is the field where the first experiences and encounters with CCI co-counselling expresses itself. Essential in this CCI approach is the awakening in a transformational way by discharge. The distinguishing of different levels in this process, into internal (spiritual) and external (physical and social) departments is not new. It is a clarifying framework and has to be seen like that.

awakening

This process of awakening deserves to be escorted by special care. Like first and for all: giving caring, aware and loving free attention. And simultaneously accepting by the partner, who is doing all the work, really to admit this free attention, as far as it is perceptible. This special care escorted also the equal time each is working; to honour and maintain confidentiality in every way, and in general, according to the peer CCI culture and its techniques: the worker is in charge!

This implies also the earlier mentioned awareness that your story is in every way only your own story. Whatever I understand, that always is my reflection of my own experiences in my past on your just spoken words. In my personal experiences this means why hugging is for me an healing sharing, without words. And that hopefully is healing for both of us. These pre-conditions, to honour and to realise in respect to the other ones, are essential for the process of awakening itself.

in history...

Already in history many scientists, especially philosophers and theologians, have been searching for answers about who we really are as human beings, where our roots are, and how to understand this all within the phenomena of our life. The conceptions of many of their views conflicted many times severely with their religious authorities.

Talking about people hurting people... . To a certain extent, also Galileo Galilee (1564 - 1642) and Charles Darwin (1809 - 1882) experienced this, as Pierre Teilhard de Chardin (1881 - 1955) did and Sir Julian Huxley (1887 - 1975), who stated that 'evolutionary the human being became aware of being.'

paradigm shift

In some way, they are the forerunner of professor Thomas Kuhn (1922-1996). In 1962 this philosopher and professor of the Berkley University (USA) writes 'the structure of scientific revolution'. In this book he describes how the general framework suddenly permanently can be transformed. This transformation is comparable with the personal transmutation after discharge and reaching awareness of awakening and new insights.

It is the French Roman Catholic theologian, scientist, philosopher and palaeontologist Pierre Teilhard de Chardin who is quoted by Google as the original creator of the thesis that a human being is 'a spiritual entity with some human experiences'. While the existing theory at that time orders, that human beings are material entities with (some) spiritual experiences.

Kuhn's 1962 vision on 'the structure of scientific revolutions' is also known as 'the 'paradigm shift'. At a CCI teachers meeting on the CCI Europe gathering in 1995, John Heron is invited to talk about 'the original theory of co-counselling & the paradigm shift'.

The text of his views is published and available on internet and is basic for this supplement. The admission that suddenly basic insights or theories may change and turn out into new views, changing our world, also in the scientific sense, have a tremendous influence. Also related to the insight of the process of 'awakening' from frozen emotions, because there was at that special moment of experiencing no possibility to handle them in another or a proper way.

It even admits to realize that we own more communication skills than hearing, smelling, seeing and feeling alone, in which range language plays such a dominating role. Interesting in this respect is the introduction - and experiences - with a CCI sign language this spring and summer at the CCI USA and the CCI Europe 2007 gathering. It seems that just a sign has another impact than proposals, interventions or suggestions by words. Nevertheless it doesn't look like that these new insights affect our view on the process of awakening itself and the diagram of this, based on different publications. Like those of Joseph leDoux (1996), Daniel Goleman (1995/2002), Candace B. Pert (1997), John Heron (1998) and Elisabeth Kübler Ross (1996)

The acknowledgement of the disturbance of a certain balance on different levels or 'sections' - with mutual affects - enriches also the horizon of how it works. In case of 'not knowing anymore' because of blocking emotional experiences in the section 'people hurting people', discharge offers liberation of the blockade and restoration (awaking) of the balance. In that way, in the external field (social and physical), our rational thinking is more actual than in the internal, spiritual, field. In that field there is all room for intuition, creativity in drawing, music, singing, postures, dancing, silent and or active meditation etc. It is infinitive, it is open for new experiences, it is an unlimited discovery adventure and, above all, it is an open link to 'not knowing anymore' par excellence. To experience that is entirely up to you!
Donkerbroek, summer 2007, reversed spring 2008 in English (04-15-2008)

history

a letter from Belgium

'Here are a few thoughts from the CoCo Group of Brussels', writes Marie McNichols to us. 'The group started in Brussels in 1983. Originally there were two groups of 12 people who had completed their Fundamentals and the Group then was about 20-strong. Over the years we have held five or six Fundamentals, organised several residential weekends in Belgium and France, sometimes with other groups, facilitated by leaders from London and other UK groups. However, given the mobility of Brussels, people have moved elsewhere and spread their skills to others. Now in 2008 we are six (all women and all retired).

We meet once a month at 11 am (this is not necessarily definitive) at each other's homes and those who wish stay for lunch. Some of us like this social part, others are more reticent preferring to stay within the CoCo format in order to feel the full force of the session. At our last meeting we each contributed our thoughts on why we wish to continue with CoCo and why we feel it is so worthwhile:

- When together in the group we enjoy some of the more dynamic group exercises we learnt from various co-co-teachers over the years;
 - CoCo is a precious tool to help us confront a difficult situation using the CoCo contract (free attention, normal or intensive interventions, confidentiality);
 - The one-to-one method is a brilliant form of self-help (many thanks to John Heron); a moment to look inwards, to meditate. In a one-to-one I am responsible for myself i.e. I self-direct the session;
 - A CoCo session is an appointment with oneself, an empowering, enriching and learning experience; also a means for deeper contact with others. *Thanks Marie for sharing these views!*
- niek (12-17-2008)

Sheila and Marie

Many years Sheila Hills has been the Brussels CCI community representative of CCI World News Service and we want to thank her for her intentional support and commitment in all those years. Now she is 'retired' and has hand over 'the job' to Marie Mc Nicholas and we welcome her warmly. She writes: 'As you know we are a small group, even tiny, here in Brussels. However I think we will continue' and we wish them all the best!
niek (09-24-2008)

the history of CCI....

About a year ago CCI World News started a range of articles as a pre-publication of a part of a book about CCI co-counselling experiences in the last more than 30 years, edited by Siglind Willms and Johannes Risse. The book will be issued in German and the historical overview about the history of CCI has been translated for CCI World News into English. The last article in this range was published in January of this year about the history in Germany. We

continue this range now with the history in Hungary, followed by Canada and beyond. Siglind still invites readers to react directly to her with comments on the given text. niek (07-12-2008)

the history of CCI (10) in Hungary

In 1985, on a Carl Rogers-Conference, the psychologist Sandor Klein met the American Jack O'rlay, who told the Hungarian of co-counselling. Thereupon, Sandor Klein asked the American to hold a basic course in co-counselling in Hungary, which he did in the very same year ('85) together with Mary Corr. Ágota Ruzsa also heard of it and was thereupon invited, while she was 'director of studies' at the 'International House of languages school'. Mary Corr and John Heron, to hold a workshop together in Hungary. At this occasion Ágota made her fundamentals. It was the weekend of the first of May 1986, when the disaster in Tschernobyl happened.

After the course John and Mary lived in Ágota's summer cottage and Ágota can tell many amusing stories of their meeting. Afterwards Mary Corr came to Hungary regularly. She facilitated many fundamentals and the number of CCI co-counsellors in Hungary increased constantly. In 1987 Ágota visited the European CCI meeting in Birmingham, where she met for example Jan-Pieter Hoogma from the Netherlands. He tried together with her to establish an organized structure for CCI co-counselling in Hungary which actually failed. In that time it was amazing, that such process like the Carl Rogers-conference or the introduction of co-counselling were possible, as Hungary was at that time still governed by the communist party. But it also shows, that Hungary always had a special position in the Eastern Bloc, concerning flexibility and openness of thinking towards alternatives to dictatorial regimes.

After all, in the 80's, the government supported the development and the consultation of families, pupils and students. Because of that it was possible to young people to travel into western countries and get visits from there. The numerous co-counsellors in the middle of the 80's formed groups, that met regularly. Many of them agreed on having sessions quite often. Here it is remarkable how Re-Evaluation Counselling and Co-Counselling International existed each beside the other.

In 1981 and 1987 Harvey Jackins came to Hungary and ran courses himself. In 1987 Ágota did the translation for him. He wondered, why she had such good knowledge of co-counselling and when he heard, that she had learned it from John Heron, he offered her to become a RC teacher on the condition that she leaves the CCI. But she didn't do so. In 1989, when there was the first international European meeting of CCI in Hungary, Jackins ran a course at the same time in Budapest. When Ágota and Mary Corr tried to meet him he ordered someone to tell them that he was not there.

The first international European meeting in Hungary encouraged the development of CCI co-counselling in Hungary a lot. Before it took place, there was a charitable association founded to have a legal institution to greet 100 foreigners. Furthermore, in January 1989 Ágota, Mary Corr and Jan-Pieter ran a mini-CCI where they prepared the big meeting in summer. At that time there met 150 participants from nine nations.

Ágota was in 1988 at the University of Surrey from January till September for overseas-studies. Part of her program was the training to become a teacher, that John Heron had founded there. Afterwards she could be active as a teacher in Hungary and ran many courses together with Mary Corr. After the successful CCI meeting in 1989, it was held regularly in Hungary every four years. Ágota then started to withdraw slowly from the active building-up work and after her Czaba says, there hasn't been any really charismatic leading person any more.

At the beginning of the 90's there were about 200 CCI co-counsellors that met in centres, there was a list of all co-counsellors and there were some that engaged a lot, organized many things, organized rooms or offered them. The CCI European meeting in 1993 was insofar unfortunate as there was a nice meeting place chosen, but the Hungarians could not pay the bill for it. So it was necessary to collect again some money from the participants. Some co-counsellors tried to establish a newsletter, but there were so many worries about the costs so that initiative failed.

Between 1997 and 2001 the Hungarian CCI co-counselling community was still active and alive, but missed to build up reliable structures of organization and to educate a staff of teachers or to do anything for the acceptance of teachers. Experienced CCI co-counsellors, who had participated in fundamentals repeatedly and had assisted in the facilitating them, and who had also participated in international meetings, took over offering fundamentals without any formal approval, but they always did it with two persons. As caused by the retreat of many actives, there were no fixed places anymore where one could meet, the CCI co-counselling-movement in Hungary broke down. In these days there were 6- 10 people in Budapest, who co-counsel and stay in contact. They were the basic group that organized the European CCI meeting 2006, that was visited by 60 participants from 10 nations. In May 2007 Ágota Ruzsa, Ilona Varga and Ildiko Kaminszki facilitated together a CCI fundamentals course. So now there are 12 new CCI co-counsellors in Hungary. Reactions please directly to Siglind niek (07-12-2008)

the history of CCI (11) in Canada and beyond

Wafik, an in Canada living CCI co-counsellor, who since many years visits international CCI meetings, had his fundamentals by Earl Miller in Toronto in 1978 in the way of Re-Evaluation Counselling (RC). In 1980/ 1981 he left the RC after he had visited the CCI European meeting in Ireland and joined CCI. As far as he knows there are only RC communities in Canada, but there are a few of them. He himself started fundamentals with 19 persons in 2003.

One stayed after the workshop and does regular sessions with Wafik. He intends to do another fundamentals course as soon as he found a group of people who are ready to do that.

In the range of interviews Siglind spoke also with Avi Butavia from Israel. In 1978 Avi was introduced to RC co-counselling and he became a RC teacher three years later. He ran workshops all over the world as a RC teacher. He also ran workshops with Germans and Jews and tried to help to reconcile the two nations. One of his main directions for the Germans was: 'I am proud to be German'. He has a good loving connection to a lot of German people. In Israel there co-counselling communities scattered all over the country. Altogether there are about 200 co-counsellors; 25 years ago Avi founded a support group for Israelis and Palestinians.

Seven years ago (so about 1999) Harvey Jackins excluded Avi from RC co-counselling. He argued that Avi was not loyal to the RC leaders, and only wanted to organize co-counselling his own way. Many of the Israeli co-counsellors were upset about this and decided to start their own community. Above all they changed the guidelines to get a democratically, horizontally structured community. They choose 5 leaders every year who take care of financial and legal issues and the solving problems. A short time ago they finished their new guidelines and the community accredited them/ They choose the name Dror-community. Three years ago Janice Wasser discovered the CCI in the internet. The community decided to get into contact with it. Some people visited Mc CoCo in Scotland and after that the CCI Europe in Hungary.

And since 2006 there are over 100 people in Sri Lanka who came by 'long distance learning of CCI-co-counselling by internet', to know how to use this way of handling their emotions. Initiator of this way of teaching is the CCI UK teacher John Talbut. Reactions please directly to Siglind
niek (07-12-2008)

the history of CCI (9) in Germany (3)

The specialities of Münster's co-counsel culture were resumed in the following way for the CCI Europe 2004 meeting in Germany.

1. Here, the one who is working on himself is called counsellor and the one who is paying attention is called co-counsellor. In this way the thought of equality is being expressed. That was here like that from the very beginning on. Only through the contract with other communities we learnt, that they have other terms. We got approvals for our terms even from the international side. It just is not about the common form of advisor and advice. Our co-counsel work is in a close connection to the therapeutic process. Co-counselling, or we say 'counselling' for us is in many cases an independent support of the changing process caused by a psychotherapy and /or the replacement of it. It is help to self-help.

2. Another formative speciality is that our meetings have taken place in Haus Kloppenburg, a centre for psychological and social work, for 30 years now. This aerial constancy gives us a special familiarity and feeling of belonging together. That also means, that we always find good room conditions. We work on mattresses a lot and have sticks at hand to discharge even strong accumulations of feeling adequately.

3. Here, is not an alarm-clock, which means an instrument, that ends the session, but the sensitive word of the co-counsellor.

4. We mainly work in groups of three. That has many advantages. Of course you can also work with just one other person, depending on your needs.

5. At the end of a session the counsellor can ask for the associations of the co-counsellors, if he wants to. In this way, everyone can learn, how many associations there are and the counsel time becomes a common time, even though everyone still carries his known responsibility. It is the mutual concern in undersigned attention that we want to care for and learn.

6. A special stress is put on the striving for change, which builds the root of every psychotherapeutic process. Change also needs the other person as conventional partner. I become myself through the other one, namely in the meeting, the communication, the conversation. We have learnt, to discharge is very important. But to discharge alone is not enough.

7. For us, co-counselling is often connected to spiritual questions and the search for our belief of god. Johannes Risse imagines god as the centre of free attention.

8. Important to us, beyond the *Catharsis*, is the access and the positive attitude to aggressive energy, for which an own concept has been developed in connection to the counselling.

Reactions please directly to Siglind

niek (01-29-2008)

the history of CCI in Germany (8)

Münster (2) Two fundamentals for five days, each with approximately 30 participants and two courses for advanced per year became the standard program for Siglind Willms and Johannes Risse, for 25 years. In the 80's they were joined by co-counsellors who came from RC co-counselling, as the big RC-co-counselling community, that had existed in Münster had gone down. They noticed that, but it didn't touch them any further, because by that time, their own loose co-counselling community around Haus Kloppenburg had developed. They didn't care about the structure for this community, as they offered the possibility in the house to co-counsel in small groups and to

participate in different continuative offers for groups or to participate in regular courses. In this way, every interested person had the possibility, to ameliorate their skills in co-counselling.

Johannes and Siglind added elements to the forms of co-counselling they had learnt from John Heron. On the one hand, they participated in bioenergetic trainings and in this way deepened the part of bodywork in co-counselling. Exercises from the bioenergetics allowed the participants an intensive access to their feelings. The ability to learn to discharge deeply and intensively became some kind of trademark for their work in Münster.

Further they worked intensively on coping with erotic and sexual stimulation, which are both activated by intensive work on feelings. For a good handling of wishes and needs in this domain, they sorted out some exercises of the co-counselling program, in which the participants had intensive body contact and introduced work in a group of three people, because in groups of two, as they had learnt it, the participants tended to use the situation for sexual acting out and chatting.

The constellation of three people in a group has still some more advantages:

1. it is very convenient for different role plays;
2. the one, who has just worked, must not give immediately after having finished free attention to the other one and;
3. it gives the possibility to co-counsel for two of the three people, even when the third one suddenly has to cancel the session.

In this way the group of three people became a fixed element of co-counselling in Münster. From the bioenergetics they also took over mattresses to get a better access to feelings while lying and sticks to discharge anger, hate, fury and rage by hitting the foam rubber mattresses as they had learnt it in courses of Jan Velzeboer. a Dutch bioenergetic therapist.

after 25 years

In 1994, after 25 years of self-directed and independent continuative development of co-counselling work, Siglind and Johannes contacted John Heron. In two meetings with him, 1995 and 1997, in Podero Gello, close to Volterra, Tuscany, Italy, they discovered many similarities. New and surprising to them was the development and the complexity of the international movement, which they got to know meeting the international contact persons of the CCI community in the Netherlands (CCN), Joke Stassen and Niek Sickenga. These meetings were the beginning of an often difficult, but in the end fertile exchange process in which many things changed for the Münster - co - counsellors, but in which they also could pass on many things they had developed themselves. So, many things were completely surprising and:

New for the Dutch.

- the work with stick and mattress
- the free movement in the room of the one who is co-counselling
- the co-counsel group with three persons
- the independence of the co-counselling person, to whom should be given as little help as possible, so that he or she can use the principles of the work most independently
- the importance of deep discharge
- a more flexible handling of time
- co-counselling in connection to psychotherapy
- the understanding and the meaning of aggressive energy for co-counselling

New to the German co-counsellors was:

- the existence of strict rules worldwide, so that, in international meetings, completely different people can co-counsel together
- the strict regulation of time by an alarm-clock
- the organisation of a community, that is independent from 'leading persons'
- co-counselling without the connection to psychotherapy
- a number of exercises that people exchange, when they meet at great events like international meetings
- the radical requirement of democratic structures and avoiding of authoritarian leadership and decision processes
- the consensus-mode for decision processes.

a long way

A long way for further development began. So Johannes and Siglind started with the development of a systematic teachers` training, which they finished until now with round about 60 participants. Eight of them are organizing regularly fundamentals. A network Netherlands-Germany developed, which meets regularly once a year since 1997. And in 1998 they began to visit the international meetings with regularity. By the work of the young co - counselling - teachers co-counselling was partly detached from therapy work. The CIM-community, the 'Counselinitiative Münsterland' was founded.

In 1998 they started to contact the co-counselling community in Hamburg, which existed at that time. It had been started and was supported for years by Dutch CCI co-counselling teachers like Roelof Roggema and later, Willem Roest, Ria Bovenkerk, Joke Stassen and Niek Sickenga, both assistant CCN trainers at that time. Leading persons were Carola Berger, who even wrote a booklet about co-counselling and Rudolf Giesselmann who published also recently quite a lot of papers on internet and an internet version of a CCI co-counselling fundamentals course. In 2004 the CIM-community was ready to organise the yearly international European CCI meeting in Germany. That took place in Freckenhorst near Münster, in the 'Landvolkshochschule' with 135 participants from 9 nations. It was a great event which brought a lot of fun, a lot of conflicts and many new inspirations. Today it is basically the process of detaching co-counselling from the two leading persons Siglind Willms and Johannes Risse which is in the centre of the efforts. It would be nice and desirable, that co-counselling would continue, even after the retirement of the two, who developed it so uniquely in this region and in Germany.

Reactions please directly to Siglind

will be continued

niek (01-13-2008)

the best of 2007.....

The last three weeks of this year, being busy for CCI World News, I have also been focussed on the third edition of 'the best' (articles) of this soon ending year 2007. This as an activity, invited by readers in 2006, who asked me to preserve the contributions that had been published in the past years for at least 4 weeks each. So I started the exercise in 2006 for the editions of the years 2000 till 2006, and the year 2006.

I hadn't been busy with that creation since last year and disliked the amount of energy it consumes. So I waited... Now, while the job has almost been done, I see that it only took some three days of hard work. And 'the job' is not that enormous as I thought. So the origin of this impression of resistance must be another one.

Possibly my resistance in doing it directly after every new update, is not that much the job itself. Far more it is the energy it needs, to select the items in a section-box that justifies their content. I don't like to be classified myself in 'a box', and so I don't like to do that either to any other person or object. I like to find out what the core business is, for me and at this very moment, and use that as a label for the time being. It is a way of categorising depending on 'where I am today'. And to tomorrow I may choose it in another way... In my view this way of 'working' is completely in line with the CCI approach and the way of practising that. So I do want to continue this way of working and I accept that this is my very personal choice of this moment.

the results of 2007

And so I learned from the recent work on 'the best of CCIWNS in 2007', not to use strictly the items from last years, but to focus on what is the core business, why this item has been published, and in which box-item I want to select it now. That is a kind of breaking threw in an unaware practise of categorising. And free associating this observation with my CCI practise, reminds me of how we mostly approach a pattern! And that is by contradicting it. So that really shows how daily practical and ordinary the CCI approach is in itself!

Comparing the content of the different 3 issues (2000-2006; 2006 and 2007) it is interesting to note that the number of categories per issue slightly differ from 22, in issue 2000-2006, till 18 in 2007. And that the number of articles in the different categories change per issue and that some issues disappear and /or are replaced by other ones. As, for instance, the word notion is replaced by the word category (issue 2007). And also the number of published items per year change. Over the years it may be interesting to review if there is any structural change in the kind of categories of these articles. Is there any progress? And if so, in what direction?

changes in issues 2000-2008 CCI World News

issues	2000-2006	2006	2007
number of categories	22	20	18
number of articles	73	57	67
removed categories		consensus, diagrams, language, observations, process, spirituality, stress,	brains, drawings, heart, mechanism, notion, statements,
added categories		heart, meetings, practise, trainers/trainings, wider world, workshops,	category, sign language, spirituality, thoughts.

It is far too early to base yet any conclusion in that field. It just is interesting to observe changes. To find more answers in this field, it is interesting to note that the item history in 2007 got 7 articles of each about 500 to 800 words. Siglind started with interviewing people from different countries about their CCI history for a book about hers and Johannes Risse's experience with CCI in their psychotherapy practices. The historical part of this book under construction – in German – was translated into English inviting readers to react directly to Siglind.

Important is - I think - their conclusion: 'that the self-help work supported the therapy intensively'. And that 'often co-counselling was also good after finishing the therapy to continue the change actively'. Interesting too is, that in the category 'spirituality' in the issues 2000-2006 were published 3 articles, in issue 2006 none and in issue 2007

seven articles are categorised. And even this is no motive to think that CCI is progressing in whatever way. It very well may be just part of the interests of the co-ordinator of CCI World News himself.

Click here for the best of CCI World News 2007! And best wishes for an happy 2008!

niek (01-02-2008)

introduction

welcome!

Welcome to this website! Visiting in the 1990ies the base of John Heron at Podero Gello in San Cipriano, Tuscany, Italy we were welcomed by a text that resonated strongly within me. Since 1998, when we started to live in Fryslân, the Netherlands, this text welcomes those who enter as family, friends, for a workshop etc. our living room for these occasions. And I want to share that with all readers of CCI World News. Click here

niek (07-20-2008)

invocation for a selfgenerating culture

welcome invisible friends and living people
unbound by rigid rules and concepts
open to adventure and inquiry
we invite your cooperation in realizing and expanding
our fundamental parity

As persons in a regenerating galaxy we project
Creative forces into our world to enrich it.
Work with us, loving our planet.

As the powers of nature are aroused
By the presence of the sun,
So our capacities as persons delight
In the free attention of the universe.
Work with us, loving our planet.

As part of the spontaneous dance of being
We move on solid ground
Evolving a choreography for a new way of life.
Work with us, loving our planet.

welcome invisible friends and living people
unbound by rigid rules and concepts
open to adventure and inquiry
we invite your cooperation in realizing and elaborating
a self-generating culture,

text by Larry Butler and John Heron, London 1980

Podero Gello, San Cipriano, Tuscany, Italy copied by Niek Sickenga October 16 1996

an UK internet CCI newsletter: Here and Now

Last May the first edition of a very interesting UK CCI internet newsletter 'Here and Now' was issued. The editor Kate Mackechnie (mackechnie01@hotmail.com) invites readers to feel free to forward it to other CCI co-counsellors. She hopes that 'Here and Now' will be full of articles, creative writing, artwork, photos, announcements and advertisements for CCI events. The copyright of items belongs to the authors and if appropriate they will be consulted before it will be announced in CCI World News. About herself she writes I am a woman of Scottish heritage who was born and raised in England. I have been a CCI co-counsellor for 12 years, before that I was an RC co-counsellor for several years.

I was first told about co-counselling when I was about 18 years old, and soon after that I did my first fundamentals. I have always felt that co-counselling has helped me, and I like the equal status of counsellor and client. My interest in editing is born out of a passion for art, photography, design and creative writing, together with a wish to publicise CCI events. Bravo! Be very welcome!

niek (07-20-2008)

Dutch national CCI community meeting

Last weekend, December 12th- 14th, the Dutch CCI community met at Utrecht and commemorated the death of Lydia Liefinck. The CCI workshop was attended by 24 participants, inspiring and welcomed new approaches. The national autumn CCI meeting 2008 in the Netherlands by their CCN community, started Friday evening December 12th in the centre of the country. Location: an old (1851) fortress, part of the original water defence line of Holland, where 24 participants met. The first evening we commemorated Lydia. The next day started with a 'back to basics' (Marlies) and 'create your future' (Niek), 'mindfulness' (Mira) in the afternoon and a story telling in the evening. And next day: 'where originates the courage to do what we 'need' to do' (Maarten) and 'emotions' by Marjan. The last afternoon Corrie facilitated 'honesty' and Niek a sharing about the 'extending of the theory and practice of (CCI) co-counselling' as recently proposed by John Heron.

This was the first time, in the Dutch CCI organization, that we (5 persons) talked about 'a definition of CCI'. In general we concluded, that we practice already in our work the incorporation of the CCI format also in a kind of spiritual context. We noted that Joke, Lydia and Niek facilitated in 2000 a national CCN weekend about 'the CCI format and spirituality'. In our recent talk we shared views about the CCI 'safety rules' in the process and read (2 times!) the last paragraph of John Heron's statement (1995) about 'the original theory of co-counselling & the paradigm shift'.

In this paragraph is stated: 'It is entirely a matter of personal integrity, of what you and I as teachers feel we need to do to be true to our selves, to our deep beliefs and experiences. In CCI we need not simply to have a tolerance of both humanist and posthumanist versions of co-counselling theory and practice. We need to have a loving celebration of our differences in this area. And here I really do mean 'we need' in the general sense of 'we'. Teachers can only teach what in all conscience they can teach, and this is a matter for positive affirmation and delight. Let CCI be a place where differences of conscience are fully respected and honoured'.

Participants (and others) were (and are) invited to send their remarks directly to John Heron. niek (12-17-2008)

a great invitation to CCI- USA 2009 35th anniversary-gathering

The two members of the Program Committee of the 35th anniversary-gathering of CC-USA 2009 have send out a invitation letter which is published here by their outspoken consent. That letter says: 'Dear Ones, We invite you to our CCI-USA 2009 – 35th anniversary-gathering. Our communities have been deeply enriched – individually and collectively – by the cross fertilization that happens at our international workshops, and we look forward to continuing that tradition.

This April, CCI-USA (at a fabulous venue at lake George in the Adirondack State park) focused on the theme of Authenticity. Taking our insights home, we began to ask ourselves 'How do we authentically engage with our communities, our families, and our work?' This led us to next year's theme: Engagement. It seems like the right next step in an ongoing inquiry about how we show up – first to ourselves and then the world.

CCI events provide space in which we stand outside our everyday life and culture, engaging our whole being in deep healing, on a culture of safety and acceptance. Together we create a place where we can be all that we want to be. Then, what's next? What happens when we get home? How do we manifest our magnificence? Obviously, engagement in these questions calls for internal and external movement.

While travel is relatively easy these days (if not to be taken lightly in terms of what we consume), in some ways we have become more insular. Let us engage together in being and staying connected – with authenticity, with each other, and with the world. We deeply appreciate the joys and the challenges available through co-counselling and the relatedness we generate at our gatherings. We look forward to deepening our work together and hope to see you at CCI-USA '09'.

They signed their invitation with: ' Warmly yours, Gavan Riley and Cathy Sargent, Program Co-Chairs' (12-03-2008)

invitation to join CCI Europe 2009 in Germany!

Siglind Willms, one of the organisers of the CCI Europe 2009 meeting, writes to CCI World News Service: 'Dear co-counsellors of CCI!

The German organizers' team for the CCI 2009 invites you heartily to visit the workshop in Freckenhorst near Münster. We want to inform you, that going back to a former custom, we 'll have daily one big circle for the whole group in the morning. We are going to work out a schedule, that will be efficient and concentrated, so that this circle will have an adequate duration.

Besides this, we also want to let you know, that we invited members of the Dror community from Israel, to take part in this CCI meeting and continue their process of learning with each other, exchanging ideas and developing the co-counselling method in a good way. Some of us experienced all these things already with members of the Dror community three times and we are looking forward continuing it.

We also want you to know, that there will be no alcohol and no nudity in the workshop. If you have more questions about the workshop, please let us know. We are looking forward meeting many co-counsellors and having a good time together.'

Thanks Siglind for this clear statement. So possible participants do know what the conditions are for coming to the CCI Europe meeting 2009 in Germany. niek (11-14-2008)

meet the Aotearoa's / New Zealand's co-counselling community

The last spring issue of CCI New Zealand's Newsletter (September 2008) shows an expanding fern with the text: 'the fern lives, and living, unfurls new life, creates new potential... Continues life's growth and seasons'. 'The Opening Circle' as the newsletter is named, contains different articles about the coming CCI international meeting next January 12th-18th at Tauhara, North Island. The chosen theme for this CCI meeting is: **regeneration**. They remember that the early bird (discount) registration finish at the end of September. Registration can be done by internet as well. (**click here**). They inform too that there are several CCI co-counsellors coming from Europe and the USA.

It announces as well an 'opportunity to explore John Heron's co-creating model'. John mentions that 'Fred Wallace has written to me on behalf of himself and five other co-counsellors from the USA and Europe who will be attending CCI here in January, and asked me to do a workshop close to CCI on my current thinking about co-counselling'. John announces that he will run a two day non-residential event 20-21 January 2009, 10 am to 5 PM on 'Extending the theory and practice of co-counselling'. To book a place, please send him an email with your phone number to: jnheron@xtra.co.nz.

'CCI is a co-created event, so we each have the chance to create a workshop, or to suggest a topic we've always wanted to explore. Workshops in the wind include a short refresher on the first or second day, an NVC (non violent communication) workshop, another on the evolution of co-co, spirit song...- and over to all of us'. This makes clear that there is room for a big variety and it is true that they write:

'Kiwi CCI's have a reputation of being great CCI's'.

In their flyer, on their website as an pdf file, they 'welcome both co-counsellors, and members of the international community to this time of co-creation, of rich sharing, of recharge and deep connection. The gathering is open to people who have completed a 40 hour basic training course in CCI Co-Counselling'. niek (09-24-2008)

CCI-USA 35th annual international workshop 2009

Bob Sawyer reports by email that the flyer of the 35th international CCI-USA workshop and registration form is available at their community website <http://cci-usa.org>. And that says, that you are invited to attend if you have done basic co-counselling training. 'We come together to share our knowledge, skills and experience and to celebrate our differences in an atmosphere of warm safety, joyful growth, and interest and caring'. The workshop starts April 21st until 26th 2009 at the Incarnation Conference Centre at Ivoryton, Connecticut USA. They have a website as well: <http://www.incarnationcenter.org/>.

Dates to remember are: early birds registration ends February 2nd 2009; Space is limited so you are invited to registrar soon on the first-come, first-serve base. niek (01-24-2008)

McCoCO Scotland meeting 2009 (re-edited)

JanPieter Hoogma reports: 'The Co-Counsellors in the Scottish network are delighted to offer McCoCo 2009, a CCI-Scotland workshop. 'We are offering this exciting, international, challenging, supportive, fun space from Thursday evening 1 May to Monday 5 May. This will be the eleventh! McCoCo residential workshop' they write in their

And special to those who are new to co-counselling: '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'.

The workshop is a residential at Wiston Lodge, some 25 miles from Edinburgh and they write that 'the only requirements for having sessions is for those who didn't practise CCI for a long time: * to be able to give your free, aware caring attention to your client; * to refuse to enter into a session contract or to give a suggestion if you don't want to; * to keep confidentiality. If you are able to do this, you will very quickly remember again what you have learnt earlier in co-counselling, especially when you experience the support, freedom and encouragement that McCoCo has on offer' they write.

This workshop is announced as a CCI Scotland workshop with an early bird discount unto April 1 2009 (click [here](#)). So normally only those have access to this workshop after they have done their CCI co-counselling fundamentals.

niek (09-16/22-2008)

CCI Europe 2008 in Scotland

Kate MacKechnie reports: The European CCI 2008 took place from Saturday 26th July to 2nd August in Musselburgh, Scotland. We were (at least by country of residence), 14 Scottish, 5 Irish, 31 English, 15 Netherlanders, 10 German, 2 American and 7 Israeli co-counsellors. This was the first time in the U.K that we welcomed our fellow co-counsellors (plus beautiful baby) from Israel.

The main challenges for this week were presented by the venue; an old-fashioned boarding school, (very re-stimulating of bad memories for me). There were vetos on noise, swearing and nudity in the grounds of the building. We did not have exclusive use of the venue, and had to cross a busy public road between some workshops. There were also several rules governing how to behave in the canteen, what to do, what not to do. In addition most of the doors of the venue were locked, so keys and key codes had to be constantly used. All of this felt to me to be in conflict with CCI residential culture. The timetable seemed very tiring. I am not in favour of the system used here, of two large group meetings per day. These were 9.15 - 10.15am: opening circle, 4.30 - 5.15pm: workshop circle. Normally in a residential we can cover workshops effectively within the opening circle agenda. With this system of two meetings we were dealing with workshops in both meetings, inefficiently and ineffectively. Attendance and enthusiasm for both daily meetings dropped off dramatically within a day or two. I found that when I wanted to run a workshop, I was doubly burdened by having to attend two meetings, the first to announce it and canvas interest, then the second to announce it again and check potential numbers. As numbers at both meetings dwindled, communication about the workshops became more and more incomplete. Therefore running workshops became exhausting. I hope that this system is dropped.

The mix of people attending the workshop was fantastic. Culture-setting in the first few days helped us to discover where the similarities and differences are in our co-counselling practice. Diversity, the theme of the workshop, was revisited in different ways during the week. The opening circles were taken by different countries each morning, which for me helped to explain further where different co-counselling communities have their origins.

The cabaret was for me one of the best I have seen-full of richness and creativity; diversity but not at the expense of entertainment. No prima donnas, scene-stealers or rotten tomatoes preSent.

I love the international workshops. Sometimes I feel like I am a Scottish/English woman swanning around on home territory, living a charmed life, free from the difficulties of speaking a second language. But I love to be reminded of the connection I can feel with another person when there is not much language in common. And with this week of co-counselling I was reminded what it is like to be human and part of the larger international community. I'm looking forward to next year in Germany. *Thanks Kate for sharing your personal experiences!* niek (08-12-2008)

2nd Annual Michigan CCI co-counselling workshop

Bob Sawyer CCI-USA reports: CCI co-counsellors from CCI-USA, based in New England and Michigan gathered recently at the Howell Nature Centre in Howell, Michigan for their 2nd Annual Michigan CCI co-counselling workshop. The event, held in a spacious building overlooking Triangle Lake was organized and hosted by the Ann Arbor CCI co-counselling community. The weekend included plenty of co-counselling, solid support groups, interesting topic groups and gorgeous weather. Also, 'Water Co-counselling' was introduced to the group.

Special thanks to Beth Barkley and Gaia Kile and all those who made the weekend a rich experience. (click for more photo's). *Thanks Bob, lovely photo's making clear that practicing CCI is also fun!* niek (08-10-2008)

CCI-USA 2008 at Lake George about authenticity

With more than 30 workshops, about 80 participants and a wonderful venue on the boarders of Lake George (State New York) the meeting of CCI-USA from April 22—27 was a memorable event. In all different meanings. More about that in this issue. Special was everything: the welcome dinner, the workshops, the support groups, the talent show, the drumming, the socialising, the sharing, the post box, the workshops for to morrow, the weather, the closing ceremony etc. etc. Click here for more! (05-06-2008)

sixth New Zealand CCI gathering: January 2009

For the 6th time the New Zealand CCI community a seven days meeting of co-creating, rich sharing, recharge and deep connection. The meeting from 12th to 18th January 2009 is at Tauhara Centre in Taupo at the North Island. Bookings online: www.coco.org.nz. The gathering is open to people who have completed a 40 hours basic course in CCI co-counselling There is no provision for children who have not done a co-co training. A flyer is at the website (pdf), click here for more information. (05-06-2008)

CCI Europe 2009 in Germany

The CCI Europe gathering 2009 will be at Freckenhorst near Münster from August 2nd to 8th in the same venue as the first CCI Europe meeting in Germany in 2004. Theme of the meeting will be 'awareness' and the meeting is open to all CCI co-counsellors who have completed their 40 hours fundamentals course and their children. In advance of this CCI Europe meeting there is a CCI teachers meeting from Friday July 31st PM until Sunday August 2nd after breakfast at Haus Kloppenburg in Münster. For flyer with booking form, email: benthaus@muenster.de click here for more information. (05-05-2008)

the CCI-USA 2008-booklet

The welcoming booklet to inform participants of the CCI-USA 2008 international meeting contains 32 pages. The front is shown here; the yellow backside of this booklet shows the workshop program with times. I never have seen such an information booklet been used so often by the participants as at this meeting. On the first page the programming committee Carol, Jenny and Phoebe welcomes the participants and introduce the theme of this gathering: 'my authentic self'. They thank them to join them in celebrating, connecting and expressing their authentically wonderful me's.

Page 2 is filled with the CCI-USA workshop norms, followed by 'brief tips for doing a session', suggestions for managing 'breakdowns', information about romantic/sexual attraction between co-counsellors and the 'aware negotiation of a sexual contract (Ansa)' by John Heron (1979). Page 10 informs about the CCI sign language and 11 is about the CCI guidelines from 1974 by John Heron, Dency Sargent and tom Sargent and followed by the Co-Counseling International USA, Inc. Community Operating Guidelines and their by-laws.

The booklet contains further on information about the consensus guidelines (and the consensus process flow cart), the minutes of the CCI-USA of their business meeting of November 29th 2007, the participants list of the CCI-USA 2008 international meeting, information about support groups with guidelines for their support group culture, suggestions on co-counselling topic-group design, information about goods and services, a silent and a live auction to raise money for the bursary fund to support people who wish to attend CCI-USA workshops and to do so for the Melissa Moore Fund, to provide scholarships to support newcomers to co-counsel who have financial need.

And at last: two pages for your personal notes and a list of the 23 committees with the more than 30 members involved with creating beforehand and at the spot this memorable CCI gathering. niek (05-01-2008)

CCI USA 2008 moves to Lake George

The scheduled venue of Cortina Inn at Killington, Vermont USA is no longer available for housing CCI USA 2008 (starting April 22nd) says an e-mail received on April 15th. The organisers, Carol, Cheryl, Jen and Jenny found a new venue at Silver Bay, Lake George: Silver Bay YMCA of the Adirondacks (NY). See also www.silverbay.org where the Lake George- picture originates, or contact at 87 Silver Bay Road, Silver Bay conference@silverbay.org. The YMCA camp and conference centre is a member of the Young Men's Christian Association in America, founded in the USA in 1853 serving nowadays 20 million people a year.

The original scheduled venue suddenly was closed by the Vermont Health Department, so the organizers had an impressive job to do in finding a new place. Silver Bay is about a 25 minutes further drive than Cortina.

With registration from 4.00 pm CCI USA 2008 starts on April 22nd. There will be an introductory session that same afternoon for those who attend such an international more days CCI gathering for the first time; Opening Circle will be at 7.00 pm. All workshops, offered by participants, will be scheduled together the afternoon before and each morning start with an opening circle except the last day. In their confirmation letter the organizers ask special attention for the fact that participants come from many different fundamental training backgrounds. All are asked to set a contract or contact at the beginning of their paired or group work; to renegotiate if necessary, and to maintain confidentiality in and after all paired or group works/sessions.

At CCI USA there will be a Banquet and a Live Auction Saturday evening, and the usual business meeting will be on Wednesday evening. The number of participants is around 75 of which 13 from 'abroad': UK 5 (Scotland 3, England 2), the Netherlands 3, Israel 2, Canada, Germany and New Zealand each 1. CCI World News intends to report about CCI USA 2008. niek (04-15-2008)

first CCI community meeting in Michigan

Gaia reports: The CCI community in Michigan had our first community meeting on Jan 9th 08. Although we have been growing a co-counselling community in Ann Arbor for the past 3 years this was the first time we sat down to discuss important issues that we face as a relatively new community. Four of us attended the meeting. We discussed and began to develop a teacher accreditation program. To become a teacher in our area at this time we agreed that one must complete the following steps: 1) take at least 40 hours of CCI training, in our area this means at least two classes because we use a 12 week format; 2) assist a certified teacher in teaching a CCI class; 3) attending a workshop is highly encouraged, (we noted that we had financial resources to help people get to workshops); 4) teach a CCI class with a certified teacher assisting and 5) be certified by consensus by our

community at a Michigan CCI community meeting. And he adds: 'at this time I am aware of two co-counsellors who may be interested in becoming teachers. We also discussed plans for our second CCI Michigan summer gathering. We are planning to host this event July 25th 26th and 27th. We still need to reserve the site but pencil it in! Thanks for informing us !

(01-13-2008)

CCI USA 2008: my authentic self

Theme of the CCI USA 2008 meeting, (April 22nd – 27th) is adopt from the Greek 'authentikos'. The program planning committee (Jenny, Carol and Phoebe) found themselves drawn to several questions in exploring the possibilities. These questions are like 'where am I authentic, and where am I not'; 'what triggers inauthenticity in me?'; 'what is the cost to my me when I show up in the world as inauthentic?' and 'what intention(s) do I compromise when I do so?'. And they asked also: 'how do I remain authentic when there is a breakdown?'; 'how do I confront someone within the framework of a culture of validation and still remain authentic?'; 'what possibilities open up for all of us when we live and respond to others from our authentic selves?'

The meeting will be at the Cortina Inn, Killington Vermont USA. Early bird registration ends March first; full payment by April 22nd. The workshop is open to all who have basic co-counselling training. Contact Bonnie ([click here](#)) blbones@sbcglobal.net

(01-13-2008)

the Balmoor (UK) co-co weekend

In a wonderful location on the edge of the North York Moors (UK), there will be (since at least 1993 again next summer a coco weekend. This time from June 27th - 30th with Monday optional. This is a chance to work, relax, play and unwind in a peaceful house and gardens at Hutton-le-Hole, home of the Rydale Folk museum, the organisers inform us. There are limited places (26), costs: £ 42; click Denis for booking forms and Aisha for information.

(01-13-2008)

mourning

in loving memory of

Lydia Liefstinck

The Dutch CCI community(CCN) commemorated last weekend, at a national gathering, the death of the very committed and loved CCI trainer Lydia Liefstinck. She died the fifth of December after severe illness. She was utmost careful and concerned with the CCI development, especially in the field of co-creating and the self and peer spiritual awakening. That she may rest in peace.

(12-17-2008)

in commemoration of Marc Hamilton

In the age of 47 died suddenly of natural causes during the weekend of April 18-19th 2008 Marc Hamilton. He is a loved member of the Scottish co-counsel network; 'an extraordinary man, well known for bringing fun and laughter into the lives of all he met, Not only friends but also strangers'. That he may rest in peace.

(05-05-2008)

pre-conditions in fundamentals

Fred Wallace (CCI-USA) informs us about his reminders of 16 CCI cultural ingredients he practices in his CCI fundamentals. First of all is the creation of a sacred space for emotional and spiritual healing and blooming. Second is the creation of a sacred relationship with your self (I: Thou). Third is: Peer ness in our humanity: recognition each person is the expert on their own live – reciprocal working. And fourth is: confidentiality to time, place, person... (sharing circles).

Assuming that there is no order in these pre-conditions - anyway not for me because they are equally indispensable – fifth is the ability to give Caring Aware Attention (free attention) and sixth openness to working with potential – the emergent. Seventh is: 'unconditional positive regards for persons'; eights: 'we have all our own answers within us'. Ninths is: 'validation of self and others'; tenth: awarely monitored freedom to opt out activities.

Eleventh is: 'human touch for grounding and nurturing', twelve: ' acceptance of change in ourselves and others as part of the human dynamic; thirteen: 'client is always in charge of their own work'. Fourteenth: ' intentionally', fifteenth: ' self responsibility for actions, emotions, thoughts and sixteenth: 'we use I statements'.

Thanks Fred for sharing!

niek (08-10-2008)

CCI-USA 2008 personal impressions

CCI-SA 2008 is, more than ever, my CCI-international meeting 'with cushions'. In almost all workshops I attended, the work with cushions was intense: the first workshop at the first afternoon – the 'I am' workshop after the first support-group meeting on Wednesday morning, contributed to that as first. As the 'transactional analyses and cushion work' workshop did the next morning, as well as the 'I am sorry' workshop on the Friday morning. Also the 'transition' workshop on Saturday morning was for me filled with fruitfully 'cushion-work'. I experienced – and understood so also from others – that it is obvious that, standing on a cushion and moving physically from one situation into the other on another cushion, makes a huge difference en literally opens new possibilities that were not at all available otherwise.

The only workshop I attended without 'cushion work' was the workshop about 'a theory of co-counselling, 'emotions' as explanation of how, why and what', an interactive seminar facilitated by Richard which I admired intensely. A challenge is the 'birth' of a Co-Counselling International interested e-mail exchange group on this theoretically item. I regard this as a promising result of this seminar that gave me anyway another view on the phenomena of emotions in the CCI process.

Another impression at this CCI gathering for me is the similarity I seem to observe between my personal history and the process of growing awareness in the history of (western) mankind as far as I can see. Being just over fifty years I encountered CCI co-counselling and that changed my life. I gained insight after insight and that never stopped ever since. So the pre-conditions of the CCI approach suits me perfectly and continues to do so as well.

Looking in another perspective to the phenomena of gaining insights – from an historical point of view of several centuries ago, there are other creatures like Galilee, Darwin, Teilhard de Chardin, Kuhn, Einstein and others, who gained insights and contributed to that process by owning their self responsibility. A process of 'awakening' as I understand John Heron's vision well. And it looks like as if that process continues ever more and even faster nowadays in our changing world with computers and space visits.

Are the pre-conditions for both processes of gaining insights indeed similar? And if so, where do they and why and where not? And does that influence CCI and/or each of us personally? After all I postponed the thought to create a workshop on this item and decided that it still is too complicated for me to do so. And time will learn!

niek (05-04-2008)

ten CCI-USA workshop norms

The CCI-USA 2008 welcoming booklet contains on page 2 ten CCI-USA workshop norms:

- 1 Hugging: co-counsellors celebrate choices. It's OK to hug; it's OK not to hug. Ask for what you need and want.
- 2 In co-counselling sessions in groups, people are clothed unless otherwise contracted.
- 3 Workshops, including non co-counselling times, are alcohol and drugs free.
- 4 The co-counselling contract is set at start of each session. There are two types of contracts:
 - a. non-intervention - aware, caring attention only.... (except present time)
 - b. interventions – type specified by client, from light to intensive.
- 5 Components of sessions typically include discharge, validation, direction setting/holding and life action.
- 6 In the context of sessions (both paired and group), touching is for grounding, to support discharge and to provide safety.

- 7 We create a culture of validation. There is a presence of unconditional appreciation of others and ourselves; we avoid put-downs. We respect each person's work. There is an absence of advice, opinion, judgment and criticism. We intentionally support people in facilitation and leadership roles.
- 8 Confidentiality is a given. Once the session is over, the content of the work is never brought up, unless done so by the client.
- 9 We honour time commitments. Be on time. Practice equal time in sessions and shared time in groups.
- 10 Business meeting decisions are made by consensus. Anyone can call a mini-session and that request is honoured.

(05-06-2008)

modern times, modern insights and our framework

My writings, like this, are not more than a range of words I put together, quoting other one's words (aware and unaware) with my understanding of the CCI approach in my 'backpack'. In reading and writing this is for me, by experience, a practical way of working by just doing it.

And what resonates strongly within me reading it, gets underlined. So some chapters or books are 'mostly' lines! At the far end I just read those as an abstract what the message – for me – is indeed.

And I try to share them. The mainstream of 'this CCI approach in my back pack' is my understanding of a range of words put together in 'a definition of CCI'. And my understanding of all what it represents for me. This all starts and maintains a process that only is running because I think that the preconditions to run, are available. This is, for me, the process of gaining insights, answers to my questions, talks with myself to find out in what kind of world vision and with whom I want to experience my life. I sometimes simply forget and experienced in the past that I bought – even several times – also records of music I had already and I still adore. So I did recently at Hartford's (USA) airport, buying Eckhart Tolle's 'a new earth' (Penguin Group 2006) while I have it in Dutch in my bedroom. The subtitle interests me: 'awakening to your life's purpose'.

At the same time my daily paper announces in its scientific supplement that 'our free will is a welcome illusion', because seven seconds before a human being made a decision, our brains did already so. Conclusion: there does not exist something like a 'free will'. Which is the end of the CCI story. If it is true! Both items, Eckhart Tolle's views and the 'free will business' will get soon some more attention in CCI World News. The quote is of NRC Handelsblad.

So far there is a quote of Tolle's view that resonates strongly within me at this moment. It all has to do with mutual and specific understandings, with disagreements and how we welcome other insights, which are not ours. In chapter four of his book he describes the role playing of 'the many faces of the ego'. Quote (page 94): 'You have a mental image not only of who the other person is, but also of whom you are, especially in relation to the person you are interacting with. So *you* are not relating with that person at all, but who you think you are is relating to who you think the other person is and vice versa'. End of quote. And one sentence later he states: 'The other person's mind has probably done the same, so every egoic interaction between two people is in reality the interaction between four conceptual mind made identities that are ultimately fictions'. His conclusion is, that it is therefore not surprising that there is so much conflicts in relation-ships. A final conclusion may be, that when we are busy with interacting in one way or another with each other, that this is a highly complicated process and that it is wise to take that knowledge anyway into account. To weigh our clear and simple words, intentionally and carefully, especially where we in CCI are involved in such a very complicated dangerous and colourful 'minefield' and that we can practice in writing and reading using a non violent language in our communication.

written early morning July 9

niek (07-10-2008)

CCI Europe 2008 and CCI World News

CCI World News will not be represented at the international meeting of CCI Europe 2008 organized by the United Kingdom and more specific a Scottish CCI community. That is an aware choice and has nothing to do with more or less appreciations of whoever is attending this meeting. CCI World News asked one of the Scottish organizers, of a meeting of teachers before this gathering, to make clear why the good habit hasn't been announced in their invitations, that only those who finalized successfully their CCI fundamentals have access to participate. Their answer is that they 'assume that they have done some sort of training'. And an assumption in this delicate field of CCI co-counselling is not enough to invite people for the coming (CCI Europe) meeting near Edinburgh. Asking that only like minded people, who are willing to endorse the 'a definition of CCI' ([click here](#)) are accepted as participants is the most modest and human barrier we can think of to secure the core business of CCI. The ultimate consequence of this is, that those who are not willing to behave themselves according to this CCI practice, have to leave. Two times in my CCI practice this has been the case: in 1989 in Hungary and in 1992 in Northern Ireland. And the last has been a CCI nightmare for several years. This means that this is a serious business.

In the recent past this delicate item attracted also attention on the internet floor, the internal (British) coco list. And this did not contribute to clear up the current situation. CCI is a kind of melting pot of like minded people who has nothing else in common than their appreciation to grow and practice as described in 'a definition of CCI'. Everybody is most welcome at any CCI meeting as long as they are willing and able to subscribe honestly 'a definition' (not

'the' definition) of CCI. And yes indeed, it is a personal decision in what circles I want to spend my spare time and money with. That is for CCI World News and for me: within the colourful palette of the CCI network.

niek (07-03-2008)

sign language

more service on CCI sign language

In the process of the growing awareness of the benefit of using (also) the CCI sign language, in sessions of work, the service has now been extended to print these signs directly from this site in the now existing languages (English, French, German, Dutch and Polish). All versions are now available on the website as pdf file and are easily to take into your computer to be printed. Feel free to use them!

At fundamental courses we see people using them already, just to remind themselves what techniques they have learned so far. It also seems obvious that, using these signs, give the worker an open possibility to stay closer with their feelings or emotions. An explanation might be, that by signing they have less need to be polite or to be aware to understand in a rational way, what the invitation is about.

At the last national Dutch CCI autumn weekend, a couple facilitated the opening circle on Sunday morning and they used, as a 'warming up', the sign language singing a song together and making the movements the signs express. The movements they used, while walking were : 1) to move your hand above your head singing loudly: '**what**', 2) move your right hand in circles over your heart (left), singing loudly: '**feeling**'; 3) put your right hand thump up, singing loudly: '**validate**'; 4) point with your fore finger to the ground, singing loudly: '**grounding**' (attention shift) and 5) finally, make the sign offering a **hug**! It worked well and at the walls of the room we were in, the different sign were tacked!

niek (12-28-2008)

drawings CCI sign language renewed

All drawings of CCI sign language (click here) has recently been renewed. Some of them are 'now more specific than before. Whoever the signs in itself has not been changed; the drawings are more explicit. Like the sign for the techniques 'literal description', for 'contradiction' and for 'summarizing', or finalizing your session or realizing ' what you want to take with you'. They all are also insert on a so called 'supplement (in English) on dealing with emotions' a booklet about CCI co-counselling written in Dutch in 2001.

This supplement pays also attention to the 'awakening', becoming aware of, on different levels: internal, within ourselves, and external. Internal, with the existential questions who we are, where we come from and what we are doing here. Discharge of emotions 'can take us to the brink of spiritual awakening and is in fact a transformation of the personal being' as I understand John Heron well. On the external level he distinguishes a physical and a social level. Physical like nature disasters and social like 'people hurting people'.

The supplement in English is available as pdf file, linked with a 'diagram of emotions' on this website (click here) or directly here.

niek(11-04-2008)

spirituality

charismatic training Cumbria (UK) 17th – 21st November 2008

Phoebe, a CCI-USA member informs about a workshop in charismatic training in northern England by dr. Gregg Lahood. His website (<http://www.gregglahood.com>) explains that - quote: 'a charismatic training is the radical exploration of 'relational spirituality' in a peer group context. This profoundly experiential approach to trans/personal knowing is at once explorative, healing and self-transfiguring. The root of the work is focused on the cessation of 'spiritual projection' in a supportive trans/personal atmosphere.' And 'the fruit of the work is the reclamation of one's own 'spiritual authority' leading to the spacious flourishing of the whole person', unquote.

Gregg Lahood is a transpersonal anthropologist who has written various scholarly articles on the transpersonal dimensions of childbirth and participatory spirituality. He has lead trans/personal inquiry workshops combining Holotropic Breathwork and co-created dramaturgical ritual for 20 years. On his website is also a published article called: 'charismatic inquiry concert: action research in the realm of the between' written by John Heron and Gregg

Lahood. Their conclusion is, quote: 'The dynamic, charismatic format inaugurated when this inquiry was launched in 1995, and continuously refined through to the present day, is, as the authors see it, an intentional rebirthing of the spiritual potential within the basic energies of our embodiment. This rebirthing is relational - consequent upon the co-creative resonance among us all. And it empowers us to come into the presence between. In short: immanent spirit becomes manifest, through collaborative action, as relational and situational sacred presence. Participation in this presence engenders a liberating wholeness, a personal regeneration - which is given expression amidst the practicalities of everyday life and work, empowering whole relations with others' unquote. Phoebe writes: *'I have decided to follow my interest and am stepping out of my patterns of holding back and not deciding to go for what I really want'*. She intends to come over to Britain for the Charismatic Training workshop with Gregg Lahood and will be at the CCI Aotearoa meeting in January next year. She will also participate in John Heron's workshop just after this CCI meeting in New Zealand. *Thanks for informing us Phoebe.* niek (09-30-2089)

statements

CCI-USA relieves the guard

In the last business meeting of CCI-USA, on May 16th in Hartford, Connecticut Carol Driscoll (utmost left) stepped down as continuity person' and Michael Chell took over. Both are outstanding CCI-ers and we are happy with their contribution to the international community. Below: an internet distance interview with Carol.

seven answers from Carol

1. when did you stepped down? I announced my intention some weeks ago to a very few people and it was noted on the agenda of the Business Meeting at the workshop that it would be one of the open positions to be addressed at the May 16 Business Meeting.

2. when did you started to be a continuity person of CCI-USA? (where you and Dency not the first?) I have been trying to remember the answer to this question. I know it was at least 1996 and it may have been 1992. Yes it was Dency and me and then we added a third person and that was Barbara Woodis.

3. what was/ were the special tasks you had to look after? The role of Continuity Person in the CCI-USA is primarily to assure the continuation of independent co-counselling. Also to be "**a source of wisdom, knowledge and inspiration for the Co-Counselling Community.**" In the CCI-USA.org we have written Job Descriptions for all the positions on the Community Committee. I will attach a copy of the one for Continuity Person so that you can see better what the role is responsible for.

4. what was the biggest highlight you have had during this period? Oh my, that is a difficult question to answer; there are so many. I think when the Objective "to be a source of wisdom, knowledge and inspiration for the Co-Counselling Community" was added to the Job Description - AND getting it in my heart that this was true. That felt like an awesome responsibility and yet I knew that Dency, Barbara and I did indeed fill that role in the community.

5. what did feel really heavy? And how did you overcome and recover? I am sorry to disappoint you but it never felt heavy so there was never any need to overcome or recover. Once when several months went by and no one had stepped forward to create the next year's US workshop I felt some alarm because it is the responsibility of the Continuity Persons to make certain the workshop happens. I had no desire to take on that task that year so I was very motivated to enroll Logistics and Program Chairs! You might ask, if it never felt heavy, why did you step down. I made that decision because I have become so busy in my life in New Mexico that I had to let something go. After much introspection and deliberation I determined that it was time to turn over the responsibility of Continuity Person and then I began to see what a wise choice that was for reasons that have nothing to do with me. The perspective of a new person can bring much growth and value to any organization. I am especially confident about the choice the committee has made in Michael Chell because he brings his passion and vision as well as gender and age differences, and his untiring energy to share co-counseling and grow the community.

6. what makes CCI so special for you in this continuity ship and in your daily life? As long as I can remember I have been a "player." My 8th grade class book shows that I was class secretary. I have been

secretary and/or news correspondent in nearly every organization I have ever joined and that continues to this day. I now serve that role in two groups out here. But getting back to CCI. I took my first fundamentals in the early part of 1977. One day in August of that year I happened to be in the building when the Community Committee was meeting. They invited me to join them and I have been participating in the governance of the community from that day to this. I walked out of that meeting having agreed to 'facilitate' a weekend workshop that was happening in October. I know now that I had no idea what I was doing at the time but it happened and I had found a place to show up, to contribute, to make a difference. I later took over the CCI newsletter and became the International Contact Person. I learned that the Dutch Contact Person had a defined set of responsibilities and began writing down the things I did to fulfil my role as Contact Person and thus the first Job Description was born. Over the years, while my role in CCI-USA was growing, my professional responsibilities were changing. I became the person in charge of writing all the user documentation in my department and eventually for many of the departments in the hospital where I worked. The development of my skills as Operations Analyst enabled me to easily draft the Job Descriptions used by CCI-USA, including a booklet that serves as a guide for creating the CCI-USA workshop. I have very much enjoyed being able to make these contributions and to witness the growth and success of our wonderful community. Being in relationship with a group of people who possess such vision and passion, and watching how lives change for the better through both the co-counselling process and by being part of governance has enriched my life in ways that I cannot even begin to describe. The changes in me have been so subtle and took place over so many years that it is only by looking back that I can begin to recognize how profoundly I have changed.

7. what role(s) do you play still in the CCI-USA community? I will continue to edit the newsletter and to be available to people in the community who choose to "pick my brains" or search my memory vaults. I am still the primary keeper of the Job Descriptions, though I know many of them are outdated. It remains to be seen how those updates happen. Some organizations have an Emeritus designation. I guess that would be me. Now that is one of the ways I have changed. Years ago I would never have been so immodest as to make such a bold statement.

Thanks so much Carol

niek (05-30-2008)

theory, research

the last issue of 2008 and the best wishes for 2009

This is the last issue of 2008. In this year, that now almost is behind us, there were more than 27 issues published in this (personal) CCI Service. That is less as usual. Still 2008 was a special year for CCI – and also personally. The aim of CCI World News Service is not only to be readied (more than 10.000 visitors a year), but also to tell people that something like CCI exists, how it works and what kind of pre-conditions are needed to be successful. In other words: to describe the CCI core business: serving 'the coming into our human potential, in a healthy emotional way, within a tolerant environment' as it is mentioned on top of this page. That implies also: 'CCI stands for a range of shared practices, based on individual responsibility and self direction. It is used to manage our emotions, to grow in self understanding, and to develop our human potential. We create a peer based culture of validation and respectfulness to support, discover and express our actual beings as well as our human spirituality'. As it is stated from the very beginning of this website on ([click here](#)).

This all expresses what CCI is: an activity along the lines of CCI, where this 'work' is done as volunteers and on personal responsibilities as they understand themselves what and how to express that in respect to others. This reminds to a personal internet discussion somewhere in this ending year: asking me, who gave me 'the authority' to construct in 2000 a so called 'CCI World News Service'. And on the end of this year I want to restate, that no one invited me. Because there simply doesn't exist such an authority within CCI.

And that is why CCI also is that special. As all newsletters in CCI (communities) are in some way or another, such a product of private initiatives. So there is no reason to blame people who take those or likewise responsibilities. More, I want publicly to celebrate all those who committed in one way or another, like for instance 'only' within CCI-circles, their commitment with CCI! And within them especially all those who are – and many of them already for all those years – on the list of CCI trainers on this website for showing publicly their commitment with the CCI approach! They help to give the world a 'face' in the CCI way!

For the coming year this private initiative of CCI World News Service will be continued. In the start first from literally far away, attending the CCI international meeting in New Zealand in January. Later, in February, there is time to also pay attention to 'the best of CCI World News Service in 2008'. So for now: happy new year and be well, with all who are dear to you!

niek (12-28-2008)

survey on health and discharge of emotions

'The Here and Now email Newsletter, only for members of CCI publishes in its November issue an article by Richard Horobin called: 'co-counselling and health - romantic twaddle or 21st century science?'. Richard Horobin is a biologist of the Division of Integrative Biology, FBLs University of Glasgow, Scotland UK. He is also a CCI trainer since the very beginning of the CCI approach of co-counselling in 1974. The opinion of CCI World News Service is, that more people than just CCI co-counsellors around the world are interested in his survey. With his permission we quote parts of his article. He writes:

'When I first met co-counselling, some people were saying that there were health advantages. Namely that if you co-counselled, and in particular if you discharged on relevant distresses, you might expect to recover faster from physical hurts and illnesses - or even live longer. Back then I was an academic biomedical researcher, with a hard-nosed approach to evidence. A useful, indeed essential, characteristic for a scientist, as a researcher's capacity for optimistic self deception is usually substantial. But OK, maybe this aspect of my character wasn't quite as cool-headed and objective as I doubtless considered at the time. In any event when I came across co-counselling's anecdotal health claims, and suggestions of life extension, my response was simple enough. 'What a load of romantic twaddle! Rubbish!

in at last three research fields...

But that was then, and in the last thirty years science has moved on. And, somewhat to my embarrassment - since I remain an academic biomedical researcher, with a hard-nosed approach to evidence - it seems that my earlier stance was indeed ... well, wrong. In at least three research fields the evidence now accumulating suggests that the anecdotes and the optimism were, at least to some degree, correct. And that my 'hard-nosed realism' was not. So I will here very briefly sketch one of these research areas, and just mention a couple of others. So *is* discharge good for your health? At least as regards laughter the answer appears to be 'yes'. In the case of laughter - the discharge of left-over embarrassments, shames, humiliations - there is a growing list of health benefits. For instance 'mirthful' laughter has been found to provide: Immuno-enhancement effects Pain-reduction effects, notably in children and the elderly Stress reduction effects in various groups Benefits in several inflammatory diseases, dermatological & rheumatological Normalisation of receptors associated with diabetes'.

his contribution

He ends his contribution with: the bibliographic details of some recently published articles of this type: and where the title is not very informative, add a clarifying quote from the abstract. If you were curious about such research, it is often easy and free to view the full abstract. Google <PubMed> which is a open access biomedical bibliographic database maintained by the US National Institutes of Health. Search in that database using the single term <laughter> and *lo!* much will be revealed. Note by the way that you will find lots of irrelevant articles, such as those concerned with laughter due to neurological damage.

I will mention a couple of the other healthcare fields where co-counselling experience appears to be gaining some scientific backing. First is stress research, for which articles analogous to those noted above could be cited. Second is the arena of 'The status syndrome' (to use the title of a recent book by Marmot). This is how inequality -- or oppression to use the term more familiar to some co-counsellors -- impacts adversely on health, and indeed very dramatically on life-span. But these are themselves large arenas.

benefits of laughter

A few recent articles: Effect of laughter on salivary endocrinological stress marker chromogranin A. (2007) Toda M et al. Biomed Res 28: 115-118. 'a stress relief effect'; Elevation of testosterone and reduction of transepidermal water loss by viewing a humorous film in elderly patients with atopic dermatitis. (2007); Kimata H. Acta medica (Hradec Kralove) 50: 135-137. 'viewing a humorous film may be useful in ... treatment for dry skin in elderly people'; Impact of laughter on air trapping in severe chronic obstructive lung disease. (2008) Brutsche MH et al. Int J Chron Obstruct Pulmon Dis 3: 185-192. 'a humor intervention was able to reduce hyperinflation in patients with severe chronic obstructive lung disease.'

Infinite possibility: clowning with elderly people. (2008) McMahan SC Care Manag J 9: 19-24. Laughter elevates the levels of breast-milk melatonin. (2007) J Psychosom Res 62: 699-702. 'laughter of mothers may be helpful in the treatment of infants with ... atopic eczema'; Laughter, humor and pain perception in children: a pilot study. (2007) Stuber M et al. Evid Based Complement Alternat Med [e published ahead of print].

Thanks Richard for your contribution; and CCIWNS is looking forward for more!

niek (11-30-2008)

have the conditions to attend a CCI event changed?

According to the CCI practise since 1974, I have always understood that the condition for attending CCI meetings is: 'that I understand and apply the principles of co-counselling (as it is mentioned since 1996 in 'a definition'); that I have had at least 40 hours training from a member of CCI and that I grasp, in theory and practise, the ideas of pattern, discharge and re-evaluation. This wording has first been published as a draft of John Heron to commend on, and definitely was also published in the British CCI Newsletter 'One to One' 1994, and reversed in 1996. Nowadays John proposes 'a reconstructed definition of CCI 2008' to commend on and to discuss at a 2 day

workshop at the Centre for Human Inquiry north of Auckland (New Zealand) and 2 days after the ending of the international CCI Aotearoa meeting 2009.

With the wording of the German organizers: *'exchanging ideas and developing the co-counselling method in a good way'* the framework of CCI seems to have been changed. In what direction? CCI fundamentals in co-counselling are the core framework of CCI. As RC fundamentals are the core business of RC. So there is a profound difference between RC co-counselling and CCI co-counselling. And most surely it is interesting, and even more to experience where the Dror in Israel, as any other break off from RC or CCI, and the CCI approach meet and or differ from each other and why. What each of them do with that observation, is again quite another item. In my view all members of CCI are involved by a decision for CCI about that, and they need to be consulted in time and in an open way. Personally - and all visions published in any CCI publication are personal and non authoritarian in my vision - I like to know, what my (co-counselling) partner and I, as CCI co-counsellor, at least have in common and what not. I do not want that my process is influenced in a way I can not accept, because the other one has no knowledge of our types of contracts or use of our techniques. Neither do I want to influence their work in a for them meaningless way. And maybe the only thing is, that we have read the same words and underline all the pre conditions to attend a meeting like the one in Freckenhorst. Hopefully it is great for all who want to attend! niek (11-14-2008)

a 'CCI-theory' group on internet

One of the many interesting workshops at the recent yearly CCI-USA international meeting is the workshop facilitated by Richard Horobin (Scotland) on Friday afternoon April 25th with the item 'a theory of co-counselling, emotions as explanations of how, why and what'. He called it 'an interactive seminar. Bits of talk, bits of musing time, bits of questions' (co-counselling yes). The result of that workshop is that the four participants and the facilitator decided to continue their exchange of views using an internet discussion group.

One of them, Gaia Kile – USA - (gaia.kile@gmail.com) took on board to organise this and now (May 25th) the first e-mail is received, called 'starting this group' with the address: cci-theory@googlegroups.com. Gaia invites those who want to participate in this group to send him an email with 'a couple sentences about why you want to be on this list'. Once being listed, you can participate in the discussions on the above address and you can view contributions on www.groups.google.com/group/cci-theory?hl=en. Try it and find your way!

The group (at this moment already with 16 participants) presents itself with: 'This group is intended as a format to facilitate constructive and creative conversations about (CCI) co-counselling theory. Co-counselling refers to all aspects of the activities related to CCI. Theory is an attempt to explain phenomena. Remember we are a culture of validation'.

Personally I describe 'why CCI theory is needed' as:

- 1) to explore the relationship between what we do in CCI co-counselling and what scientific research now learns about rational and emotional brain/body processes in digesting emotions; what do we know, what is a mystery;
- 2) to simplify these views in words and diagrams, to delegate them, for the time being, to those for their own use (and publish them in CCI World News);
- 3) to (re)name the pre-conditions for the CCI-process of growing in awareness and to find your own answers for your personal questions;
- 4) to find out what makes CCI that special, compared with other ways of handling emotions. niek (05-30-2008)

trainers

two imaginary teachers...

Struggling with wordless differences and still observing them as being significant different from each other intentionally, I imagined two kinds of teachers, people who wants to learn something to others.

Teacher one acts as a guide by offering you a direction to develop your own way within your own world and being interested in what you gained.

Teacher two acts as a trainer who urges you to do what they want you to do, because they think that this is the best for you, not being interested in what you gained, only if you did it well.

the difference

There is a significant difference between the two, though it is subtle. The second imaginary trainer may call the first a guru and that says more about the second than about the first. The first teacher has no commend at all. The first I call a CCI trainer. niek (07-29-2008)

we welcome a new CCI trainer: Mira!

We welcome on our CCI trainers list Mira Reus as CCI trainer in the Netherlands. I especially like where she writes: 'What I like in CCI are the equivalence, the clarity, the safety and the warmth. It makes my life rich to be part of a community of people on which I can depend. By teaching I give others the opportunity to experience that too'.

We welcome Marjan Tuk as an in 2007 accredited CCI trainer of the Dutch CCI community CCN and now participating in our world list

(01-13-2008)

wider world**the financial crises: a clash between believers and rationalists**

The actual world wide financial crisis, developing possibly into a world wide economic crisis, seems to express the unbalanced relationship between believers and rationalists. The personification of the 'rationalist' on the one hand, who can not live with or accept the believer on the other side, and vice versa. The main problem seems to be the distrust of the market. Nobody believes or trusts anymore the (financial) capability of buyers and sellers. Even some time ago reliable institutions like World Bank and the International Monetary Fund are not reliable enough anymore and even the political leaders of the so called 'Group of 7 Countries', not representing China and India, are fit to stop so far the worldwide failure.

Anyway, the New York Times writes after the second 'black Monday' of this year (October 6th) that 'the trouble is, that these institutions no longer have the resources or authority to lead such an effort': to the way out of the actual crises. Nobody seems to be able 'to get the ghost into the bottle' again. And in the meantime the crises develops and reign its own way. According to its own rules like all processes: the pre-conditions that starts and maintains the process until its far end.

The clash between believers and rationalists is not new. Not only the clash itself is remembering 1929, though this one really is more world wide than ever before. But also the participants own convictions are not new either. They make that they act as being blocked and in jail by their own fears, hopes and wishes. On both sides it has been shown before by the rationalists and the believers. It looks like as if both need also some time out to recover: a kind of a mini session, to find out again what their very own view is to tackle their and these problems.

The rationalists where the rationality is the winner, while they can not 'believe' that there might be some kind of irrational order because they can not see it. And not prove it either. They do analyse very well. For instants by expressions of art. To name some examples. Measuring how much of certain colours are used and put them together, is very helpful but doesn't create a Rembrandt picture. Or putting musical notes together – in a certain order – doesn't create a Bach suite. So there must be something more. Something like connecting with feelings, something like intuition, something like a believe that we basically are on our way to create a society and community of people who do care for each other.

The financial (and economic) crises of today seems to be a perfect example of the inbuilt wish of human beings of 'getting more', of 'explaining more', of only understanding 'what we see or can analyse and reproduce in the way we think it should be...'. There is no room for accepting the phenomena of creativity, fantasy, dreams etc. There is an imbalance between believers and rationalists and they are, each other in their own fortress, fighting against each other that they have the right attitude and that the other one is wrong.

the clash between the two

The wise balance between the two has gone and nobody in the rational and political world of to day seems to know anymore how to restore it. Like we know so well from personal behaviour. Being blocked and imprisoned by ideas or facts we encounter. And look what we try to do in this personal field and what we gain by doing so.

We liberate ourselves by finding out personally what really is going on inside. Where that roots and comes from. What was unsaid at the very first time we experienced this, going back to that moment and asking our selves 'how we would have liked it to be'. How it was and what was our role, acting in that field. And this all within and honouring the pre-conditions of this process of research witnessed by somebody who doesn't commend, offering only their free, loving and caring attention.

A rationalist may call this 'an intervention', and a believer 'a phenomenon'. Only experiencing that it works if you are capable to believe that it is offered to you. Possibly it is spiritual, possibly a mystery getting the real attention from somebody's eyes. Or whatever. And accepting that, find out what you like(d) and what fails. Without any hesitation. And find out secondly yourselves how to incorporate what fails and let go what is rotten and how to overcome that. And after that, researching how to implement that, so that it never will happen to you again.

This may seem to be selfish and only personal. That only is true if you look in the same way of those who left their sinking vessel in time with heaps of money to save their lives... And that is not one of the pre-conditions/assumptions mentioned before: creating a society and community of people who do care for each other. That really starts by each of us personally. niek (10-08-2008)

workshops

CCI-USA: the Cooper Hill Workshop 2008

Bob Sawyer reports: On Friday 24 October co-counsellors gathered in the beautiful mountains of East Dover, Vermont for the 26th year in a row to hold the 'Cooper Hill' Autumn Weekend workshop.

Thirty three people from New England, Michigan and New York assembled at the beautiful Cooper Hill Inn www.cooperhillinn.com for a weekend of co-counselling, topic groups, connection and fun.

Dency Sargent, the originator and organizer of the event, has held it as a special place for new co-counsellors to attend their first residential workshop. This year there were a total of seven first time participants. In addition, Grace Lily Mancini attended her first workshop at six months old. Her smile and infectious laugh spread joy throughout the venue.

Thanks to Barbara Woodis-Ihloff for her facilitation, to Dency for balancing all the logistics and to everyone who made this, once again, such a special weekend. *Thanks Bob* niek (11-09-2008)

workshop offers CCI USA 2008

Wednesday

afternoon * working towards authentic anger in relationships *Rose, Richard*
 * I am *Joke, Niek*
 evening * CCI-USA business meeting

Thursday

morning * rise up singing along *Teresa*
 * transactional analyses and cushion work *Cyn*
 * honesty *Corrie*
 * exploring offerings and choices *Rob*
 afternoon * hot seat *Karin-Sue*
 * working on fear Israeli style *Avi, Janice*
 * pampering session *Gilli*
 * what works for you in coco *Gaia*
 evening * celebrating life *Jenny*
 * good and services

Friday

morning * turbo-charge your coco with EFT (tapping) *Cathy*
 * I am good to the core *Sue*
 * biodanza *Joyce*
 * I am sorry *Jenny*
 afternoon * no regrets *Judy, Beth*
 * laugh more, love more, learn more *Rose*
 * intrinsic exercise: reclaiming our love of movement, physical activity & pay *Suzanne*
 * giraffe dance *Joke, Gilli*
 * women's friendly poker club *Jane*
 * a theory of co-counselling, emotions as explanations of how, why and what *Richard*
 * what is CCI co-counselling *Wafik*
 evening * talent show

Saturday

- morning * transitions *Cyn, Clive*
 * from loneliness to love *Janice, Avis*
 * validation cards *Jeannine*
 * sexuality *Phoebe*
- Afternoon * hot seat *Karin-Sue*
 * live love *Gilli*
 * rich Dad's cash flow board game *Teresa*
 * the link between intelligence and emotions *Avi, Janice*
 * art, colour, self expression *Cathy*
 * hot seat *Beth*
- evening * banquet, life auction

(05-06-2008)

workshop descriptions

The forms for the workshop offerings CCI-USA 2008 ask specific information about the title of the workshop, the name(s) of the facilitator(s), the day of offering, a short description of the content of the workshop, the time (morning, afternoon, evening), the minimum number of participants, if there will be (CCI) co-counselling and anything special to bring, with room for signing up. To create the overview of all offers at CCI-USA 2008 I got afterwards all the used offering forms and because many of them give more specific information that information is given below. Besides these offers there was one early morning workshop each day: the twelfth step meeting at seven o'clock AM. The name of the workshop (in bold letters) is, as far as there is a description, followed by the given text and in the same order as published in the list of offers.

Working onwards authentic anger in relationships: Exploring ways to discharge patterns that interfere with expressing authentic anger: * does pounding help? * how do we know we're discharging (not practicing patterns?) * can we laugh our way to authentic anger? (co-counselling yes). **I am:** Exploring authenticity; my authentic self; what I need to be authentic; how can I stay authentic when...; using CCI co-counselling techniques in a specific way. **Transactional analysis and cushion work:** incorporates transactional analysis and co-counselling; two cushion work (co-counselling yes) **Honesty:** Exploring the parts that are nest in yourself and the part(s) that is not (co-counselling totally). **Working on fear:** Fear is a major obstacle and can get in the way of our fully experiencing life. We will offer ways to acknowledge work through different types of fear (co-counselling Israeli style) **Pampering session:** Hand massage – facial pampering – soothing + treats (co-counselling perhaps). **Celebration life:** circle of celebration and support. **Turbo-charge your coco with EFT (tapping).** Simple technique to turbo-charge discharge/relax work using tapping on acupressure points. (co-counselling yes). **I am good to the core, you are good to the core.** I have been reading about Gnostic Gospels. One concept that is exemplified is that the wisdom inside of us is waiting to be unfold. The only way to do this is by our experiences. Come and explore. (co-counseling yes). **Biodanza:** Biodanza translates as the dance of life, a ceremony to celebrate who we are, through connecting with our selves, the other, the group and through expressing our potentials (vitality, creativity, sexuality, affectivity, transcendence). (co-counselen no). **I am sorry..** Explore apology and where it stands relative to authenticity (co-counselen yes). **No regrets.** Living with no regrets (co-counselling yes). **Laugh more, love more, learn more.** Ways of evoking laughter to zap patterns. Laughter is a powerful discharge for chronic discharge/patterns. In the workshop we will do mini's and grap time using a variety of simple ways to get laughter. Laughter can help us into stuff, help us deal with tragedy, get unstuck (co-counselen yes). **Intrinsic exercise: reclaiming our love of movement, physical activity and play.** Why is it that some people just naturally feel the need to move and others have to battle themselves every day to exercise? What makes moving the body easy for some and challenging or others? Ever notice that children just naturally and eagerly want to move? What changes this as we get older? Hw do w get wounded around bodies and our physicality? Co-counseling, visualization and manifestation techniques will be utilized (co-counselling yes). **Giraffe dance.** Non-violent communication = communication from the heart, connecting. In this workshop we practice the steps of non violent communication, literally/ physically moving along them. Connecting with our feelings, needs, what we want to do; expressing feelings, needs, requests (co-counselling more or less). **Women friendly poker club.** Five card draw for beginners –penny anti if you don't know a spade from a club, this is for you. **A theory of co-counselling – 'emotions' as explanations of how, why and what.** An interactive seminar. Bits of talk, bits of musing time, bits of questions (co-counselling yes). **Transitions** Life is filled with transitions. We will explore the inherent losses + gains of my transition as well as the challenge of being in between (co-counseling yes). **From loneliness to love.** Loneliness is not only about feeling alone it is about a sense of emptiness and or not having enough to not having anything. We can work on ways to invite love into our lives. See www.avibutavia.co.il (co-counselling Israeli style). **Validation cards.** Time to write validation cards together. Mini's (co-counselling yes). **Sexuality.** Co-counsel + group share abot sexuality (co-counselling yes). **Hot seat.** Interventive contract; push for discharge (co-counselling yes). **Live love.** Being true to your self. Explore your physical being and say 'yes' to life. Co-counselling workshop exploring 'embodiment' of our true being. (co-counselling yes). **Rich Dad's cash flow board game.** Have fun learning financial literacy 'rich Dad poor Dad' by Robert Kiyasaki best-seller Times book and board game (co-counselling yes). **The link between intelligence and emotions.** Avi will explain this model that he developed over

the 30 years he is a co-counsellor with a possibility for demonstrations (co-counselling Israeli style). **Art, color, self expression.** Come and enjoy space to create, and explore your expression with art supplies loosely facilitated, some coco (co-counselling yes). **Hot seat.** Beth will facilitate hot seat (co-counselling yes). niek (05-01-2008)

CCI USA 2008 happenings

A report about CCI gatherings mostly is a summing up of different highlights... So is this one. With photo's and a drawing of Lake George. At the end of the meeting that drawing was all I had because I lost my camera. It came back in time (like Rose her purse). And so you see wonderful photo's taken by others. CCI-USA 2008 was impressive by many moments: remembering those who are not any more among us (Tom Sargent and others), like information's from communities 'at a distance' in opening circles, like raising money (\$ 3000,-) to feed the bursary funds to support CCI-USA activities, the CCI USA business meeting and not to forget the CCI-USA 2008 booklet with the program of the whole gathering and that all contributed to this special event! niek (05-06-2008)