

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 2009

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# CCI World News Service

## 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 basics in one evening!**

Wednesday April 15 there was at the Emotional Wellness Centre in Lebanon, Connecticut USA a 'one evening, fun, non-threatening class you will learn the basics of co-counselling (New and Goods, Validations, Listening, Present Time, Confidentiality and CCI). The complete Co-Counselling Foundation Course will be offered in May. Teenagers welcome!

The announcement about this one evening CCI introduction (\$25 in advance and \$30 at the door) comes from Cyn Woodis West. She writes: 'CCI Co-Counselling is a process which provides tools and techniques for healing and transformation. It is a simple, effective peer process for personal growth and on-going wellness. CCI co-counselling skills offer a structure to establish a safe environment for your exploration within a culture of validation, support and encouragement. After you learn the initial skills, you can continue your growth in peer counselling sessions for FREE! Co-Counselling draws from modalities such as Positive Psychology, Gestalt, Neuro-Linguistic Programming and Transactional Analysis. *And that is it in a nutshell! Pass it on!* (04-15-2009)

CCI and others

### **Dror International Workshop, Israel October 16-20, 2009**

*a personal report from Rudolf on his issues of special interest for members of CCI co-counselling and friends*

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

#### **my relationship**

My relationship towards Israel is not as simple as towards, for example, France, or the Fiji Islands. In Germany every sentence said about Israel at anytime can violate tight political correctness. And this political correctness is also part of me. At the same time I feel distinctly connected with Israel because of Germany's history. Is that a reason to go? I don't know. I'm just drawn.

Attending the Co-Counselling-Workshop offers me the opportunity to go there without being only a tourist. And I'm curious: What is Dror? For a long time now a Jewish-Arab Support Group is meeting, and once they even did a peace performance in Jerusalem. I'm especially interested in their sociopolitical approach inside their work with Co-Counselling methods for personal development.

I have questions: how does Co-Counselling and joint political action work together? About Dror and the International Co-Counselling Network CCI, how does this all fit together? Here we are 40 years after the Six-Day-War - why is there still no peace in the Middle East? So I bought my flight ticket (Hamburg - Istanbul - Tel Aviv) and flew. From the very beginning this felt good since Janice, Marlies und Sytse cordially offered to give me a hand as needed.

#### **cultural differences 1**

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

Also different was the use of mobile phones. And here I finally start to speak about the Dror International Workshop. Participants received phone calls during a workshop. They searched for their mobile phones in their handbags. They got up to start talking; they walked to a corner of the room or they left the room. Evidently no one bothers at all. For me this is also a shift from an annoying matter

in Germany to an amusing little story in Israel. But even after I understood, it was still possible to be astonished. Once during a workshop one of the two facilitators answered a phone call. Even in a session one time someone did so. The one who was clearing things for himself had a short phone call in between with the same amount of implicitness I noticed all of the time. No Israeli wasted any words on it.

The same goes for being late to a workshop. There was no discussion at all with the late comers. At Co-Counselling events in Europe and the US you pay attention not to be late. Punctuality there means attention and respect for each other. With Dror, it's different. This meaning doesn't exist here. Nobody bothered and surprisingly, I didn't bother after a while myself. Often it took more than half an hour until the critical mass arrived for the

workshop to start. That gave me time to write something down, to contemplate things or to find a neighbour on a chair or a pillow to chat with. A process not organized, but in the end offering quite valuable productivity. That only could happen because punctuality in this context didn't have a special meaning for anyone. So no one had to talk about it or get annoyed about punctuality. But trains are on time in Israel. What about their companies? I should have asked.

### **cultural differences 2**

And what interesting cultural differences did I observe at the Dror International Workshop? Surprisingly there were not so many. 'Do Dror and Co-Counselling-International CCI fit together?' This question quickly lost its significance. After half a day it was in a way normal to be there. There was the same basis for togetherness as at other CCI-Meetings: Much caring and interest for each other without being fussy. In Psychology this is called: Caring acceptance of the other person without trying to make the other person self-similar with oneself (Levinas). That enables the possibility for a special connection with oneself it helps to express our truth. In this respect Co-Counselling is a space for the possibility of *full* speech (Lacan). (This just was my very basic answer to the question 'What is the core of Co-Counselling CCI?') I also found this in Dror.

**What was different was that differences in cultural backgrounds of the participants were a bit greater than at a workshop with only Europeans or people from the US. This special openness of the participants towards the world of experiences of other persons made it a real treat to be there. (Isn't this what helps make a better connection between the strange unknown worlds inside oneself?) In Israel if you meet several people you meet several cultural backgrounds at the same time. That's not different in Dror. This makes Dror special for me. The somehow working diversity is just beautiful. There is plenty of space for many people and enough for everyone. Dror is probably like Israel. One question arose: Why is it then so hard to offer respect for the Palestinians as well?**

### **Dror socio-political approach**

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

### **workshops and non workshops**

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

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

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

**things I didn't write about so far:**

- Indeed because of the heat I had to struggle with the weakness of my muscles most of the time. But they never gave me a serious handicap. I was able to take part in the workshop with great joy. Wonderful isn't it!

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

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

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

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

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

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

- The sound of the Dij. More than two meters in length with a broad tune. We heard it every morning and sometimes Ida blew it while we waited for a workshop to start. These sounds created a connection towards the belly, the earth underneath, and to the bodies of the buddies on the left and on the right.

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

thanks Rudolf for sharing (11-30-2009)

**first international Israeli co-counsel workshop in tropical conditions**

Corrie reports: After the first international contacts, some seven years ago in Scotland, members of the Israeli Dror community welcomed their first quest from abroad to attend what was called the first Israeli CCI meeting. Beforehand they had done already a lot of work. Besides visits from Sytse and Marlies, this was not only the first time they met CCI co-counsellors at home, it also was the first time for Dror members to attend a workshop for more than 2 days.

So first impression was, that they were not that interested in this phenomena. Those Israeli who had attend already European or CCI-USA meetings, were anyway convinced that their co-members should experience such an event.

Especialy Janice Wasser, Philo Aviram and Hava Damari did their utmost best, like Aviva Haim, who invited the guest from abroad to use her mothers empty flat in Tel Aviv. And so the very first opening circle was in a beautiful conference center in the mountains on Friday October 20<sup>th</sup> with 29 participants: one from Hungary, one from Germany, one from England, 3 from USA and 3 from the Netherlands. The hosts and hostess were visible pleased with their international guests!

Before the opening circle, because it was Friday evening, there first was a simple Sabbath celebration with lightning candles, singing and praying. And from that beautiful place we had, on a clear day, even a view on the beach! That afternoon we were warmly welcomed by the sounds of (Tibetan) sound bowls and a didgeridoo. And that would be every day's start!

### **the program**

After a short personal introduction exercise we had our first workshop about being lonely and needing company. The difference with a workshop as we are used in CCI is, that they start with sometimes rather time-consuming (theoretical) explanations followed by co-counselling. These are primarily short sessions as usual and they adopted as well, at the start of a session, what kind of contract the worker prefers. A minor difference is that only the worker chooses the kind of exercise to come back (present time).

Great confusion arose by using the words 'worker', 'counselor' and 'client'. And they even called for a mini session! After all we decided only to use the terms: those 'who gets time' and those 'who gives time'. This was the first and the last time of language confusion because almost all those who attended spoke very good English. The first meal after that was (only vegetarian), excellent from taste and quality, fresh and a lot of vegetables. And always soup! The next morning I was pleasantly surprised that the Israeli started their breakfast with salads! And during this workshop meeting it was in October - even for inhabitants of this country at this time of the year - a heat wave of over 35 degrees Celsius.

The second day we started with a community sharing - a kind of business meeting without business. New and interesting was what the Dror people had top share. And by the way: Dror means 'little bird', a symbol for freedom! After their fundamental training there are secondary classes and workshops for 'old timers' and 'newcomers' in co-counselling. Once a month there is an evening meeting and workshops about different items. They organize already more then ten years course of co-counselling in prisons and for thirty years already Palestinian and Israeli meet every month in a support group. The address list of Dror counts 160 persons. It is difficult to say how many of them are active counsellors.

The next day was the day for offering workshops. And there were many so there was a big variety of items to make your choice. Like good parenthood, how do you experience your body?, co-counselling in prisons (as they experience that also in the USA and in Germany), techniques against fear, intimacy and sexuality and being treated by sound bowls. An impressive workshop - possibly more a listen and think exercise - was about feelings as a child of parents who survived the second World War in Europe whether in Israel, regarding the holocaust.

The monthly meeting with Palestinians was planned on Saturday. It was a positive and open exchange about the effects for Jews and Palestinians to participate in this group. It changed their lives, because this is a place where they do listen to each other and emotions are shared. The Palestinians has to pay 'a high price' to participate, because passing the controlled boarder posts consumes hours waiting, while the distance in fact is small. Still they come. Some for years already. Because it is important for them to talk and support each other. By the way, this Dror initiative is not the only one of this type in Israel. There are several of these groups.

That evening the Dror group organized a bonfire at the beach. In no time there was an impressive big fire to roast potatoes and even to cook water for tea and coffee! There was cheerful accordion music and even the didgeridoo was there! We sang and danced for long and some of us went for a swim. Next day was the last full day and it was noticeable how much the Israeli liked this enlarged workshop. Next time there certainly will be more inland participants.

### **first 'talent show**

That evening they had their first so called 'talent show'. Almost everybody participated. Many of them with a song - from classical to rap - and there were dances and even a comic act! It was very surprising to see how many people went on stage, almost everybody took that step. For the first time there were as well envelopes for validations and the Israeli liked that as well. Next afternoon we had to say good bye. Friendship had grown and reciprocal understanding developed. The number of Dror members on coming CCI events in Europe, New Zealand or the USA will certainly increase!

Corrie van Haasteren (11-30-2009)

## **Dror International meeting in Israel**

Marlies

Sytse and I participated in the DROR international meeting with 7 other international guests and about 30 participants from DROR. We were involved in the planning of the meeting earlier this year, and we were very happy that this event could take place! It was very inspiring that so many Israeli co-counsellors and international co-counsellors could take part in the event. On Friday evening there was a meeting with the Yafia group (the group which meets once a month already for 30 years). That was on the first evening of the conference. Since many Israelis did not have the possibility to take off work during the full event, they could only participate during the weekend, till Saturday afternoon.

### **hospitality**

It was wonderful to experience Israeli hospitality and to feel at home in a setting which was very much the same as CCI meetings in Europe, and as I understood as well like USA CCI meetings: we had workshops in the morning and afternoon, people could choose the workshops they preferred or do sessions. In the morning there was an opening circle with the announcement of the workshops. At the final evening there was a talent show, which was new to the Israeli co-counsellors, and there were validation envelopes, which was really overwhelming.

On arriving in Israel we were picked up from the airport by Janice. We met already two times earlier this year: In February 2009 when we visited Tel Aviv and at the CCI in Germany in August. We enjoyed very much the warm hospitality from Luiza and Avner and the lift Luiza gave us to Beit Oren, in the hotel in a kibbutz near Haifa the next day.

Right at the start I was asked to do a session with Naomi, even though the conference had not started yet: co-counsellors being together can do sessions. More sessions were going on. It felt like being home immediately. We met more people we know from CCI in Scotland, which gave a lot of nice feelings to see each other again!! On Saturday, the people who stayed on had a party on the beach, which was very nice and cozy. There was a bonfire and we had coffee and tea to drink.

### **creating techniques**

Sytse and I ran a workshop with some co-creating techniques in it. There was a lot of interest in the explanation of the steps (papers on the ground) we learnt from co-creating. At first there was a bit of resistance: well, why should we do the steps, why not just sit and do a session? Then there was the satisfaction after doing it. The possible steps were: art, celebration, new beliefs, opening to the spiritual world, regression (with discharge), and life action. People did feel a little hesitant at the start: doing sessions while walking. After the sessions we shared about the experience: the discovery was that following the steps makes a session very lively and dynamic.

### **war experiences**

What made a big impression on me (Sytse) was the exchange of war experiences. Listening is an art which is one of the most important, basic elements of co-counselling. The workshop by Ofer about use of physical power in the workshop named 'Anti-Terror Techniques'. We really used our bodies to feel the strength. The workshop taught me (Sytse) to explore some very important inner resources and also caring for somebody else in tense situations.

The exchange on prison work in Israel, USA and Hamburg (Germany) showed the possibilities of sharing our most important techniques with people who needed them maybe even more than we do. It was very interesting to hear about the experiences in Israel, in USA and in Germany - how people work in prisons and how inmates change when doing emotional growth work. As both Sytse and I work in AVP as well as in co-counselling, Bob's contribution about AVP was very interesting. He spoke about integrating co-counselling techniques with AVP, like actively giving free, aware, loving attention (active listening), validation and life action. Inmates change during the emotional growth work. Other inmates notice this, as well as family members.

### **differences in workshop styles**

I attended the workshop Phillo gave on 'Intimacy, Physical Touch and Sexuality'. It was a very careful process in which we explored the different concepts. Sentences in my notebook which still appeal to me are: being present in the moment and responding by speaking from my heart. I made myself a picture of the learning cycle of Kolb (the picture right is taken from internet), which clarified for me some of the differences in workshop styles.

Beginning with the exercise or concrete experience (1), more the style which I use or starting with a theoretical approach or abstract conceptualisation (3) what I saw being used in some DROR workshops. Interesting is that the workshops I attended in the DROR international meeting now were much more like short explanations and then doing an exercise. So I observed a difference there or at least a different approach. I enjoyed very much seeing people working together and learning together.

**after CCI**

After the CCI we travelled to Ramallah and Rudolf and Corrie came with Sytse and me. It was very special to travel together and experience Palestinian hospitality after the Israeli hospitality. It was great to have the possibility to enable Rudolf and Corrie to benefit from our earlier travel experience in the West Bank. We are very grateful for the support we got from Dutch CCN, contributing for our conference fees.

Marlies (11-30-2009)

**a personal report by Bob Sawyer from his Israel experiences**

As I prepared to leave for the international co-counselling workshop being hosted by the Dror community in Israel I got to thinking about all of the international workshops I had attended over the years and wondered if this would be strikingly different than those experiences.

When I arrived on Wednesday, after travelling from Boston to Frankfurt and on to Tel Aviv, Janice met me at the airport and off we went to Jerusalem. There we met up with Corrie and her host Phillo to go take in the Old City and have a late supper. Over the next day and a half I did a few of the typical tourist things, spent time with my friend Avi Butavia and also learned how to take public transportation from Tel Aviv to Jerusalem..

On Friday afternoon Gail Fuller, Jeanine Lajeunesse and I boarded a train along with our guide Gina and headed to Beit Oren, a kibbutz north of Tel Aviv where the workshop was being held. People began arriving during the afternoon and by about 4:30 we got started with an opening circle and a discussion about workshop norms which were very similar to the culture setting at other workshops. Client in charge, confidentiality, setting the contract, culture of validation. Did mini-sessions and then broke up to go have dinner.

After dinner, members of the Arab/Jewish support group arrived and we spent a good part of the evening sitting in circle with members of the support group sharing what it's been like for them to be involved. It was very interesting to hear Palestinians and Israelis (Jews and Arabs) talk of their experience in this support group which has been ongoing for about 30 years. Lots of sharing from the heart, openness, gratitude and caring of and for each other and real hope for transformation.

On Saturday there were two facilitated workshops. The first one in the morning was 'What is the meaning of community' led by Ofer and Luiza, two long time teachers and facilitators in the Dror community. After lunch Sytse and Marlies from the Netherlands led a topic group entitled 'what we have in common' which covered some CCI techniques. That evening there was a bonfire on the beach with music, baked potatoes, hot tea and snacks.

The next two days consisted of participant led topic groups. I wasn't able to attend all of them but did go to 'Arabs and Jews as Allies', 'Hopes for the next generation', 'Aging and Oppression', 'Stories from our past' and also co-facilitated with Rudolph and Janice 'Prison Work, an Exploration'. Great sharing, learning, co-creating and co-counselling.

On Monday night we all enjoyed a spirited talent show coordinated by Corrie and Ida followed by a dance party which went on long after I turned in for the night. The next morning, Tuesday, we gathered for a wonderful time of sharing and a closing circle.

**some personal reflections:**

- \* Gathering with co-counsellors from Israel, Palestine, Hungary, the Netherlands, England, the US and Germany, I felt at home.
- \* I found members of the Dror community committed to the process of co-counselling both for personal transformation and as a way to impact society.
- \* The quality of co-counselling is as good, if not better, than any I've experienced. The client is firmly in charge of their session and confidentiality is the norm. One difference was the counsellor offering a direction, which could be accepted or not by the client.
- \* Diversity encourages my growth and expands my view.

So, was it different? In some ways it was but, in most ways it was very similar to the international co-counselling workshops that I have attended over the years in other countries. The process of co-counselling brings us together in a very special way. I came away feeling even more connected to our co-counselling friends in the Dror community. Thank you for sharing your selves with me. Bob

*Thanks Bob for sharing your experiences! (11-03-2009)*

**Dror 's international co-counselling workshop in Israel 2009**

Janice Wasser, one of the leading members of the Israeli Dror co-counsel community reports about the international Workshop which took place on Oct. 16-20<sup>th</sup>, 2009 at Beit Oren in Israel. She writes: 'There were a total of 37 participants and 7 special guests for the first night. Nine people from CCI

attended the full workshop, 7 of them visiting Israel for the first time. We had representatives from 5 communities outside Israel – Bob Sawyer, Gail Fuller and Jeanine Lajeunesse from the USA; Rudolf Giesselmann from Germany, Csaba Ghimessy from Hungary, Alan Trangmar from the UK and Corrie van Haasteren, Marlies and Sytse Tjallingii from The Netherlands.

### **a mixture of styles**

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

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

### **2 group sessions**

The second day was arranged with two group sessions after opening the day with Ida sounding the didgeridoo and Tibetan bowls – this naturally became our regular opening exercise since everyone seemed to find this appealing. Support groups were determined by random selection, picking a colour group out of a sack.

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

The following two days were open to offerings from participants. The following workshops took place: Anti-Terror Tactics, Ofer Cornfeld; My Inner Tune, Ida Rubin; Biography work: Age 5, Age 9 (journaling) Aviva Haim; Arabs and Jews as Allies, Avi Butavia; Our Relationship with our Surroundings, Naomi Springer; Contact and Movement, Or Instert; How do you experience your body? Corrie van Haasteren; A Co-co way to deal with pain caused by hurt, mistreatment or rejection, working in 3s, Csaba Ghimessy. Evening: Bring a Song, Alan Trangmar.

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

Evening: Talent Show and Dance party

Tuesday: Closing Circle – **We asked the CCI representatives if they noticed differences or learned something new at the Dror workshop, and the questions asked to the whole group were what characteristic in you enabled you to have the experience you had here at the workshop, and what will you take home with you. There was a very rich round of positive validations and a feeling of great inspiration for future meetings of Dror and CCI. The use of validation envelopes was adopted from our CCI brothers and sisters. For the Dror members who forgot to take them home, a sweet surprise is waiting in their post-box.**

### **unexpected heat**

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

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

The letters participants have written about their experiences are available on our web site: [www.dror.org.il](http://www.dror.org.il) along with pictures in the gallery which are currently being collected. The group picture was taken courtesy of Csaba Ghimessy' reports Janice Wasser, Dror Co-counselling, Israel.

*Thanks so much Janice for sharing this with us (11-02 2009)*

### **request to rectify why (about the banner)**

In an email received Tuesday August 25 06.44 PM) Janice requested me to rectify my wording why she returned the CCI banner. I do admit, that my wording of 'her realizing that this banner is so much an internal ritual of CCI ... etc' is mine and has not been checked with her, so please replace that wording with the reasons she stated in her open letter, published above, to give the banner back.

(08-25-2009)

### **a letter from the representative of the Dror community**

Dear CCI Germany 2009 Participants (and anyone else who may be interested),

I'm writing this note to you all a few days after our special gathering in Freckenhorst. I believe it is important to explain what happened after the closing circle. There were several significant points throughout the week that gave me the feeling that Dror has truly become a member of the CCI community.

First, Siglind gave me the booklet she wrote about the history of CCI and I was thrilled to see that Israel was included on the petals of the flower that lists the communities of CCI and a section was written about the history of the Dror Community.

Next, Siglind made a statement at the business meeting about Dror members being welcome to CCI workshops and our being part of the CCI family.

At the celebration party for 35 years of CCI, Dror was mentioned in the history of events having attending our first CCI in Hungary 2006.

And to top it off, at the closing circle, when I wanted to give a final reminder about the invitation to the Dror International Workshop in Oct. 2009, the CCI flag was handed over to the Irish Community (summer 2010) from the German Community and then to the American Community (spring 2010). There was a spontaneous decision to

pass it over to the Israeli Community (fall 2009). I was deeply touched by the gesture and felt incredibly honored receiving the symbolic flag. The next day I received some feedback from CCI members who were uncomfortable with the decision – as it was not decided in the consensus of the business meeting to pass on the flag. Although I

felt uneasy about returning something that was offered to me with such warmth and sincerity, I realized that the best option would be to return the flag and hope this offering would be made when all others were able to come to this decision together.

As discussed in Àgota's workshop on Collective Intelligence, when an issue is raised and there is debate then the people involved are not moving the collective in a positive direction. Only when there is inquiry and openness to change can new ideas emerge. I have been living this example since I first made contact with CCI. The series

of events that have brought us together have not happened through pressure or only by certain members, but out of patience and sincere wishes to bridge the gaps and grow together by the larger community.

Hence, the decision was made to return the flag to Fred. We hope that CCI members will make the collective decision to include Dror in this ritual of handing over the CCI flag.

Again I wish to extend my sincere gratitude to everyone at the CCI in Germany for an incredible workshop. I feel so fortunate to be involved in this amazing conglomeration of individuals representing themselves as well as their communities and the experience of feeling part of a collective with the potential for endless creative energies.

Much love, Janice Wasser, Dror Community of Israel

(08-23-2009)

### **some personal reflexions on CCI Europe 2009**

Reflecting on the three CCI international meetings of '35 years CCI' which I attended this year, first New Zealand, second CCI-USA and third CCI Europe in Germany, I observe an increase in intensity for further development. Reflecting on the highlights for me of these three meetings, besides the blessings of the personal encounters at these gatherings, my feeling is that there is a connection within these three events. So it looks like as if there is more than the only fact, that I personal attended the three where 'the 35 years of CCI' were mentioned as such.

The thought is, that mentioning the highlights may help to discover the connection and possibly the wording of the message they apply for the whole. From the New Zealand gathering still resonates within me the 'human cry', acknowledging my being part of and among other individuals. Impressive is for me still the way we, as the whole community at that spot, were able to tackle a kind of profound disharmony by honouring our needs in a two hours gathering of that whole community. A highlight was

also the two days conversation on the topic of co-creating after the CCI meeting, on the top of a hill, north of Auckland.

From the CCI-USA meeting strongly resonates in me the input from some 20 participants of what is for them the core of CCI, resulting in some 70 statements in the here and now. In more than one way this happening and this number shows not only the diversity – in culture and opinions – but also the complexity within the reality of CCI and the honouring of its past. Besides that, there is the knowledge about the start of CCI, honouring the diversity of the peer individuals and the lack of any authoritarian control. Including the statement to ban any authoritarian behaviour. And, on top of this all, at that 35 years CCI celebration in the USA, members of that community decided to bring CCI Co-Counselling International as a group to facebook on internet!

The recent CCI Europe meeting with its promising optimism that we can move on, exploring and finding new ways to incorporate what we gained from the past personally and literally building this in the greater community. A greater community that emerges by the experience that  $1 + 1 =$  more than 2. Namely 2+. Simultaneously with that acknowledgement comes the awareness for all participants, to be co-operatively responsible for the well being of that 'plus'. This observation, called in our rational and economic society 'synergy', seems to act like a process. And because all processes we know off are in some way or another associated with the fact that their preconditions has to be fulfilled to run properly, our next step seems to be to acknowledge that. Just because we want and or need the benefit of that plus to move on. Knowing that, if one of these preconditions hasn't been fulfilled, the process may not run at all or only disabled and because of that disappoints.

### **the need for synergy**

The need for acknowledging this  $1+1=2$  (+ synergy) in our rational world is obvious. As also the flyer about a 2010 world summit initiative in Hungary states clearly. The concept and the practical history of CCI seems to have an important offer to support that event, and to contribute to it. And at the same time, there is the internal need within CCI to become (more) aware about aspects of its own culture and rituals and the practical processes we have run so far. To come that far as we are now, acknowledging the need to go on with this process, and doing so, bring it on to another level.

About that level the talks on the top of a hill north of Auckland were utmost supportive. Anyway in my perception. The practical results since, as well at CCI-USA 2009 as well at CCI Europe 2009 and in between with five of us in June in Donkerbroek, the Netherlands, are promising. CCI co-counselling in this practice is shifting onto another level, honouring its past and 'moving forward' according and cocreating our future by working along the six ways as they are expressed now.

These six ways, acknowledged as being equal and needed in their own way and interacting in between are: the way of regression, the way of action, the way of opening, the way of celebration, the way of art and the way of new beliefs. And moving literally and practical from one to the other and in between, honouring the CCI preconditions and their tools, creates a visible very active and healing process.

For me – and thanks to the individual input of others – this all and so far, reshaped my concept of CCI as I pasted it to the wall at a workshop called 'create your own future' at the three '35 years CCI' events 2009 and especial at the CCI Europe 2009 event in Germany, saying now:

'The concept is, that CCI is a place where differences of conscience are fully respected and honoured; a place to celebrate and honour our emotions as a source of growth. By creating the preconditions we allow our human potentialities to blossom now and in the future in self responsibility. In CCI we practice being respectful to ourselves and others, sharing on an equal base'.  
(08-22-2009)

### **14 questions and their answers (4)**

Realizing that some questions are very close to each other (if not the same) there are also 5 questions without quotations of an existing text. They follow here, with their answers from Janice - in this last issue. So my **tenth** question is 'are there written regulations (in English) for keeping confidentiality and the peer principles in Dror?' generates the answer: 'Yes, absolutely! There are written regulations on confidentiality - in Hebrew though. Any material brought up in a session or during demonstrations in Dror gatherings is confidential. The co-worker understands that this material belongs to the worker and is not to be discussed with the worker or anyone else'.

And: 'What is the aim of Dror? (11)': 'As mentioned earlier: Attainment and dissemination of knowledge on the liberation of the individual from his/her distresses by means of literature, workshops, classes and support groups in order to enable women and men to think and behave optimally for themselves and for others with love, respect, recognition, leadership and responsibility. In addition, as stated in the guidelines, the Dror community is committed to bring this knowledge to the greater community, to different sectors in the population.'

The Dror community aspires to encourage leadership among members in the community. Dror is a democratic community and is autonomous and aspires to work jointly with other similar communities abroad'.

### fundamental training

My 12<sup>th</sup> question is: 'Can people join Dror without having done a class or fundamentals? and the answer is: 'No, all Dror members have completed a fundamentals class in co-counselling by a recognized co-counselling teacher'. The question (13): 'Is there any restriction after doing fundamentals to join the Dror network? Is everybody joining the fundamental course also participating in the Dror network?' generates the answer: All students who have completed a fundamentals class in co-counselling must be recommended by their teacher.

The teacher gives the list of names of students who have **successfully completed** the fundamentals class to the regional coordinator who approves their being added to the list of Dror members.

### final question

My final question is about the future and especially about a possibly new version of 'a definition of CCI' so I asked: 'What attracts you in the new version of 'a definition of CCI'? and the answer is: 'I have not taken an in depth look at John Heron's new definition. I actually feel more comfortable with the older definition he wrote in 1996. I want to add here that the reason I decided to make contact with CCI in the first place was the elation I felt when I found John Heron's original definition of co-counselling international since Dror has the same basic premise. Namely: 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.'

### thank you for answering!

In reply to my thanks to Janice for answering this range of questions, she writes: 'I hope this information is helpful to you. I await your response for clarification or further information you may need. I have shown my responses to other members of the Dror community to ensure completeness and correctness in the information provided. I look forward to seeing your article about Dror - as you mentioned, before you publish it on the site for our final approval. I appreciate your taking the time to prepare this article'.

In reply, I want to mention that I appreciate your honesty and patience to answer all these questions. My wish is, that questions and answers do contribute to a better mutual understanding and realizing that we all are on our - even most personal - way in which sharing, co-operative acting, respect and love are essential ingredients for our mutual future.

Thanks for your contributions to that!

niek (05-06-2009)

## 14 questions and their answers (3)

Reading in Janice's report about developments in the Israeli Dror community '... we have worked to reinstate the concept that the worker is responsible ...' my **third** question came up, asking: 'what was the concept before and why? That generates the answer: 'What all students of Dror co-counselling are taught is that first and foremost we learn to listen; to offer free attention.

Only advanced counsellors may use interventions, but I found that among advanced counsellors – co-workers, the inclination was to use interventions with less focus on the worker finding his/her own directions. When I share my CCI experiences with Dror members, I explain to them how the worker is expected to come up with his/her own interventions'.

### the original concept

So generated her statement that 'The original Dror concept is still honoured' my 4<sup>th</sup> question is: 'can you describe the original concept; what, how and why, who facilitates? She answers: 'While we are happy to incorporate many new techniques and formats from CCI, we still have a place for the Dror methods i.e., having one or two facilitators run an entire workshop; having a specific theme for a workshop; sessions without explicit contracts (yet according to what is taught in the fundamentals class – namely, first and mainly, listening with free attention and keeping the client (worker) in her/his balance of attention). We believe in enriching our community with new ideas while still honouring those ideas that have been beneficial in the past.'

### what is special?

Reading the expression: 'what made our experience with CCI so special', I asked (5): can you be more specific? What is the difference with Dror? And she answers: 'CCI was special because many people were extremely welcoming and happy to get to know us. They were curious about what we do in Israel and how we co-counsel. They wanted to learn and to share, to have sessions, attend each other's workshops and become a family of co-counsellors.

It's not **only** about the differences; but they discovered that we have a lot of things in common. In Israel, we have a wonderful community – workshops are a place to come to feel a part of something **of value**, to let it all hang out and get through our difficulties. We get recharged to cope better with the difficult reality we live in.'

Reading: 'Aviva shared a technique from a workshop (Sytse)' generated my 6<sup>th</sup> invitation: can you be specific and describe this technique? Is it a CCI technique? Janice answers: 'Aviva used a technique that Sytse shared with us. I do not believe it is a CCI technique. We wrote down a list of 5 words we think of when we hear the word 'different' – then we go around the room to see how many people had the same words. We learned how we all have our own interpretations and where it affects each one of us as a unique human being, showing the richness of diversity'.

### experience

Janice mentioned in her report the national (Israeli) workshop organized to share our experiences at CCI-Scotland' in the September Dror-meeting, evoked my interest and generated my 7<sup>th</sup> question: 'can you be more specific about 'that experience?' The answer is: 'What I meant here was that each one of us who attended the CCI in Scotland, described our experiences in each of the workshops we attended. For example, I explained the structure of Sytse 's workshop and what I learned by attending the gathering.

And so did the wording: '...to continue with what we are familiar with' generates my 8<sup>th</sup> question: 'can you describe where you are familiar with? And why it is as it is?' The answer: 'Dror members are open to new ideas yet there is respect for what has been used in the past, Why? – you ask, Well, as a democratic community we had agreed on a certain structure that worked well for us. When exposed to something different, there was an interest to explore the new approach, and it was agreed to utilize both styles according to the organizers and the participants'.

And the quote '...using co-counselling methods ... on family issues' generated the 9<sup>th</sup> question: 'what kind of techniques are they; can you describe some?' with the answer: 'Luisa Namizov is one of our veteran teachers. She developed a technique for working through family issues. I don't have the material she prepared, but I'm sure she will be happy to offer this workshop again in October, 2009. You are invited to participate and learn first hand!.

Will be continued.

(04-15-2009)

## 14 questions and their answers (2)

In her report of recent developments within the Israeli Dror co-counselling community Janice Wasser writes about the Dror activities. My **first** question is: 'can you describe these Dror activities how many times a year, month, week do you meet and about what items, facilitators?' The answer is:

'We have two annual national workshops which are 2-3 days in length – in the Spring (Passover vacation) and Fall (Succot vacation). Other activities include fundamentals classes, continuation classes, assistant classes, support groups (i.e. women's group, evening workshops, outreach and peace activities: i.e. Yafia - Arab-Jewish open group, parenting classes, Dror participation as 'social entrepreneurs', charity work).

We have an administrative council which is elected each year by the participants who attend the Spring workshop. The council is made up of 5 members who meet every 3 weeks to focus on community issues, i.e. promoting fundamental classes, activities for community members and outreach, dealing with requests from community members, dealing with guidelines, teaching manuals and arranging the national workshops. There are two regional coordinators who are responsible for activities in the regions of Jerusalem and Tel Aviv where most members reside. The regional coordinator is also responsible for giving authorization and support to community members who wish to teach fundamentals or facilitate events for the community'.

### second question

Reading about co-counselling theory and methods my **second** question to Janice is: can you describe this theory and these methods, what and why?' The answer is: 'Co-counselling theory and methods: there are currently 15 teachers of co-counselling in the Dror community. The majority of these teachers were trained in re-evaluation counselling founded by Harvey Jackins. The Dror community became established in 1998 because of serious differences in the approach to co-counselling;

especially with regard to the concept of peer culture, and how new students were treated. Dror 's purpose was to enable members to contribute to the community in a democratic, respectful and equal manner.

Dror 's motto is: '**Attainment and dissemination of knowledge on the liberation of the individual from his/her distresses by means of literature, workshops, classes and support groups in order to enable women and men to think and behave optimally for themselves and for others with love, respect, recognition, leadership and responsibility**'.

#### **a set of guidelines**

We have a set of guidelines which are written in Hebrew; topics include: general definitions – what is Dror, who is a member of Dror, responsibilities of members, purpose of guidelines, how to handle disputes over the guidelines; aims of the Dror community, Dror membership; structure of the community; administrative council; functions of the council; guidelines for the council – i.e. decision-making; regions: regional coordinators; principles for Dror gatherings; certification of teachers; administration of classes and workshops; uses of funds collected for Dror; incorporating new members; relations among members; limits in co-counselling; process of elections for administrative council; for regional coordinators.

They have been partially translated into English. I will be happy to forward them to you once the translation is complete. There is a manual given to all Dror members who wish to teach co-counselling. The theory is defined in the manual along with a description of the methods used to work on distress. Definitions of all the terms used in the theory are provided along with a description of various techniques that can be used in sessions. All members are encouraged and invited to contribute to develop theory on co-counselling.

Many articles have been written in Hebrew by Dror members on various theories. The teachers are free to present and teach theory they have developed, provided the source is made clear. Avi Butavia has provided much material and offered several workshops at CCI events on theories he has developed. His web site ([www.avibutavia.co.il](http://www.avibutavia.co.il)) offers some material in English which you may be familiar with – i.e. Intelligence and Emotions, Fear'

Will be continued.

(04-06-2009)

## **14 questions and their answers (1)**

The internet 'Here and Now' email Newsletter, only for CCI co-counsellors, of November 2008 of Kate MacKechnie, and the 'One to One' printed CCI Newsletter of John Talbut, also only for CCI co-counsellors, of autumn 2008 (issued just before Christmas 2008) publish both the same report of recent developments within the Israeli Dror co-counselling community. Janice mentions, reading this final text, that this is too the case with the Scottish co-counsel newsletter and the CCI-USA Openings as controlled circulations. CCI World News Service do not receive these newsletters (anymore), so I did not feel free to mention them. This Dror community split off from the existing Re-Evaluation counselling (RC) community in Israel after severe disagreements with the leader of that co-counselling approach, the late Harvey Jackins, somewhere in 1998. A similar process as CCI went through in 1974.

Recently, at CCI Europe 2008 in Edinburgh, seven members (of about 200) of Dror attended this CCI event. One of them, Janice Wasser, reports now about recent developments in Israel. She visited, several CCI events since 2005: a CCI event in Scotland in 2005, CCI Europe in Hungary 2006, CCI-USA 2007 and 2008. CCI Europe 2007 was attended by two other Dror members.

#### **an interesting report**

Reading her report with interest, several questions came up to me. So I decided to collect them and to send them to Janice, inviting her to answer my questions. I shared also my intention to compose a number of articles out of her answers to my questions for CCI World News Service. Doing so my aim is that also people outside CCI have the possibility to be well informed how such a process of peer and self responsible development evolves by honouring the CCI basic assumptions.

I intend to do this because for several CCI events only participants are invited to attend who have completed their so called CCI fundamentals. That is a fundamental co-counselling training of at least 40 hours within the CCI approach from a member of CCI. Other CCI communities accept also participants who have been trained in other methods or varieties of co-counselling, if someone vouches for them. In that case it has also been very helpful to have someone who explains the differences between what they learned and this CCI approach, before they come to a CCI workshop they want to attend. One of the achievements of this CCI approach of co-counselling is, that worker and co-worker (or so called client and counsellor) use the same terms/tools, knowing by experience, why to act and how to do so - or to refuse on behalf of the workers self responsibility.

In my invitation to Janice I also pointed out my intention that she read carefully the content of my articles before publication to verify my interpretations - if there were any, or in my way of saying it. And so these articles may be called also a 'co-operative production'! This introduction to my questions and her answers is also part of this editorial policy.

### **the answer**

Soon after posting my questions, one of the first days of December, I received her principal reply that she will answer all of them. On the 25<sup>th</sup> of December I received her answers, mentioning that 'I have shown my responses to other members of the Dror community to ensure completeness and correctness in the information provided. I look forward to seeing your article about Dror - as you mentioned, before you publish it on the site for our final approval. I appreciate your taking the time to prepare this article' she writes.

She also reminds me that 'many of the questions you are asking here, were already asked' by me before, in interviews I had with her, Avi and Phillo in 2006. In my answer to her I admitted, that firstly I was not aware of that, and secondly that asking these questions again tells me, that these items are important in my view. And, that I want to hear the answers worded by them, and not by me or translated as I understood them. So I can listen to their wording and observe what resonates within me.

### **original statement**

Before answering the fourteen questions, she repeated in her letter what she calls her 'original statement'. This is the place to quote that statement with my appreciations. It says: ***'The reason I made contact with CCI in the first place was out of a sense of camaraderie - having read on the internet about the history of CCI and the principles held by it's members - I felt we had very much in common and that we could make a connection, to possibly work together to expand the use of the co-counselling methods we all have found so useful in our lives'***.

Will be continued.

niek (03-25-2009)

CCI co-counselling

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### **first CCI activity in 2010**

The first CCI activity in 2010 will be in the CoCounseling House in New Haven (CT) USA on January 2<sup>nd</sup> from 10.30 AM till 04.00 PM. The theme is 'exploring and mining memories from 2009 to aide us in 2010'.

(12-24-2009)

### **3 impressions from a co-co event in Israel**

Three authors: Corrie, Marlies and Rudolf give in this issue their personal impressions of attending the co-counsel event, this autumn in the Conference Centre of Beit Oren in Israel. This is the first time in

history of CCI World News Service that not only five contributions on the same (CCI) co-counsel-event are published, and that they all are, in my view, excellent reports of high quality! That is an event in itself!

The contributions of Bob and Janice were the first, shortly after the happening itself. And beforehand Corrie was invited to write her impressions for this public internet information service. And she did! The photo's published with these three articles are all of Rudolf's camera.

Thanks Rudolf for that contribution to us all as well! Reading these reports, I am impressed by the energy and honesty that supports the way that each of us and we all together, are creating with respect to each other into our future. And I am grateful for the fact that CCI World News Service made his own way in serving not only the CCI communities but in general may have the idea to contribute to what we all do need on our ways into the future of the phenomena of life. Thanks to you all! (11-30-2009)

### **what co-co means to me by Mitch Malek**

The receptionist shows me the room. It is perfect. Carpeted floor, lots of windows for natural light, tea and coffee facilities, and the clincher – a huge pile of garish floral-patterned cushions neatly stacked in the corner. 'It's great. I'll take it!' I told her, at the same time setting in place the fulfilment of a long held dream.

I have five people booked in and committed to the class. Five people keen to learn how to express their emotions in a safe and loving way. Five people who have faith in me as their teacher and in the techniques and the theory and practice of Co-Counselling International. 5 wonderful, beautiful, open, people eager to learn and take Co-Co into their lives.

Co-Co to me is about seeing the self-awareness blossom in

these people. Seeing their internal lights come on - as they learn new skills to sort out the destructive patterns and external judgements, and sort in the self-loving personal truths.

I love watching these people piece together the 'identikit' aspects of who they naturally really are – perfect and human. I see over the duration of the course their hardened protective shells start to crack, chip off and fall away.

I delight in seeing their fresh, never-before-exposed softer sides laid bare, out from under the years of protective self defence mechanisms, and bravely held up to the world for the recognition and freedom of expression they deserve.

I feel such honour at witnessing a man cry like a child and finally acknowledge the hurt of his internal four year old. My heart bursts with parental pride when one of the students is able to correctly answer another's query without referencing the course notes. They get it! I see them client and I see them counsel. They talk in validations of self and others, and, in the amazingly permissive environment, allow themselves to explore and push beyond emotional barriers never before even toe-dipped or tyre-kicked.

And then they session with me. And I get to bask in the safety and love and support of my Counsellor and push my own boundaries of awareness and self-sabotage, whilst still paradoxically remaining in charge. They are skilled and attentive. With co-co I gain insights and heal hurts I was never able to achieve by processing on my own, or with other modalities of therapy.

I experience childish glee when I see the five strangers connect, bond and form not just a group, but a fledgling community. Not just any community, but a local subset and representation of the supportive, loving, peer-based, global co-co community, of which I am proudly a member and utmost value. The community that gave me people in my life who are now so close to me I forget that we were once strangers, and now consider as family.

The course finishes, and it is with a contented sigh that I am able to step away from my teacher role and step into the circle to take my place as a peer in the Melbourne Co-Counselling community and integrate co-co into my daily life. *Thank you so much Mitch for sharing this with us! niek (10-30-2009)*

### **CCI couples group and their (non) co-counselling partners**

The Dutch CCI couples group invites in March 1010 members of CCI Netherlands to a workshop with their partners, CCI co-counsellors or not, to share highlights of what they have experienced in the past 14 years. The workshop starts on Friday evening and ends the next day at 5 PM.

There will be also communication exercises combined with co-counselling.

(10-07-2009)

### **CCI co-counselling in Sri Lanka** by Celia Wilson (UK)

*Celia Wilson, author of this report of a recent trip to Sri Lanka is a CCI co-counselling trainer in the UK. She and her co-travellers, John Talbut and Jean Brant - both also CCI trainers - travelled with her. They all did, and do, a great job to get CCI co-counselling on the road in Sri*

*Lanka! And so did Sushila Raja! Celia send her report just before CCI USA started. After reporting what happened at that meeting I had time to pay attention to the beautiful information she produced, as well as for CCI World News as for CCI Newsletters in the UK. Thanks Celia John and Jean for what you did! And sorry for the delay in publication.*

*Nevertheless, the current situation in this part of that country is disastrous critical. Spokesman Marcal Izard in Geneva, of the International Committee of the Red Cross (ICRC) describes for Voa News ( voice of America, founded in 1942), the current situation in the North of Sri Lanka as 'desperate and catastrophic'.*

*'People need really immediately treatment' he says. They are undernourished. It is really extremely difficult because they have been holding out now for weeks or even months'. The United Nations says as many 100,000 civilians may be trapped in the combat zone, writes Voa. And we need to be aware of that. And more.*

*niek (05-17-2009)*

The recent history of Sri Lanka is hard to take in as a westerner. Tamils in this beautiful country have had a very hard time indeed over recent decades and I found it hard to unravel anything approaching a right or wrong from the stories I hear. After many years of vicious civil war, a tropical cyclone hit the

east of the country and caused much loss of life and devastating damage to property. This must have seemed bad enough at the time but far worse was to come.

### **why co-counselling here?**

In another part of the world, Sushila Raja was putting two and two together and making about 17. The co-counselling she had learnt while living in England would surely be a lifeline for her compatriots suffering the ravages of war and weather. She decided to come back to her home country after many years away, to form and run SYNERGY, a local non-governmental organisation 'developing Community Empowerment'.

On December 26<sup>th</sup> 2004 as we all know, the tsunami hit. But what does it mean? Just today I have met a woman, D\_, who lost 47 members of her family that day. Her husband, R\_, is a gentle man who has volunteered to accompany me to Colombo, on New Year's Eve, (13<sup>th</sup> April) just to help me, missing part of his family celebration to do so. On Boxing Day 2004, he was riding his motorbike towards home when the 10 m high wall of water roared towards him, high as a pine-tree. He was buffeted and rolled by the wave (his bike was found 2 km from where he was) hit things and got tangled in barbed wire but survived. It was two hours before he and D\_ were in contact and discovered that they and their small son H- had all survived. He was in great pain for two years before finding the money for an operation. 60,000 people perished on this short stretch of coast- something like  $\frac{3}{4}$  of the local population. I met H-, now 8. He is a beautiful, alive, child.

It seems nearly everybody here has lost somebody through the tsunami or the war. These stories are commonplace. 'My daughter was killed by the tsunami'. 'My husband was shot when I was 22 with 2 young children'. 'My father was dragged out of the house in the early hours and killed'. The agencies speak of 'tsunami affected' or 'war affected' people.

### **427 co-counsellors**

So you can see why Sushila wanted to bring co-counselling to this place. And she did, energetically and courageously, teaching 427 people the fundamentals of coco between 2005 and 2009. During this time she got support from three UK cocos, John Talbut, Jean Brant and myself.

Out of the 427 have come 30 people who in Sushila's opinion might be ready to teach coco soon. She herself is leaving Sri Lanka after 7 years for pastures new and she wants to leave a thriving coco community behind her. She asked us, therefore, whether we would come and teach a teacher training session for budding coco teachers. John was also keen to teach helping skills derived from John Heron's 6-category intervention analysis, a course he sometimes calls 'practical loving'. He and Jean have taught this before and I was keen to acquire the skill.

### **training of teachers**

We based our three day coco TOT (Training of Teachers) on the experiential learning cycle of holistic learning. Realising that some refresher learning might be needed, we selected some topics from coco fundamentals and asked the trainees to teach these topics to each other, using almost exclusively free attention, having plenty of mini sessions and games. There was loads of laughter and a few tears. As to non-repetitive talking, Tamils seem to be very good at that!

Something uncomfortable became very quickly clear. Our participants had not really discovered how to use coco for themselves yet. In this desperate environment where the need to help others can feel so strong, no tradition has yet been built up of using coco for self as a primary tool of self-development and helping others to do the same. As time has gone on, because the tools have not been used much, people struggled to remember the interventions and their uses. Even more to the point they did not yet have a sturdy base of their own self-responsible gains through coco to keep them going in hard times as coco

### **there is hope!**

We felt that there is hope that our 30 bright-eyed and enthusiastic people can go on to build a functioning coco community from which further fundamentals teaching can spring within a reasonably short time (say six months). So we felt we had built on Sushila's hard work and that of all the Tamil people who had learnt coco. We have our fingers crossed that we shall be invited to the first South Asia CCI International in Sri Lanka within a couple of years or so and I for one will be delighted to attend. For now, coco Lanka is exclusively with the Tamil people, none of the majority Sinhalese population has yet become involved and to change this would be a big step.

The 6 category course was taken by a different but considerably overlapping group of people, all cocos. You may hear more about this from John, Jean or both. Suffice it to say, for now, that our course identified these helping skills, related them to coco in a way that extended the understanding of many participants including me, and offered light and memorable exercises to practise the various categories. A big sigh of relief was almost audible when participants realised this course was not about looking after myself but helping others, a mode they are much more used to. After a couple of

days a sort of collective wry grin emerged as they realised they would have to look after themselves too, in order to do it well.

This trip is among the best things I have ever done. Jean and John are more seasoned travellers than I, to countries where people have very little money although they may have other riches in great measure. I was afraid to come here and I am glad to have overcome my fears. Given a very difficult political situation, there is no place in my experience that could benefit more from coco than Sri Lanka. I am so proud to have had a small part in opening up this possibility.

By the way, you don't have to take my word for it. We got feedback from some of some of the participants and this will be translated soon. Celia Wilson (05-15-2009)

### **a Saturday morning CCI meeting in New Haven**

Mostly every other Saturday there is a CCI co-counselling meeting at the Co-Counselling House in New Haven (Connecticut, USA) of Fred Wallace. The meeting of Saturday April 18<sup>th</sup> was facilitated by Joke Stassen from the Netherlands with the item 'listening to the body', starting with an opening circle at 10.30 sharp with in total 7 participants. She led us in exploring ways to do our session starting from the body: moving, posturing, using touch followed by a long session. At noon, just before a short break we had a sharing round. It was impressive to explore and experience how the body knows what we have forgotten already for a long time. And how deep the work may go. 'These were the longest 11 minutes I ever have experienced in deep work' one shared!

After the break we focused on postures and worked with a 'virtue project' (choosing blindly a virtue card) and explored our personal relationship with that virtue. This included sessioning in the group as well. We ended the meeting with exploring our individual relationships with the same virtue and how this virtue could serve us as a group. niek (04-19-2009)

### **the regeneration of the Wellington network**

About a month after the CCI-meeting in New Zealand, one of the participants – based in Wellington – writes: 'I am sure that you will be delighted to read we had an excellent regeneration meeting with 10 people present last weekend with an intention for a repeat every three weeks and looking at getting some training happening. And soon after he wrote: 'We have three more meetings planned and plan to plan more at them! Things are looking up for Wellington Coco'. And I am delighted and wish them all the best. Let us know more about that! niek (03-25-2009)

### **regeneration of CCI**

'It is now 30 years ago since Co Counselling was first introduced by John Heron to New Zealand. It is also the last year of the first decade of the 21<sup>st</sup> Century. How does this resonate for you? What aspects of your life respond to the immense possibilities for renewal?' These are the questions the organising team of the CCI meeting 2009 Aotearoa/New Zealand put forward to the 41 participants of this meeting. They invite them in their welcome booklet: 'please take advantage of the love and support we offer you to make this a memorable, life enhancing event'. And it did!

Directly at the very start. We gathered outside the venue with flowers around us (on January 10<sup>th</sup>; it is high summer in the southern hemisphere!) We were invited by a Maori welcome song to come inside and stay in a circle 'to speak into our welcoming circle to tell us: I am ... (name), the land I connect with is .... , the body of water I connect with is .... , I am (name) and the circle responds: .....(your name) Welcome!'

After this Maori based ritual, we were invited to leave this room along a path of leaves and stones, enter the hallway and pass the entrance of the big central hall, after a ritual of 'washing' our bare feet. This impressive welcome ceremony was the very start of this CCI event. That same evening, after dinner, the original Hungarian CCI banner was handed over by Bobby to the organisers of this CCI (photo Natalie), and we created our culture (part one) and choose support groups. The next morning was used for culture setting part two where Diana, Joke and Richard introduced and practised a 'back to CCI basics', also with CCI sign language. niek (02-07-2009)

**20-21 January 2009****workshop with John Heron on extending the theory and practice of co-counselling in terms of a co-creating model** **report by John Heron**

This event was held at the request of Fred Wallace on behalf of himself and a small group of co-counsellors in the USA, UK and Europe. The invitation was for me to share my 'current thinking about the state of co-counselling'. For full details of the history of all this, of a summary of the basic differences between co-creating and co-counselling, and of a reconstructed definition of CCI in co-creating terms, plus a link to the three mind maps which portray all the features of co-creating, see <http://www.human-inquiry.com/ETPCC.htm>

The workshop format was conversational throughout the two days. I shared my views in question and answer sessions, with one of these sessions based on my presentation of enlargements of the three co-creating maps and of the key differences between co-creating and co-counselling. I sought to elicit the diversity of perspectives implicit in the questions asked, there was much vigorous general discussion, and the workshop as a whole co-created a refreshing blast. We did not systematically go through my reconstructed CCI definition, but all its 'reconstructions' were covered in informal emergent conversational mode and in my presentation.

We agreed (1) that we had not tried, and did not presume, to formulate a set of proposals about extending the theory and practice of co-counselling going out from the workshop to CCI communities, (2) that we just had an informal conversation about my and other people's suggested extensions, and (3) that it was up to each person to report to their local communities in any way they saw fit, and to carry the issues forward in any way or not as they saw fit. My general feeling was that the wind of change is afoot, and that the co-creating model has aroused a sense of liberation and elation in many participants.

What is happening in Auckland is that there is an emerging co-creating variant of co-counselling being practised by a number of people in the local network, that the last fundamentals in 2008 taught by Rex and Anne was based on the six ways of the co-creating model, and that there is the start of a *de facto* shift toward a modest local "reconstruction" *within* the global CCI federation. (02-25-2009)

CCI co-creating

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**CCI co-creating in Budapest**

A small and inspiring group – CCI co-creating doesn't need large groups – practised CCI co-creating on Saturday August in Remeteszölös near Budapest, Hungary facilitated by Joke Stassen and Fred Wallace. At this photo (of Fred Wallace) from left to right: Ágota Ruzsa, Joke Stassen, Fred Wallace, Niek Sickenga and Orosz Katalin a clinical psychologist and transpersonal psychotherapist in Hungary. They experienced an impressive gathering. (08-23-2009)

**overnight phenomena's**

In the last ten years of the last century I was lucky to attend several workshops at Podero Gello in San Cipriano in Tuscany, Italy. Besides the colourful and inspiring environment at that spot, we were, several times, invited at the start of the day, by John Heron the facilitator of these workshops, to share – anyhow if so – our overnight phenomena's. Since I am aware of that phenomena. And it seems to me that reminding myself, conscious or unconscious, before getting a sleep about a personal more or less emotional happening, might be of influence for next day's overnight phenomena.

However it may be, such phenomena happened recently. The brainwave is, by awakening, that in the practice of CCI co-counselling - or practicing 'the way of regression' in CCI co-creating - the aim is not so much what insight came to me, but the emotional impact of the transformation, connected with the emotional discharge. The what is nothing more than a personal reminder of that process of transformation, as I see it now. And that is why the sharing of that 'what', again for me, is so important. Because in sharing I bring my experiences – and what they did to me - into the world. And that specifically is a process of communication.

**the origin**

The origin of the above mentioned 'overnight phenomena' might very well be the background question of '*what is it, that makes CCI co-counselling for me so real?*' Is it the wording of 'a definition of CCI' as John Heron re-worded in 1996? And my answer is: no. Because this wording of a definition is far more (for me) a description or handout how to practice the method of CCI co-counselling. Far more important (for me) is my description, based on later expressions of John Heron, on what CCI wants to be. So this is nothing more but a personal statement I want to share:

'CCI wants to be a place where differences of conscience are fully respected and honoured; handling our emotions effectively in the here and now – and if so, also based on the past – by creating the preconditions to blossom our human potentialities now and in the future. In CCI we practice to be respectful to ourselves and others everywhere, in sharing on an equal base'.

And of course, 'creating the preconditions to blossom our human potentialities' is as well related to the practice of: 1) how to create the CCI co-counselling practice as described in a definition, also called (the way of regression) as 2) the more extensive 'guidelines' of CCI co-creating. And incorporated in both is the respect to the conscience of one self and others. Incorporated in these conceptions is also: to drop 'all forms of authoritarian control'. Also those who are the result of honouring (or misusing) this intention. And besides in the words; 'blossom our human potentialities' is also incorporated our spiritual origin as far as that is part of your life.

**the aim....**

The aim of the whole activity is: to find my personal answers to my personal questions for gaining my personal well being. And that is something like living according to my personal beliefs, insights, capacities, in sharing, in peace and in love. Reciprocally. Within CCI this is in my view: along my personal way of regression, or in my personal approach of the way of celebration, or my way of new beliefs, or of my actions and or my openings. On an equal base! And that all reciprocally again with respect!

(07-28-2009)

**a mini weekend exploring co-creating!**

Three Europeans, Geoff, Joke and Niek, all based in the Netherlands, decided soon after attending 'the conversation on the top of a hill' about co-creating, north of Auckland, New Zealand, January 20<sup>th</sup> and 21<sup>st</sup>, to organize a sharing and follow up weekend in Europe of the European participants of this conversation. And they invited too Barbara Langton, who was one of the facilitators of a wonderful afternoon co-creating introduction at the Aotearoa CCI event 2009. We invited also John Heron and he let us know that he was delighted that we intended to get and share more experience and also wanted to look at how to work on further development and integration of this way of working within the European CCI networks. Barbara came, John staid in New Zealand and one of the attending Europeans had other obligations for the planned weekend. So we were with five people at Donkerbroek in the Netherlands: Barbara, Celia, Geoff, Joke and Niek.

And we did, in my observation, very well. The event was peer facilitated and the decision making was according to the consensus model by indicating your preference by raising arms. We did well, not only in getting practice in using freely the three maps John created, but also gaining the flavour of the wholeness, healing and awakening of this approach in general. In this process – and in my experience – my whole embodied spirit is an integrated part. So including also the painful parts of my personal history as it gets the needed attention along the way of regression. This way of regression, by catharsis and or transmutation, evolves for me into personal insights. So does following the other five ways. They are the way of opening, the way of celebration, the way of art, the way action and the way of new beliefs.

Those ways were indicated on paper on the ground and practicing you move yourself physically to the way you think appropriate. And, practicing this on the same item in all six atmospheres, is utterly productive. Anyway in my experience! We paid special attention to the way of opening and the way of regression. The ways of celebration (self, others, nature etc.), of art (drawing, writing, dancing), of action (listening to life prompts, action planning etc.) and also new beliefs we already and more or less aware we practice at CCI meetings though some are (more or less) not considered as being CCI co-counselling.

In our sharing at Donkerbroek we walked in silence in the woods practicing the way of opening. During the weekend we did a lot of sharing (without a timer!). We sat times for breaks and meals and at the time we were flexible. For me it anyway was a liberating

and healing weekend without realising or bothering what exactly was or needed to be healed. And so many times the expression has been heard: 'I do not know how it works, and that is absolutely accepted'.

(06-30-2009)

### **co-creating in New Haven**

Practising the six ways of working from John Heron's map 3, at the co-creating workshop of Joke and Fred in the New Haven co-counselling house in May 2<sup>nd</sup>, was quite an experience. Twelve CCI members gathered together on Saturday May 2<sup>nd</sup> and worked in pairs and triads after explanations of Fred and Joke about co-creating. In mini's of 3 minutes each we practise presencing and then the six ways of working: action, regression, opening, celebration, new beliefs and art. After the initial exploration of all six ways of working and a great sharing round each person in each triad investigated for three minutes, each of these six ways. This turned out to be a practical and handsome approach. Comparing with John Heron's concept of co-creating with co-counselling, as we understand it and are familiar with it, we grew to understand that, in fact, we already practice quite a lot of what John Heron offers in the open structure of co-creating.

Practicing these 6 ways in their open structure without being restricted, just listening to your own prompts and acting upon them was, in my observation, a relief for everybody attending this workshop. So was the opening circle of the workshop in which Joke pointed out, that giving and receiving of free attention' is as much an image as 'participating in the free attention of the universe' is an image. And that we can practice in both images and just observe what happens inside!

After practising the six ways of working which 'beckon to and speak with each other' we did a longer session and had an exiting sharing round. Then we explored the two other maps John created: the co-creating map about 'the art of the between' and the co-creating map about sessions 'one to one'. In the 'art of the between' map he distinguishes the energy between individual people and people and different types of organisations and within this reality and other realities. Also in the 'art of the between' map he distinguishes between a person and spirit, between capacities within a person and between a person and their environment.

In the co-creating map 'session one to one' he distinguishes co-creating guides like discriminating authority within, partner interventions, the life centre in the belly etc . and the six co-creating ways of working. He creates as separate branches, co-creating presence and the co-creating contracts, like the use of time – taking time on the same or different days, the frequency of sessions and how we take turns on the same day.

These maps are an essential help to a person getting started in co-creating in the same way that learning the basics of CCI co-counselling helps a person get started in co-counselling. Try them out and observe where they bring you! Joke and Fred did very well in presenting this workshop in the CCI 'co-counselling house' of New Haven!

niek and Fred May 3

(05-26-2009)

### **co-creating in the Netherlands**

Inspired by their recent experiences in New Zealand, Geoff Rowe, Joke Stassen and Niek Sickenga are offering on September 12-13 in Fryslân, the Netherlands, a weekend for Dutch co-counsellors in which they will work with co-creating as a CCI co-counselling approach in a wider perspective.

At the end of June there will be also a follow-up co-creating meeting of the European participants of the recent workshop in New Zealand and some others. This weekend workshop, meant for further exploration, and possibly with some New Zealand participants, will also take place in Fryslân, informs the English version of de Dutch Beukehof website ([www.cocounselen.nl](http://www.cocounselen.nl))

(03-25-2009)

CCI core

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### **the core of CCI Co-Counselling by John Talbut**

What I have come to realise is central to CCI co-counselling for me is the requirement for the client to be self directed. Not just that the client may be self directed but that they are required to be self directed. This, as far as I am aware is unique to CCI co-counselling. Many other approaches support or encourage client self direction. And, indeed, if someone is able and chooses to be self directed there is not a lot anyone can do to stop them. But only in CCI co-counselling is the client required to

be self directed. I find that CCI works well when we stick to this requirement. We tend to have all sorts of patterns that encourage us as counsellors to try and help, direct or prompt the client. In other words to be the rescuer in the rescue/drama triangle. And as clients we have other patterns that encourage us to play the victim in the rescue/drama triangle. So we may love it when someone feeds us some directive intervention and feel that we cannot manage without good counselling.

When we slip into these patterns, when we ask questions as counsellors, when we use counsellor led CBT techniques (cognitive behaviour therapy), when we need non verbal positive feedback from the counsellor, when we see the work of client and counsellor in sessions as a co-operative activity then, in my experience co-counselling is much less effective.

When, on the other hand, we require the client to be fully in charge of their work then we interrupt these patterns - patterns of control and dependency that I believe underlie most of the problems that we have in the world. Whether it is through discharging our distress around our helplessness or our needs to control or whether it is from the behavioural effect of finding that we really can do things for ourselves, CCI co-counselling really seems to work.

At the time when I learned CCI co-counselling, in the mid 80s, we used to say 'The client is in charge. (full stop)'. I have realised that not everyone saw it in such clear cut terms. After all, the journey to that position was extremely radical. In re-evaluation co-counselling (RC) the question of who is in charge in the session is fudged. An RC fundamentals focuses primarily on how to be a counsellor. I am aware that people whose roots are in RC before the days of CCI still tend to feel the counsellor has some responsibility for the client's work, if only for ensuring that the client is maintaining a balance of attention.

Everything else that is unique to CCI flows from the client being in charge. Organisationally, if each of us is in charge then hierarchical organisation does not work. What I realised is that, in England at least, we had developed quite new ways of organising and decision making that honoured the right of everyone to participate in the decisions that affected them. My second co-counselling teacher (Dick Saxton) introduced me to the method of 'gathering' in decision making. The rest of the approach to organising did not seem to have a name and I have called it 'panocracy' or rule by everyone (see <http://www.panocracy.org>). This is different from democracy which means rule by some single entity that is 'the people'. It is also different from using consensus because it does not necessarily seek agreement and honours that people have the right to make their own decisions, whatever any group may "decide". In CCI, certainly in England, there is a rich diversity with different people trying different approaches to problems, people acting on their own initiative and almost a tradition of different activities taking place simultaneously.

CCI co-counselling is the most effective approach I know for helping people to be more in their own power, by which I mean being able to see more of the possibilities in any situation, being able to act on more of those possibilities and choosing for themselves how to act. Generally, I think, this involves becoming more self-aware, self-directed and emotionally competent. For me the joy of being at gatherings of CCI co-counsellors is the experience of being amongst a group of these relatively empowered people with no rules and experiencing how they work together in wonderful, flexible, creative and co-operative ways.

*Thanks John for sharing this*

*niek*

(11-02-2009)

## **a personal account of the core of CCI** **by John Heron**

*This is my vision of what CCI has the potential to be, and is, in my view, in the process of becoming:*

1. I see CCI as a worldwide federation of independent local self-help communities whose members are trained to become competent in whole person development.
2. This development includes at least six dynamically interrelated paths: healing past and present emotional trauma by catharsis, transmutation and re-evaluation; celebration and validation of self and others and the wider world; creative thinking and the life-enhancing transformation of personal beliefs; goal-setting and action-planning for personal, social and planetary flourishing; artistic expression of unfolding insights; opening to the spiritual and the subtle, especially the presence between autonomous and co-operative peers.
3. Members are trained to work in pairs, taking turns to be in the primary role of self-directed worker and in the supportive role of co-worker. The worker always keeps some attention outside their work within any path in order creatively to direct that work, and also to be alert to switch to any other path that calls to make its contribution. Before starting work, the worker chooses the contract in terms of which any facilitation is offered by the co-worker, whose basic support within every contract is to give unrestricted free attention to the worker's emergence.

4. The CCI belief system affirms that the guiding authority for the work of personal development manifests in a uniquely creative way within each worker, an idiosyncratic personal authority which is refined in the crucible of validation and facilitation by co-workers.
5. Within the CCI worldwide federation there is no central control of anything. Local communities are self-organizing with regard to the training and accreditation of teachers, and to the schedule of basic and advanced workshops and other developmental events. International workshops held regularly in various parts of Europe, the USA and New Zealand, provide a forum for sharing differences of local approaches, for co-creative hybridisation between them, and also for stimulating ongoing international discussions online. This kind of mutual education and collaborative inquiry makes possible a forward movement of basic CCI beliefs and practices, the soundness and validity of which are thereby enhanced by a continuous, ongoing and informal kind of participatory action research.
6. Leadership within CCI communities is a spontaneous, emergent phenomenon, where different members at different times, validated and supported by their peers to do so, take initiatives to train newcomers, and to organize and facilitate a wide range of peer support, development and inquiry groups for established members. This kind of leadership of an event is primarily authenticated by the degree to which it enhances the personal autonomy and interpersonal co-operation and co-creativity of those participating in it.
7. There is no one exclusively valid account of the core of CCI. Validity is a social phenomenon, progressively built up by the way in which a whole range of individual accounts both overlap to empower each other, and also have differences of style, emphasis and content to enrich and complement each other with idiosyncratic personal wisdom.
8. The CC in the acronym CCI can stand for different titles: 'Co-counselling' to bring out CCI's historical roots, 'Co-creation' to affirm its innovative developmental work, 'Cooperative Culture' to assert its status as a leading form of peer to peer social organization.
- October 2009

### first answer on CCIWNS's invitation

*In the last CCI World News issue (September 25<sup>th</sup>), mentioning the world wide CCI community, has been announced that 20 people (mostly 2 per country + John Heron) were invited (on September 11<sup>th</sup>) to commend their personal view on the question 'what is the core of CCI' for them. John Heron was the first to let me know that he received the editorial invitation to react on the article 'what means CCI in the core to me?'. He too is the first to send his account of the core of CCI. And he let me know that 'it is the best and the most succinct account of CCI I have ever written!'. What he writes is published here.*

*(10-07-2009)*

### the world wide CCI community

It looks to me to be time to share thoughts about the character and the core business of the CCI approach. Nowadays there are already 8 languages in which the CCI sign language for CCI sessions is available. It looks like that this number soon will grow further. Also in Sri Lanka there are now CCI co-counsellors. And the hard core question seems to be, what description we want to give to CCI, related to recent practices and other types of co-counselling.

So far, it has – anyway outside the United States – be standing order that those who want to attend an international

CCI meeting, have experienced a training in CCI co-counselling by 'a member of CCI' as 'a definition of CCI' (John Heron 1996) states. By the way recent practice learn, that the wording of this 'a definition' does not cover always the reality. Also the practice outside the United States does so. In the USA those who have learned other types of co-counselling, are accepted to attend a CCI meeting if they are vouched by an experienced CCI co-counsellor.

So this evokes the question how the wording could be, to guarantee a so world wide possible practice, which honours the core business of CCI as well as cultural differences (and possible others) all over the world. And besides. Talking about CCI, some may intend CCI co-counselling, others may understand CCI co-creating, in which the CCI co-counselling approach is incorporated.

### **CCI World News Service invites ...**

CCI World News wants to contribute to a mutual wording that is practical, accepting cultural differences, inviting and open for possible collective, or personal, developments in the future. That is the reason why the article 'what means CCI in the core (to me)?' has been written. This article has already been sent beforehand to 20 different, CCI trainers or those who are on that way, all over the world. They are invited to write their personal remarks and or totally new personal vision on my contribution to it. It is the intention to publish their vision (with a maximum of 1.000 words) in total in a separate part of this site and for the usual time. Also their contributions will be part of and archived in 'the best of CCI World News Service in 2009' (and beyond). Readers who want to contribute are of course most welcome as well with the same conditions. And it might well be, that a continuing process has started by this!

(09-25-2009)

### **what means CCI in the core to me?**

Twenty participants shared on the second evening of the CCI-USA 2009 annual international meeting, in rounds which technique, process or idea is essential to them in CCI co-counselling. After 2 hours there was a list of 71 items. These items were published in May at this website. This result makes perfectly clear, that it is complicated to word 'what makes CCI so special'.

So to answer that question it seems to be needed to specify what we do have in common in practicing the process of CCI. First and for all for me it is, that each of those who are practicing the CCI approach, are on their own way to practice their self responsibility. This seems to be a backbone of that process (1). They are trained to work in that way in their 40 hours fundamental CCI training. And second is, in my view, that this self responsibility needs to be respected (2). By everyone: yourself and also to and by all others, wherever. Everybody is entitled to be(come), the one you believe, the one you want to be, you think to be etc. in the core of your own humanity. And the third backbone is for me, that we share our experiences with each other (and elsewhere) on an equal base (3).

Those three cover, as far as I can see now, the need to word the principles of CCI. The drive for that need is nothing else but my need to be as authentic as I am able to be now. To myself and to others. And in my view: CCI invites and allows me to practice that.

When we want CCI to grow in the benefit of all, to be open and to participate into a bigger whole, at least the core of CCI needs to be worded in a simple language in what we are so special. In such a way that those who know about other than CCI approaches of co-counselling, really do understand. And this all by the knowledge that they are welcome to enter, whatever language, belief or cultural background they have.

In the past – especially in English speaking countries – the simple condition of 'a definition of CCI' (John Heron 1996) - 'they grasp, in theory and practise the ideas of pattern, discharge and re-evaluation and they have had at least 40 hours training from a member of CCI' – is in practice not anymore enough. And it can not be, that everybody whom somebody likes or thinks to be sympathetic to them – which is a personal decision – is free to enter that CCI network without having practiced the CCI approach themselves, only because they learned another type of co-counselling. Simply attending a CCI (international) meeting is not enough either. And beyond, my co-responsibility for 'the bigger whole' of the worldwide CCI community, orders me – as a trainer within my understanding of the fundamentals of CCI – to obey this one and only condition to enter this network.

Besides, in this matter I do not want that others, whom I allow to attend CCI meetings - in my understanding of hospitality – misuse this to force me to accept that their participation in CCI is equal to one's personal decision to participate in CCI, after practising in a fundamental training. If the appreciation of the CCI fundamentals is devaluating into 'any other kind of personal growth work is as good as CCI fundamentals' CCI itself is devaluating in my view. So this is no option for me. Because it signifies that the fundamental humanity in CCI is replaced by personal appreciations for individual behaviour. And so entering that network becomes a question of personal appreciation of others and not a decision of the individual owner.

In 'a definition of CCI' Heron makes very clear that there is in his view no room for any 'form of authoritarian control'. This is secured, as I understand in 'sharing on an equal base' in what I called 'the third backbone'. These three earlier explained 'backbones' are together worded in proposal 1 for the time being, to express the core of CCI.

(09-23-2009)

#### **proposal 1**

'CCI wants to be a place where differences of personal conscience are fully respected and honoured. CCI is also a place to celebrate and honour our emotions as a source of growth. By creating the preconditions for the CCI process, we allow our human potentialities to blossom now and in the future in self responsibility. In CCI we practice being respectful to ourselves and others, sharing on an equal base as we learn in our fundamentals'.

## being special: CCI and others

The 71 'statements' of the recent CCI-USA international meeting, expressing the views of around 20 people on how special in their view CCI is, give an idea about the complexity of the notion of the core of CCI. I realized this the more, being intrigued by the facebook experiences, realizing that this is an open public happening. And so I realize as well, that there are many ways to express goals, wants, needs, philosophies etc. And even, if we do use the same words, they still can have their very personal annotation. So on one side we need the same wording, but even than, there can be huge differences! And that exactly does me draw back to generalizing and does energize me to find what we may have in common in general, and specify it in the way I do understand it.

Generalizing in that way I recently re-worded what the brand name 'CCI' means to me. And this rewording says: CCI stays for me for 'Co-Counselling -/Co-Creating International, is a place where differences of conscience are fully respected and honoured, in handling our emotions effectively, in being respectful to ourselves and others and in sharing on an equal base, to blossom our human potentialities'. The different parts in this 'statement' do have their special meaning. So does 'being respectful to ourselves and others' means for me not only to respect and accept the being, the way of acting out in words, postures and otherwise of every other one, but also to take myself, my being and my observations and responsibilities, serious. This means also, that there is no room for any authoritarian control. There only is, as John Talbut recently mentioned that CCI, in his experience, is the only one who 'requires the client to be self directed'.

So means that CCI, stays for me for a special way of Co-Counselling as it is worded in 'a definition of CCI' in 1996, and simultaneously the same for co-creating, because in 'the way of regression' in this co-creating dimension, that way of co-counselling is incorporated. Part of this wording is, that co-creating is more than co-counselling 'alone'. More anyway than a wording like: "you tell me your problems and I tell you mine" whoever that certainly is not wrong. It is in itself special and different. Differences in personal appreciations will be always a reality. Especially in these fields!

There anyway is nothing wrong with being special. Let us celebrate these differences, let us be aware of them and let us mention them respectful and being specific! We do not need 'to grow together', we are already inhabitants on the same space shuttle: earth!  
(05-26-2009)

## the core of CCI 2

As participant of CCI-USA 2009 I thought, shortly after the sharing/conversation of Wednesday evening, to offer a workshop on Saturday, called the core of CCI 2. The question I wanted to put forward is: if we can imagine that what we do in CCI, is a process in itself, what are then the pre-conditions to run that process? And this regarding the 71 'statements' as mentioned below. I postponed that idea because it needs more time to 'contemplate'! And the contributions of Wednesday evening deserve more time to find out if - and if so what - they have in common. Being self 'rather' involved in the process of that evening, I invited Fred Wallace to report for CCI World News his vision on what happened there.  
(05-05-2009)

## a conversation about the Core of CCI co-counselling by Fred Wallace

What promised to be another discussion on the essentials of CoCo turned into a robust listing of many pieces of the CCI co-counselling matrix. The discussion which grew out of an exchange of e-mails between Niek Sickenga of CCI World News Service and Dency Sargent one of the founders of CCI in United States, was stimulating and expansive. The group of 18 people from various international CCI communities decided to simply do rounds with each person stating one technique, process, idea that is essential to CCI co-counselling. The participants each spoke their thoughts in quick succession. There were two scribes recording what each person said. In the end there were over 70 items listed on the sheets. Everyone agreed that although each person thinks of CCI co-counselling as a simple process-/technique, it involves many important parts that weave together into a whole that is dynamic and expansive. *Thanks Fred for reporting.*  
(05-05-2009)

## 71 statements

- 01 reciprocity; shared paired time
- 02 'peer ness'
- 03 caring aware attention
- 04 ultimate self-directive ness

- 05 pattern-breaking
- 06 culture of validation
- 07 working on distress through discharge
- 08 community of co-counsellors
- 09 belief in our own answers
- 10 our internal answers come forth with support
- 11 emotions are welcomed
- 12 a set of tools / techniques that are very powerful, easy to learn, and unique
- 13 sharing
- 14 hugs with permission
- 15 equanimity
- 16 awareness
- 17 feeling states simplified (mad / sad / glad / scared)
- 18 work in circles
- 19 interaction between intelligence and emotion
- 20 giving self permission to dive into the known work because of a culture of safety
- 21 distinction between my patterns and me
- 22 constructive deconstructing
- 23 emotional and physical work is connected
- 24 healing
- 25 direction-setting & direction-holding
- 26 witness other's work and learns from their process
- 27 confidentiality
- 28 client is in charge
- 29 self-awareness
- 30 connection
- 31 respect
- 32 contract
- 33 re-emergence
- 34 client-centred
- 35 safety
- 36 engagement
- 37 trust
- 38 life action
- 39 acceptance
- 40 inherent goodness is assumed
- 41 free going forward once learned
- 42 being present
- 43 unqualified self-appreciation
- 44 belief in primary importance of awareness of one's own emotional process
- 45 deep-seated belief that we can change for the better
- 46 balance of attention
- 47 discharge
- 48 speaking for myself
- 49 validations / affirmations
- 50 understanding working of restimulation
- 51 belief that we're born innocent + develop
- 52 patterns: emotions are connected to patterns
- 53 separation of person and patterns
- 54 all work is valued equally
- 55 integration and alignment of body, mind and spirit
- 56 self-responsibility
- 57 existence of a common ground
- 58 openness
- 59 right to my own opinion
- 60 understanding of distress
- 61 unconditional positive regard
- 62 responsibility of client and counsellor to create the space
- 63 non-judgemental
- 64 working with natural / organic processes
- 65 permission to be who I am right now
- 66 works in progress, emerging process, evolving

67 use of ritual to create special / sacred space  
 68 we set preconditions to set up space for coco process to happen  
 69 touch  
 70 re-evaluation  
 71 growth, risk and transformation

(05-05-2009)

### **a concept of CCI wording**

**'CCI wants to be a place where differences of conscience are fully respected and honoured; handling our emotions effectively in the here and now - and if so, also based on the past - by creating the preconditions to blossom our human potentialities now and in the future. In CCI we practice to be respectful to ourselves and others everywhere, in sharing on an equal base'**

spring 2009 (05-05-2009)

### **search for the core of CCI (1)**

One of the highlights of the 35<sup>th</sup> [CCI-USA 2009](#) meeting was - anyway for me - the attention paid to the question 'what is the core of CCI?'. Though this (hot) item is already a long time - anyway for me - subject of personal research, it never has been so clear an object of sharing in a group as this time at Incarnation Center in Ivoryton, Connecticut USA. And thanks to the format of CCI, this 'research' developed into a sharing on a high level and with an impressive range of participants. As well personally (by email) as well in the opening circle of the first full day of CCI-USA 2009, all were invited by Dency and me, to attend this brainstorming sharing the same evening. More than twenty people shared their vision in 71 statements while two participants writing them on 5 different sheets.

Next morning they were typed and posted, as the five sheets, on the wall of our main hall for morning circles and topic groups. Saturday morning, in the opening circle, witnessed by some 70 people, I invited the three continuity persons of CCI-USA, Dency, Barbara and Michael to step forward in the circle to receive the typed version of the 71 statements. At the same time I invited Gavan (New Zealand) to bring a copy home, and also to John Heron, and I asked Csaba (Hungary) to do the same to Agota, also commemorating Mary Corr. Simultaneously I invited Rose and Richard to do so to Scotland because they are still involved in teaching CCI co-counselling from the very beginning of CCI, 35 years ago. And I asked also Avi to step forward with them to receive a printed copy of the statements to bring them to Israel while he and Janice participated also in the sharing meeting about the core of CCI.

### **helicopter view**

Over viewing this whole item along the 35<sup>th</sup> anniversary of CCI-USA, it looks like, that also this wording is a continuing process of individual insights. More about that will be shared in an editorial contribution in this issue named: **the core of CCI 2**, where also the 71 items are published. There we will face the fact if it is possible, or is not (now) to condense those items into a more manageable number. The outcome of that process is worth knowing as well! It seems for sure that what the outcome of the description of the core may be, the wording itself may change in the future while the core of the message may stay to be the same. In the meantime it is helpful, honest and practical for everybody involved in one way or another in CCI, to have on hand what CCI means, where it stays for and what message it has in the actual world of today, focusing the future.

### **some of the recent history**

It all started long ago for me. Already at the time that I wanted to share my first personal CCI experiences with others, some 27 years ago. And it became really actual when I recently was invited 'to share my fears' about co-counselling with those who had no idea or practice within CCI. I answered that question and became the more aware of the different versions of co-counselling in my (Western European) world and how our world of today is melting into one big society where distances (by internet and practically) diminish in some 24 hours travel or less. Look also at the possibilities of skyping (= phoning and viewing the face you are talking to, or CCI co-counselling, by internet).

At that point I realized that the invitation to attend the 35<sup>th</sup> anniversary of CCI-USA says, that this workshop 'is open to all who have basic co-counselling training....' So I shared with the organizers and the CCI-USA Community Committee in December 2008, that it was my understanding that CCI-USA only was open to those who have completed the so called CCI fundamentals and that it is important to name these also 'CCI': to be explicit about the type of co-counselling we use.

On behalf of the CCI-USA Community Committee, Dency Sargent responded, saying that CCI-USA has always used the wording which is on the 2009 workshop announcement. So without mentioning

explicit CCI-fundamentals. '*CCI-USA has over the years, allowed people trained in other methods of co-counselling to attend the workshop if someone vouches for them*'. And Dency wrote that this has generally been a very positive experience contributing to the richness of the workshop experience and growing the community.

In more recent email conversations, I expressed my concern that attending a CCI workshop can be seen as replacing CCI Fundamentals and that I think that it is important to identify the core of CCI. Dency said that she is open to talking about this subject at the CCI-USA 2009 workshop.

### preparing my view

Realizing that our time for the sharing conversation is limited to possibly one hour and some 10 minutes, the statement why and what, from my side, had also to be rather short. So I decided to introduce myself as a committed CCI co-counsellor since 1982, and as a CCI trainers since 1995. As trainer I convince those who are interested in the CCI approach, that all those who practice CCI, do so as they understood and understand their teaching of the CCI fundamentals. And that I want to keep that promise, as being the only guarantee I have to offer them. That is why this topic is so important to me.

Secondly, I needed to share what CCI has offered me. And that is firstly, from my helicopter view: **to respect myself and all others**, also my opponents, this world and the universe, the process of the phenomena of live, included the thoughts and believes we develop or has been developped. I do not need to agree to all, though I need and want to respect them. Secondly I discovered the blessing of **sharing in equality** for learning, for loving, for living my life. And for so much more.

I also tried to word what is the core of CCI now for me. But I never shared that in our Wednesday evening sharing in which Dency and I wanted to collect what the core might be for all participants individually. Nevertheless I prepared beforehand my view and it is worded below.

### to be honest

To be honest: the start of the sentence 'CCI wants to be a place where' etc. is quoted from John Heron's wording of the final statement he made in Harlech in 1995 after sharing his views on CCI co-counselling and the paradigm shift. In his written version of that statement he says: '*It is entirely a matter of personal integrity, of what you and I as teachers feel we need to do to be true to ourselves, to our deep beliefs and experiences. In CCI we need not simply to have tolerance of both humanist and post humanist 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*'. I quote this text with admiration and sympathy. (05-05-2009)

culture

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### after CCI-sharing

In an after CCI-Europe 2009 gathering several participants from Hungary, Ireland, the Netherlands, the Czech Republic (1) and the USA (1) met at Haus Kloppenburg by invitation of Siglind Willms. They enjoyed her hospitality and had long rounds about several of their experiences. Early next morning they all left in eastern direction and Siglind guided them all to the highway to their next destination. (08-23-2009)

### new beliefs and what to do?!

After attending the CCI Europe 2009 teachers workshop at Haus Kloppenburg in Münster with CCI trainers and several others, the CCI European meeting at Freckenhorst, the first meeting and practice of CCI (co-counselling) in a circle of people of Non Violent Communication (NVC) by invitation of Eva Rambala, a well know international NVC trainer in Hungary, and an impressive CCI co-creating experience together with Joke Stassen, Fred Wallace, Ágota Ruzsa and Katalin Orosz, a well known clinical psychologist and transpersonal psychotherapist in Budapest, I gathered and renewed the following new beliefs:

- I discover my individuality by support of others;

- both do so by participating in the free attention of the Universe, aware by believing – or not – in its availability;
- both try to realize their individuality by using CCI, dialogue, NVC etc. ;
- doing so they discover that 1+1 = more than 2;
- the 'more than 2' is of another level than both individualities and their joint equally shared responsibility;
- in the benefit of that 'more' we need to grow in our individuality so it can expand and encompass the collective.

This is, for me personally, the result of celebrating the development of a CCI culture that it has developed in general processes and rituals that safeguards a space for individual development work. That implies: autonomous thinking and feeling of the peer on a non hierarchical level of interactions. If this is true, then there is a next phase of human development. Namely to meet the need of our collective identity and its own development.

How to develop this collective awareness is a challenge in itself by finding the preconditions for that process. It is as Àgota said in her workshop at CCI Europe 2009 (Friday morning) 'developing collective intelligence' that 'language creates and defines the limits of our reality'. And that implies, in my vision, that wording our ideas and feelings is a creative process.

'We have – as human beings – the capacity to find our limits and this all is an ongoing personal inquiry process. As it is in CCI co-counselling a personal process connected with the collective. It is NOT only ME, it is about US and so about the collective.

She too pointed out that we, 'nowadays, do not live any more in a 'biological world', as before, but in a world of 'meanings' we have created and we share with each other: in a country, in the CCI co-counselling community, etc. And in her view we need, by using the new language of the human consciousness, such as bohmian dialogue, based on the understanding of the quantum physics and placing communication on a quantum shift of inquiry and suspension enabled by our shared capacity to hold free attention and mindful awareness, etc. to create a new dimension on another level: the collective and see the intricate 'interbeingness' of our selves while we awarely work and create together. We may not know personally how, yet we need to share our personal views on the level of that collective. And that is in itself promising for a future in which we create 'a soul to soul communication'. For a start it may be interesting also to have a look at [www.theworldcafe.com](http://www.theworldcafe.com) and/or <http://www.presencing.com>, websites where there is intense work already developed on the level of assisting community communication to enhance shared creation and the emergence of the whole'.

**And Àgota Ruzsa, (CCI and co-creation, co-counselling trainer, dialogue and system facilitator) adds to this, sharpening on invitation her quotes above: 'I deeply believe that the skilled and practiced combination of CCI co-counselling with Bohmian dialogue and all that has grown out of it, i.e.: the world café or even more, presencing together with mindfulness based personal practice can provide us the necessary space for collective co-creation on a personal and transpersonal level as well'.**

(08-23-2009)

emotions

### *feelings and emotions (a)*

On the way back to Boston airport Joke and I had a coffee at Providence. Joke paid a visit to the bookshop next door. And found: 'Feelings and Emotions, The Amsterdam Symposium of 2001' From this book I read and report about the start and the end of the 482 pages. Interesting is to note, that in the Subject Index the word 'emotion' and 'emotional' is mentioned 26 times (excluded several varieties) and the word 'feelings' only 5 times. John Heron's name is not mentioned in the Author Index. He defines emotions as 'the intense localized affect that arises from the fulfillment or the frustration of individual needs and interests'. 'Thus defined, emotion is an index of motivational states' he writes on page 16. (Feeling and Personhood Psychology in Another Key 1992 – ISBN 0-8039-8728-5).

(06-09-2009)

### **Feelings and Emotions, the Amsterdam Symposium 2001 (b)**

Emotions are central to human behavior and experience, write S.R, Manstead (Cardiff University), N. Frijda and A. Fischer (both University of Amsterdam) all three University professors. Their book:

'Feelings and Emotions, The Amsterdam Symposium', is a report of the 35 contributors of this 2001 symposium at Amsterdam. They wanted 'to review the current state of the art of research on emotions from a multidisciplinary perspective'.

At the Amsterdam Symposium – not the first with the title Feelings and Emotions, the first was in 1927, then in 1948 (Chicago) and again in 1969 (Chicago) - counted 24 speakers each with a 45 minutes presentation during 4 days.

In the introduction on this study published in 2004 by the Cambridge University Press (ISBN 0-521-81652-1) it is mentioned that 'this central role of emotions notwithstanding, theory and research had largely ignored emotions during most of the twentieth century. This situation changed rather dramatically during the last thirty years of that century. An upsurge of interest was apparent in a number of disciplines including psychology, biology, sociology, anthropology, philosophy, neuroscience, economy, psychiatry and cognitive science'. (What enhanced that change is not mentioned!) They report 'that important research was performed in all fields, and major new insights were obtained'.

So it seemed worthwhile to them, they say as organizers of the meeting, to reflect on where we now stand. In their epilogue they state that: 'although the range and quality of the contributions are impressive, not all of the potentially relevant disciplines are represented. They miss for instance computer science, psychiatry, psyche analysis and linguistics. Nevertheless they were impressed by the multitude of levels at which emotions can be studied, described and analyzed.'

### **the current state**

The current state can be summarized in terms of several themes they write. 'One important feature cuts across them: the sheer explosion of empirical research over the past three decades'. And they continue: '30 years ago empirical research on emotions had begun to extend beyond the study of autonomic arousal.'

They still put the question forward: What are emotions (page 456). They say: 'the behavioral and experimental phenomena associated with emotions have suggested quite different conceptions of emotion. That is still so, and this variety of conceptions can be recognized in the different tones of the chapter in this volume'. (So it still is not clear!).

On the contrary; 'researchers are nearly unanimous in distinguishing emotions from feelings. Because it is a contemporary view that feelings have a special place in emotional reactions. What that place exactly might be is not clear (yet). But feelings itself has regained 'respectability'. Efforts can be devoted to investigating its nature and content (458).

And so they pay also a lot of attention to cognitive processes and automaticity, to pleasure and pain, to emotion and the brain, to emotion and social interaction, to emotions between biology and culture and about controversies and unresolved issues. And still there is the question: 'are feelings mere reflections of essentially nonconscious processes? Are they without a functional role in the processes and responses of emotion, or do they influence or even generate some of these processes?' And at last: 'Yet common sense and scientific observation suggest that feelings are essential to the conduct of life'.

### **last but not least**

And last but not least they state: 'Perhaps the most general unresolved issue concerns the relationship between elementary processes of emotions and everyday emotional responding'. And certainly it is important to note the impression of the reporters themselves during the Amsterdam Symposium of 2001. About that impression they report, 'that the investigators from one discipline were not always well informed about the ideas and findings current in other relevant disciplines'. They conclude: 'However this goal can only be truly achieved, if the symposium results in an appreciation, that other disciplines have data, views, and experiences to offer from which one can profit, and also present challenges to theory and theory formation in one's own discipline'. (06-09-2009)

### **to cope or to create?**

Thanks to the CCI format. Because that awakes me – as I understand it – that I see more clear than ever, the difference why I use this method: to cope whether to create. And the last with the preference of to (co-) create together with others. As far as I have observed so far, sometimes emotions are so overwhelming, that I did not know, and do not know, what to do. And sometimes this happens still like that. Even after practising the CCI format for 27 years!

There is a positive sense on that. How tragic it sometimes also may be. The positive side of it is, that it proves that I am still alive! I am not that dull in spite of all my almost 'automatic reactions', just discharging in some way or another, because it relieves me. Without noticing exactly what ever the matter is. So the positive part of it is, that it proves that I am still aware of my feelings and more

explicit, that I am touched and open to be touched. So I can start to find out, what is behind that and to cope effectively with that situation. And I start to create by doing so.

So coping with that situation is that close with: to be creative! Being busy with that process of discharging, at least I am not so aware that I am busy with creating something at the same time. I am more in touch with my feelings. Like to be left alone, does not know what to do to change things, and my co-counselling session is based on that tragic or traumatic experience of my past or the present. I try to cope with the situation and that is that.

Many of my sessions in my past, were based on anger, on fear, on regret and how to cope with that. And it made a lot of noise! Even if I try, at the end of my session, to find out (creatively) how to change this behaviour from now on into something new and practical! Doing so, I am still not aware that I am creating! It still looks like as if I am obsessed with coping and there seems to be no way out. Looking in my CCI history – and the flyers I wrote to inform people how fruitful it is to practice CCI co-counselling - it is, looking back now - mostly about how to cope with those certain situations like losing your job, removing to another school, painful experiences of the past etc. and finding a way out!

### turning upside-down

It never came to my mind to turn this approach upside-down. For instance by facing the situation I was (am) not in a mood to look with a creative approach to what happens in the here and now. The first reaction is how to cope with that. Possibly because I feel attacked! While using the creative process – within the CCI format – to find out how I would have liked the situation to be. Looking after the positive contribution from it for my well being, for my life is a creative process. What in fact is practiced in our more automatic reactions of sharing. Turning the approach into a creative process is 'the other side' of coping. Coping guides to war; creating leads to love.

(03-25-2009)

history

### last contribution for 2009!

This is the last editorial contribution of 2009! The year in which we joined the 'Co-Counseling International (CCI- international)' group on facebook, that made the perception of my world indirectly 'smaller' in ways of communication. And directly and visible by heavy snowfall a few days before Christmas 2009 in our region. Heavy snowfall - more than 10 centimetres is exceptional here and is in general only once in the ten years.

Ten years ago we were guests of our dear friends in Wellington, New Zealand, waiting for the millennium change and their third International CCI meeting in the Pacific near the capital of Aotearoa. And, staying on a hill nearby the water tower of Wellington, we were pleased to see that all the lights stayed on by the start of the second millennium! And all computers worked well!

That was the more important for me because, before travelling, I suggested the organizers to edit - as I was used at home - a 'CCI daily wallpaper' of what [continue](#)

That was the more important for me because, before travelling, I suggested the organizers to edit - as I was used at home - a 'CCI daily wallpaper' of what happened at that CCI meeting, now with my laptop computer connected with internet. That was a try out and especially Chris Harris, a well known member of the Wellington CCI community, was utmost helpful with the internet connection/website. The feedback on this experiment, especially from CCI-members in the USA, was really spectacular for me. And the after CCI-meetings on a terrace in Wellington, also with those who had no idea about CCI co-counselling, were very helpful for the idea to use an internet website to promote CCI co-counselling world wide. In fact, the idea of CCI World News Service was born and started to become reality in the Pacific!

### ten years later

The promotional part of the aim of CCIWNS transformed soon already into the recognition that something like CCI exist in this world and IS a reality. Because CCI World News Service, as a public website, represented and worded CCI! Just witnessing, what CCI co-counselling is, how it works, what the results are, how 'we' look at this world, wording the message and the vision of CCI World News Service (as a service to those who practice it and witnessing publicly why we are what we are doing) evolved by its self! After ten years of practice - thanks to all those who contributed by writing, reacting and reading, I observe more clarity about the fact that what we do is participating in a process of ongoing learning by personal experience. A process that only works if the preconditions to run it, are

obeyed. To describe what they are and by doing so, to find what we call 'the core of CCI'. In my view, the core of CCI started with CCI co-counselling and has opened the doors, or evolved into, a much broader approach of the phenomena of life: CCI co-creating. CCI co-creating has already and ever been embedded in CCI co-counselling itself. It only overtook the 'horizon' of CCI co-counselling and awoke by doing so, the horizon of another phenomena. By incorporating CCI co-counselling it evolved in something more. Namely, the phenomena of life, that expresses our being on earth in this life and for those who believe so, as an expression of their spiritual entity as well.

### **clusters and categories**

Ten years of CCI World News Service has helped me to realise as well, how complicated the process is of handling our emotions in a way that suits us in all our diversity personally. And how the different items of that process interfere with each other, as if they are connected in an internal cluster. While they, as clusters are interlinked with other clusters and again interfere each other. So they all seem to be combined. This insight - if it is an insight - is for me a result of wording CCI World News Service as it started in 2000. The first months of that year were used to set up the structure - with a modest start in a small circle.

Now after ten years - and ten years in which the internet possibilities developed fabulously - it is time to reshuffle the structure and the presentation of this CCI World News Service. This reshuffling started already for quite a time ago and will next year result in a more sophisticated internet appearance with continuation of the specialties of its appearance so far. Being on that way this CCI World News Service wishes you, personally and in your family and community all the best for the coming year! Be well and be loved!

niek (12-24-2009)

### ***the CCI banner from Hungary.....***

Part of the celebration of 35 years of CCI was the handing over to the organisers of CCI Europe 2009 of the CCI banner, a gift of CCI Hungary, now twenty years ago, to the worldwide CCI community, represented at the first Hungarian CCI international meeting at Egervar, Hungary 1989. Since this banner has been travelling all over the world attending CCI meetings. Last year it has been enlarged by Karen Sue, member of CCI-USA, to house the date, year and country it attended for the some 30 years to come! As Fred Wallace, one of the communication coordinators of CCI-USA and the only representative of this community at CCI-Europe 2009, informed us. He handed over the banner to the German organisers to transfer the banner next day, at the closing circle, to someone who is willing to bring this banner to the next CCI international event. Because that is part of the ritual that has been developed in the past twenty years.

*At that moment in the closing ceremony of CCI Europe 2009 facilitated by the organisers of CCI Europe 2010 in Ireland, there was some confusion on the fact when and where this next CCI event would be. Some one said 'USA' another one said 'Israel' and another named Ireland, so it was handed over to Janice, representing the Dror community at this European CCI event. She was visible emotionally touched by this gesture. Later she realised, that this banner is so much an internal ritual of CCI itself, that it is inappropriate for the banner to attend a meeting where CCI, with love, is invited to attend. Those who feel that the CCI banner should not yet go to Israel have concerns that the Dror community does not yet know the full implications of what CCI represents, without anybody of Dror having finished the CCI fundamentals.*

(08-23-2009)

### **the celebration of 35 years CCI at CCI Europe 2009**

Grace to the committed energy of Siglind Willms, one of the outstanding organisers of CCI Europe 2009 for CCI, she transformed the celebration of the 35<sup>th</sup> birthday of CCI into a very special event. Several days before the earlier planned time for that celebration, on Friday evening before the dancing, she invited Fred, Csaba, Joke and Niek already to plan together that happening that was scheduled for one hour. Roles were divided so more people became involved in parts of the planned celebration. Far before that two members of the Münster community created already a huge celebration drawing with room to present personal messages of appreciation to CCI. Before the celebration itself there were also thirteen messages added to the drawing, remembering special historical CCI events in these 35 years.

The first parts of the celebration were facilitated by Fred of the USA and Joke invited the Hungarians to come in the middle to sing their specific CCI song. During the celebration other represented countries were also invited to present - if needed with the help of others - one of their special or dear CCI songs. So there were lots of music in the air! After the first song Fred invited Frederica Dorothea Fricke to come in the circle as being the first one who brought in 1973 John Heron and co-counselling into Germany. Johannes Risse honoured this initiative by reciting a poem of appreciation. Then Fred

invited to come in the circle those who started with CCI co-counselling in 1974, 1975 and so on until now, forming a spiral. After that he invited Dorothee to undo the spiral so that at the far end the first and the latest coming into this method, were connected by their hands. In the next part of the celebration the drawing got all attention by a pantomime of its creators and by reading out loudly by Siglind, Csaba, Joke and Fred, what made each of the 13 named years by Niek so special for CCI, regarding also the history of the host country of this CCI Europe 2009 event (see historical overview). Part of the celebration was also that Fred invited the German organisers of this CCI Europe meeting to step forward to receive the travelling CCI banner after attending CCI-USA 2009. After that, songs of national representatives were spread through out some 10 personal statements of those who were (earlier) invited to share the changes in their lives they owe to the CCI method. The absolute inviting and energizing end of this celebration was the splitting of all those who attended this event into three groups. The participants of the first group of them were invited to sing by improvisation steady on 'CCI, CCI, CCI'; the second group was invited to sing – also with passion while improvising – 'coco, coco, coco', and the third group: 'co-counselling, co-counselling, co-counselling' directed by Joke with passion. It was a great end of a great event and the dancing followed. (08-23-2009)

### **35 years of CCI co-counselling presented at CCI Europe 2009**

- 1974** first CCI meeting at Moor Park College UK; CCI formalized by initiative of John Heron (UK) and Dency and Tom Sargent (USA);
- 1977** Siglind Willms and Johannes Risse start teaching CCI co-counselling in Haus Kloppenburg, Münster;
- 1979** first Irish CCI meeting at Bellinter;
- 1986** Dutch CCI community formalised in CCN;
- 1989** first CCI European meeting in Hungary;
- 1993** first international CCI Aotearoa/New Zealand;
- 1994** first draft of rewording 'a definition of CCI' by John Heron;
- 1995** John Heron talks about 'original theory of co-counselling and the paradigm shift' at CCI Europe teachers meeting, Harlech (UK)

introduction

### **international sharing at CCI Aotearoa/NZ 2009**

**About the international sharing Richard reports: 'We had a meeting of co-counsellors reporting on eight communities. The sharing though brief was juicy.'**

#### **Netherlands (Joke)**

This is a small community with 4 active teachers. One national weekend is held each year. Although energy is a bit low, there is a core of people who greatly value CCI. Introducing NVC to CCI is interesting and they are compatible; CCI provides the self work, NVC provides the interpersonal communication. NVC could do with co-counselling and 2 NVC trainers are interested in combining the 2 methods. This collaboration could bring more people to CCI.

Joke is planning a one weekend, 'back to basics' course for current and past co-counsellors. The course is residential (Friday night, Saturday and Sunday) and covers the whole fundamentals. RC co-counsellors would be welcome without a guarantee that it would be enough to enter the CCI network.

#### **Hungary (Judy)**

Judy noted that money is a big issue for getting co-counsellors to international CCI gatherings. There is a nugget of a community there that we could support.

#### **Germany (Iris)**

European CCI is at Freckenhorst at the beginning of August this year, 2009. Information is on the CCI World News Service website ([www.cciwns.com](http://www.cciwns.com)). A teachers' workshop is being held before CCI.

#### **UK (Celia)**

Fifteen Fundamentals were offered in 2008 and there were eleven residential events (some were topic workshops such as Detox, some had no theme). Laurieston Hall has 2 events; in June a family event

and in August it is adults only. Celia has started to teach again with 2 courses beginning in February. The fundamentals is usually 2 weekends spread over 5-6 weeks with a integration day.

#### **USA (Fred, Judy)**

Fred reported there were 7 or 8 classes in 2008, usually spread out over a number of weeks. New Haven has 4 classes planned, one with Joke co-facilitating. The Tutor Apprenticeship scheme has been revised to make it less rigid and get more people into it. The New Haven community has monthly gatherings and fortnightly daytime meetings which are primarily for sessions.

Judy reported that the Michigan community is growing. It is from an RC background but well integrated with CCI and bringing a strong consciousness of oppression and embraces considerable diversity.

Points of focus mentioned included Community Care, and Strategic Planning processes. This year the organisers of the April CCI gathering experimented with sending invites to 200 exco-counsellors. The community is also working to include international co-counsellors by inviting contributions to the USA CCI community (eg. Gavan from NZ is part of the planning group for CCI 2009). Another experiment is planned with Dency and Cathy running parallel evening Fundamentals courses in their own communities which come together for shared weekends.

#### **Australia (Suzen)**

Mitch in Melbourne and Suzen in Sydney looking at ways to support each other to grow their communities. They may be able to offer an introduction to CCI at ConFest at Easter. Mitch has given one training in Melbourne and Suzen is looking for support to have a basics course in Sydney.

#### **Aotearoa/NZ (Anne, Barbara, Virginia)**

Anne and Rex run one Basics course each year with the support of co-counsellors from the community. This is run over 5 consecutive days. An advanced 1-day training is also usually held each year. Barbara spoke of the 2 National gatherings each year and the monthly meeting in Auckland. There are also some peer groups functioning. The Coromandel group is particularly active and well represented at this CCI workshop. Energy is low in Wellington but Virginia noted there is a network gathering each year at Strathean. In keeping with the theme of this CCI the Wellington co-counsellors met to talk about the 'regeneration' of the network. Thanks Richard!

niek (02-07-2009)

meetings

### **CCI Europe 2010 Ireland**

By email Dymphna informs us about the 'no frills' Irish CCI Europe workshop from Saturday July 24<sup>th</sup> (venue open from 3 pm) to Friday July 30 2010 (after breakfast) in Termonfeckin near Drogheda, County Louth, Ireland. That is about 50 miles (80 km) from Dublin. A booking form for this event is attached to CCI World News Service as pdf document click [here](http://www.cciwns.com/CCI%20Europe%202010.pdf) ([www.cciwns.com/CCI Europe 2010.pdf](http://www.cciwns.com/CCI Europe 2010.pdf)) and you can print it out, fill it in and send it (by email or post) to the organizers: [Dymphna](#) or [Declan](#). Their (email) address as well other information (costs - early bird price: € 430,-; bank etc.) is available on the same document. Camping is not possible; contact the organizers about the possibilities of attending children.

*Dymphna writes: 'The weekend of Friday 30 July to Monday 2 August 2010 is a Bank Holiday Weekend in Ireland, and will be very busy as regards air traffic and holiday accommodation, so please keep this in mind when you are making travel arrangements'. She tells us as well: 'The low cost airlines, Aerlingus.com and Ryanair.com have very cheap flights from European destinations. When you arrive at Dublin Airport, Bus Eireann, the national bus service, have a bus running every hour from the airport to Drogheda. It leaves the airport at a quarter past the hour. The journey takes about one hour, and you can then get a taxi from Drogheda to An Grianan, Termonfeckin, or we will try to collect you from Drogheda bus station or train station'.*

About the venue she informs: 'The house is called 'An Grianan' or 'a sunny place'. It is the centre of the ICA, the Irish Countrywoman's Association, and it is now open as a Conference Centre. Their website gives information about it, [www.ica.ie](http://www.ica.ie). It is located by the sea, and an invigorating walk will bring you to the strand. The centre has accommodation for 85 people. It will be possible to arrange a teachers' workshop before the CCI if enough people are interested', she writes. You can make that happening by filling in the application form, and they will consult with all those who express an interest in a teachers' workshop to arrive at a workable solution.

(11-30-2009)

### **CCI Europe meeting 2010 in Ireland**

Declan Reddy and Dymphna Headen, from the Irish Republic, who offered both to make a CCI Europe meeting 2010 in Ireland happening, inform that the dates of the next CCI meeting in Termonfeckin will be from July 24<sup>th</sup> till July 30<sup>th</sup>, and NOT July 31<sup>st</sup> as earlier has been announced. Declan informs also that Dymphna will be circulating a booking form/flyer soon; and we will publish that as soon as possible. (11-13-2009)

### **business meeting CCI community Netherlands**

Nine women and two men, together 10% of the members of the Dutch CCI community called CCN, met for their annual business meeting last Saturday in Amsterdam. Seven members reported not being able to attend the meeting. Highlights of this annual meeting were: the new facilitator/chairman of the association for the time being, Maarten den Draak, replacing the chairwomen, Ulla Berger. Maarten was the first facilitator of the Dutch association in 1986 after its founding as an official corporate body. 'I now take on board to finish the job I started twenty years ago!' he said being aware that younger people should take over soon. About the future the participants voted (there is no consensus decision making in the Dutch community) that they will subsidize those members who want to accept the invitation of the Dror co-counsel community in Israel to attend a 5 days workshop, with in total € 1.000,- from the organization.

This does not mean, as explicitly was mentioned in the meeting, that the Dutch community sees that meeting as a so called CCI event.

They decided as well to support the attendance of member(s) of CCN of the 2010 world summit initiative/ conference in Budapest, Hungary by € 1.000,-. Half of this amount of money will be financed by the Dutch organization and half will be financed by the Dutch CCI funds.

The meeting started at noon and ended about 5.30PM.

(09-07-2009)

### **CCI Europe 2009: where they came from...**

CCI Europe 2009 in Germany housed in total 85 participants - included 8 children (5 girls and 3 boys) - from 10 countries. Of those 85 participants - of which 49 adult women and 28 man – came 41 from Germany, 16 from the Netherlands, 8 from Great Britain, 8 from Hungary, 5 from Ireland, 3 from Scotland and one from the following countries: Israel, USA, New Zealand and the Czech Republic. The first days the children (differing in age from 1 to 14 years) attended only the start of the daily opening circle in which they were many times invited to participate directly. And then they left, accompanied by a song of those who staid. Very soon they expressed their wish to attend more and so they did. It worked very well! And it really was touching me, observing their intense interest in what we were doing! (08-23-2009)

some impressions of

### **CCI Europe 2009 business meeting**

The CCI Europe 2009 business meeting was attended by a 40 participants and was effective and righteous facilitated by James within 2 hours. Coming events are: an invitation from Dror to CCI (October 2009); CCI USA Eastern (April 2010), CCI Europe (Ireland July 2010); CCI Europe (Hungary 2011). By sharing information from different communities (Germany, Netherlands, UK, Hungary, USA, Scotland, Israel and beyond) informs Ågota about an event in August 2010 in Budapest about 'a new world of organizations and communities' in which CCI might be interested to participate. This will be a global gathering that truly connects, a cross-cultural dialogue and network across hemisphere and paradigms. Ågota is willing to look after this happening and calls this a great opportunity for CCI as a non conventional organisation of the 21<sup>st</sup> century. The participants of this CCI Europe meeting are delighted by this information of Ågota, a small group of volunteers will assist. (08-23-2009)

### **daily schedule CCI Europe 2009**

- 07.45	early morning workshops
07.45 - 08.45	breakfast
09.00 - 10.00	opening circle
10.15 - 12.15	workshops
12.15 - 13.00	lunch
14.15 - 16.45	workshops

17.00 - 18.00 support groups  
 18.15 - 19.15 supper  
 20.00 – 22.00 workshops

**program/ offered workshops CCI Europe 2009****sunday****afternoon***registration*

17.00 – 18.00 new comers meeting Siglind, Joke, Marlies

**evening**

20.00 opening circle

**monday****morning***xiagona*

physical and other challenging co-co exercises  
 co-counselling the Münsterway  
 money and how to get it  
 transforming game

Csaba  
 Henny, Siglind  
 Bobby  
 Peter

**afternoon**

needs, feelings and options  
 create your own future  
 how to celebrate 35 years CCI

Joke  
 Niek  
 Siglind

**tuesday**

*xiagona; yoga; fa lun gong*  
 morning

strengthen your thoughts  
 co-counselling with sharing and body exercises at the start  
 preparing the celebration of CCI 35 years  
 transforming game

Sytse, Marlies  
 Hildegard  
 Siglind  
 Peter

**afternoon**

from the money, sex and dinosaurs trilogy  
 guild and forgiveness, what does this mean to you  
 refreshing elements from coco basics Münster

James, Bobby  
 Corrie  
 Büschl

**evening**

musical story telling

Markus, Jeanett

**wednesday**

*xiagona; yoga; fa lun gong*  
 morning

business meeting

**afternoon**

co-creating: taking CCI co-counselling on another level  
 based on the work of John Heron  
 co-counselling being disabled, we are all disabled and  
 that is why we co-counsel!  
 3 Dvd's about CCI Europe 2001,2003 and 2004

Fred + Joke

*sharing how it feels and how to handle that*Siglind + Johannes  
Hans*Marjan***evening**

Feldenkreis dance

Merle

**Thursday**

*xiagona; yoga; fa lun gong*  
 morning

*Didgeridoo*

poems on awareness and co-counselling  
 order of love, Hellinger family constellation  
 go for a swim  
 coco Munster style  
 folkdance

Johannes  
 Peter  
 Ina Susanna  
 Jeanette + Marcus  
 Alan

**afternoon**

giraffe dance, NVC speaking from the heart  
 muscle effect therapy; our emotions are stored in the body  
 painting

Joke  
 Bobby  
 Dymphna

sailing workshop				
refreshing Munster style co-counselling				Büschl
<i>what to show up in the talent show?</i>				<i>Marjan</i>
			<b>evening</b>	
<i>talent show</i>				
<b>friday</b>				
	xiagona;	yoga;	fa lun gong	Didgeridoo
			<b>morning</b>	
developing collective intelligence				Àgota, Niek
order of love, Hellinger family constellation				Peter
here and now				Csaba, Kim
journey into silence				Ursula
massage for women				Marlies
playing with music instruments				Albert
			<b>afternoon</b>	
muscle effect therapy, our emotions are stored in the body				Bobby
35 years CCI				Niek
game with children				Verena. Dagmar
are you curious; Dror style				Siglind, Janice
do we need to change?				Rudolf
			<b>evening</b>	
celebration 35 years CCI				
dance				
<b>saturday</b>				
			<b>morning</b>	
support groups				
closing circle				(08-23-2009)

### invitation from Israel

Janice reports: The Dror Co-Counselling Community in Israel invites CCI to an international gathering of co-counsellors: October 16-20, 2009 at Beit Oren – Home of the Pine Trees. We have enjoyed your hospitality in several countries: Scotland, Hungary, the United States, and the Netherlands and soon to come, Germany – now we wish to host you in our country. The theme for this 5 day workshop is 'relationships' – in Hebrew 'yahsim', which relates to connections between partners – partners as a couple, partners in a family, partners at work, partners in a community, partners for peace. Come and join us for this amazing opportunity to share, to celebrate, to grow, to challenge yourself in a safe, welcoming and caring environment. The formal invitation will follow; all questions may be directed to members of the organizing committee: Philo at <[iaacov.aviram@gmail.com](mailto:iaacov.aviram@gmail.com)>, Hava at [hava@cehag.com](mailto:hava@cehag.com), and Janice at [Janice.wasser@gmail.com](mailto:Janice.wasser@gmail.com). To find out more about the Dror Co-Counselling Community, please visit our web site at: <http://www.dror.org.il> (will be online by June 15th). (06-11-2009)

### workshops I attended (CCI-USA 2009)

#### the movie

The workshop the movie, the start of a CCI film presenting CCI co-counselling in practise, initiated by Joke Stassen and Jenny Dillman, firstly was open for a mini session. Shots were taken while working and before hand there was agreed upon the fact that the delete nodge would be used in any case somebody, neither worker or co-worker, wanted so. There was not enough time to view the shots and indeed the delete button has been pushed. Not as much because of the shots itself as well about the wording. Visible became, that so far more gestures than movements were used; not only being in contradiction with the fact that emotions are stored in the body, so moving does help the body to get the emotions shifting. About ten people attended this special workshop that was most 'sitting business'. Later the shops will be put together into a 'story' about CCI co-counselling. SO far the workshop was 'the gathering together of shots' to be used later on.

### **discharge and contradicting on the way to discharge**

On Thursday Richard facilitated an highly interactive workshop on the phenomena of discharge. Investigating the benefits of discharge he also asked raising our attention on the subject: 'what is going on by talking about emotions?' My notes say: 'we interact with the universe, doing so. Emotions are very flexible connected: our body changes, our emotions change and they open the door that was stuck before. And we talked about pattern and dismantling them. Try it out and play with it!

Rose and Richard presented also a workshop together, titled: *developing client skills with a focus on discharging anger*. Their presentation and wording was clear and inviting to try out. They especially focussed, anyway in my perception, on what happens while discharging: 'using the delete button to liberate also the muscle tensions in the body, clearing the brains and bringing them back in the original positive position'. On the way to discharge, a contradiction of the serious statement about the anger item, saying expressively 'te hee' (or 'yippee' etc.) worked amazingly well for me as a contradiction of a serious anger. Amazingly because I noticed clearly obstructions in my belly, as something new and effective.

### **the future**

Using the creative service of CCI for focussing the future, and leaving the cleaning service of the past behind them, is the item for this 35<sup>th</sup> CCI workshop. The lay out of it, special designed for this occasion, was tried out at the autumn workshop in the Netherlands, got its creatively adept shape in New Zealand and another variant in the reality of today. A simple workshop in which each of the six participants decided in the here and now, what they want to take with them to the nearby future. While doing so, they became more aware what and how they wanted to make that happen!

### **the newcomers meeting**

Dency and Joke explained in a newcomers meeting, before the opening circle on Tuesday evening - with the speed of light because the scheduled time was very limited - about seven newcomers what happens in a CCI meeting of several days. They talked especially about confidentiality, the culture of validations and hugging and not hugging are both OK! They also talked about the structure of getting support and checking in next lunch with each other again. What to do in cases of break down, (sessioning, trust people, support) also was an item.

### **the business meeting**

Highlights of the CCI-USA business meeting 2009 are the announcements about CCI-USA 2010 Incarnation Centre April 20-26; CCI Europe 2009 in Germany (August 2-8); October 2009 meeting with Dror in Israel.

### **co-creating with Fred and Gavan**

The co-creating workshop facilitated by Gavan and Fred was a special introduction on co-creating and especially focussed on the different ways of working. There were about 20 people attending their workshop who was facilitated with grace and with experience from within. The participants were impressed and enthusiastic about the possibilities of this new approach. niek (05-06-2009)

### **where they came from... (CCI-USA 2009)**

The participants list of the 35<sup>th</sup> CCI-USA (2009) meeting from April 21<sup>st</sup> - April 26 3PM counts 71 Americans, 8 Europeans, 3 New Zealanders and 2 Israeli. Four of the Europeans are based in the Netherlands, 2 in Scotland, one in the UK and one in Hungary. Theme of this 35<sup>th</sup> anniversary of CCI-USA is 'engaged'. The logistics for this meeting were facilitated by Karen-Sue Abratis and Bob Sawyer and the program planning by Gavan Riley (New Zealand), Cathy Sargent and Michael Chell (CCI-USA). The meeting was located at the Incarnation Center in Ivoryton Connecticut with its wonderful surroundings. (05-05-2009)

### **what, where, when at CCI-USA 2009**

The schedule of CCI-USA 2009, the celebration of 35 years CCI-USA at Incarnation Center, April 21-26, and organized by Cathy Sargent, Gavan Riley (New Zealand) and Michael Chell, shows the following activities and their times of the day.

#### **Tuesday April 21 afternoon:**

registration	04.00 - 06.00
newcomers meeting Dency, Joke	06.00 - 07.10
welcome, opening circle, buddies, support groups.	07.20 - 10.30

<b>Wednesday morning</b>	
<b>breakfast</b>	07.30 - 08.30
<b>opening circle</b>	08.45 - 10.15
<b>topic groups</b>	10.30 - 12.30
<i>intro groups</i>	
<b>lunch</b>	12.00 - 01.00
<b>afternoon</b>	01.45 - 04.15
<b>topic groups</b>	
<i>engaging with the body</i>	Jeanine
<i>the economy, past, present, future.</i>	Gaja + Liz
an exploration with early experiences with class, money, the economy;	
take time to notice feelings and beliefs.	
<i>Byron Katie</i>	Jlynn
<i>imaginal dialogue as an intervention</i>	Jenny
exploring the use of our imaginal realm and the figures we meet there	
to move ourselves through session work	
<b>next day workshop planning</b>	04.45 - 05.15
<b>dinner</b>	05.30 - 06.30
<b>support groups</b>	06.45 - 08.15
<b>evening</b>	08.30 -
<i>sharing conversation about the core of CCI</i>	Niek + Dency
what is it that makes CCI to be CCI? What is the core of CCI?	
<i>sily games</i>	Jed + Lizz
<b>Thursday morning</b>	
<i>yoga</i>	Anne
<i>discharge</i>	Richard
a (highly) interactive seminar, share your ideas, hear RH's comments,	
questions, enquiry.	
<b>afternoon</b>	
<i>working on fear</i>	Avi + Janice
Dror style (Israeli co-counselling); what's special about fear? Ways	
to work on different types of fear + co-counselling demonstration.	
<i>co-creating</i>	Gavan + Fred
taking co-counselling to a new level, a new map of coco process; we	
will presenting the work of John Heron who have been part of an	
enquiry group that has developed this work; this will be thinking and	
experimental.	
<b>evening</b>	
<i>movie: blue eyes: Gail; woods and waters: Beth; story telling:</i>	Michael
<b>Friday morning</b>	
<i>healing grief and loss with imaginal dialogue</i>	Jenny
co-sessioning imaginal dialogue as a technique for releasing	
sadness and completing unfinished business.	
<i>having kids + having no kids</i>	Julie
sharing + sessions about children in or lives, not in our lives	
wished for, etc.	
<i>your future, what to bring</i>	Niek
use the creative service' of CCI co-counselling to prepare your own	
future in the here and now and decide what to take with you.	
<i>express your passion for the future of co-counselling</i>	
Cheryl, Chris, Fred, Terri, Skip, Meredith	
exploring concrete ways to move co-counselling into future, bring ideas.	
<i>why I don't get the kind of love I need</i>	Csaba + Janice
explore the different types of love we need; fishbowl + co-counselling.	
<b>afternoon</b>	
<i>business meeting CCI-USA</i>	Julie
<i>the union workshop</i>	Judi
<i>LadiHam</i>	Margo + Liz
Tantric Intuitive Healing, no sexual touch or nudity, done in trials. Clear	
boundaries are set with this laying of hande technique.	

**late afternoon and evening**

*celebration with quests and dixieland band of 35 years of CCI-USA!*

**Saturday morning**

*CCI co-counselling THE MOVIE*

Joke + Jenny

We'll go through elements/techniques of co-counselling and make film shots which will later be incorporated in a short promotion movie! Fun! Experiment! Challenging! Contribution! One technical assistant (download if card full!) would be great.

*hot seat*

Karen sue

*are we spiritual beings having a human experience?*

John Mancini

what if our true nature was connection to everything, total possibility + pure energy, having the courage to declare that we are spiritual masters

*are we spiritual beings having a human experience?*

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**afternoon**

*joy, the other feeling (take two)*

Marc Kronish

*developing client skills with a focus on discharging anger*

Rose + Richard

To develop client skills we need to help our 'inner counsellor' learn. After fundamentals we can best do this by developing our 'outer counsellor'.

*co-counselling*

Judy

**evening**

*silent auction and talent show 'engagement'.*

**Sunday**

09.30 - 10.45 opening circle, announcements, life action set-up

10.45 - 12.00 support groups

01.30 - 03.00 acknowledgements, final announcements, closing circle

(05-05-2009)

**CCI Europe 2009 in Germany**

The organisers of CCI Europe 2009, Anke, Dagmar, Ina Susanna, Martina, Siglind, Till and Verena invite you to come to Germany from Sunday August 2<sup>nd</sup> – Saturday 8<sup>th</sup> before the early booker's discount ends on April 30th. They inform us that they are able to offer more single rooms than the first thought, up to the end of April it's 380 € + 70 €.

Referring to last year's CCI ('celebrating diversity'), we this year offer 'Achtsamkeit' (= 'Aandacht'/awareness) to validate the different cultures we have in CCI. The languages will be German, English and also Dutch. The venue is situated in fine landscape, surrounded by woodland and fields, bordering the small village of Freckenhorst. To get an impression of the venue, do a virtual tour: [http://www.lvhs-freckenhorst.de/index.php?cat\\_id=12311](http://www.lvhs-freckenhorst.de/index.php?cat_id=12311).

The advice you, in case you have no detailed information to visit [www.co-counselling.info](http://www.co-counselling.info) (English) or to [www.haus-kloppenburg.de](http://www.haus-kloppenburg.de) (German), which also includes our contact details. Do ask us for a flyer (including the booking form) if interested. You are very welcome!

niek (04-06-2009)

**where they came from.... and next CCI meeting (CCI Aotearoa 2009)**

Forty-one participant attended the CCI Aotearoa/New Zealand CCI meeting 2009 at Taupo/ North Island; 28 live in New Zealand, 4 in the USA, 3 in the Netherlands, 2 in the UK, 2 in Australia and 1 in Germany. In the NZ-business meeting, attended by 2 from the Netherlands, one of the USA and one of the UK, it was agreed that in 2012 next CCI international Aotearoa meeting will be in January. Phil and Niek took the responsibility to hold this vision. Next day, in the opening circle spontaneously others joined them. They met after closing circle at lunch and in the lounge before leaving for a while and called themselves: 'the holding group to develop support for an universal created CCI meeting 2012'.

(02-06-2009)

**tell it the world!: te aroha!**

In the opening circle of the third day of the CCI meeting at Taupo (Aotearoa/New Zealand, Thursday January 15<sup>th</sup> 2009), an emotional process manifested itself that needed everybody's full attention. So we all – some 40 participants - stayed and hold on to the community process and each of us got time

to say what they had to say. Time for mini sessions, if needed by one of us, was beforehand guaranteed. And we had several mini's!

One of us suggested, to agree upon the process that each of us got 2 times the possibility to do their say, using a talking stick. The one who hold the stick, manifested by a feather, got everybody's attention. There was no time limit set. The whole process took about 3 hours. And almost at the end, we celebrated our work. Being one of the last who took the feather-stick, I celebrated our commitment and our involvement with each others and our own well being. For me this was **'the great news, to tell the world, that it IS possible, with a group of forty people, to create such a process together successfully'**. I promised them, to let the world know it, respecting fully each others confidentiality! We ended, on suggestion of the last one in the circle, by singing together a Maori song that says: 'te aroha, te whakapono, te rangimarie, tatou tatou e'; in English: 'love, faith, peace to everyone, everywhere'. It was a healing blessing.

**more about CCI Aotearoa 2009 [click here](#)**

niek (02-06-2009)

### **CCI-USA 2009 international meeting**

Bob Sawyer reminds us: 'the deadline to apply for a bursary grant for the CCI-USA International Workshop, and the deadline for the early bird registration discount is Thursday, February 15. The workshop will be held in Ivoryton, Connecticut from Tuesday, April 21 through Sunday, April 26. The program chairs for the workshop will be Cathy Sargent, USA and Gavan Riley, New Zealand. You are welcome! More info [www.cci-usa-org](http://www.cci-usa-org) (click on classes/events)

(02-07-2009)

non violent communication

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### **CCI introduction for NVC**

On August 14<sup>th</sup> Joke Stassen (Netherlands) and Fred Wallace (USA) introduced at the house of Ágota Ruzsa in Remeteszölös near Budapest, Hungary, for the first time CCI co-counselling to Non Violent Communication (NVC) practitioners by invitation of Eva Rambala, a worldwide well known NVC trainer. They shared with them how the CCI approach can serve NVC practically. Theoretically they match also, both rooting in the Humanistic Psychology said Joke.

(08-23-2009)

practise

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### **a strategic community committee**

In it's November 2008 meeting the CCI-USA Community Committee created a Strategic Planning Committee. The purpose of this committee is, to create a planning process and to produce a three to five year Strategic Plan with deliverables for the 2009-2010 year. They like to create a plan for where co-counselling and the community will be in one year, three years and five years. All members are invited to participate in the work of this committee.

(02-07-2009)

## plans for next year

During the DROR international meeting together with Csaba from Hungary and Gail from the USA, we discussed the possibility of coming back to Israel to learn more from each other. Maybe we could teach fundamentals in an international training setting for new DROR members. Talking this over with Janice, it appears to be more motivating to organize a teachers' meeting in Israel. We could invite Israeli coco teachers and people who have assisted in fundamentals courses to exchange theory and techniques during a weekend. This, like the teachers' exchange weekends like in Europe before CCI's. Together with Janice the following plan is in process:

Meeting on the 25th till the 26th of June 2010 in Israel for a weekend with teachers. The weekend after that we could meet in a mini DROR International meeting for two days on the 2nd and 3rd of July. In the week between the two events we could have one or two evenings with people in the area of Tel Aviv or attend a meeting in Yafia with the ongoing group there, the last one should be on the Friday evening. This could give more people the opportunity to participate in activities all around the world. We would like to hear from other people from CCI who are interested in this plan, please contact me (click [here](#)) or Janice (click [here](#)).

## internet therapy a booming business?

At least in the Netherlands, internet therapy seems to become a booming business. Founder in 1997 is Prof. Dr. Alfred Lange, Clinical Psychology, University of Amsterdam. In the Dutch capital (Amsterdam), recently scientists in this field from the Netherlands, Sweden, England and Australia met in their E-Mental Health Summit 2009 to exchange their scientific results by therapy on internet. The Dutch daily paper 'de Volkskrant' informs about this meeting and the phenomena of mailing your depression to a psychologist by internet. Wikipedia describes *eHealth* (also written *e-health*) as a relatively recent term for healthcare practice which is supported by electronic processes and communication.

The website [www.interapy.nl](http://www.interapy.nl) in Dutch is active since 1999 with nowadays 50 employees. There is no face to face therapy at all; only internet communications in different fields with different protocols. Most of those who consult this kind of (cognitive behaviour) psychology - about in total 1750 people a year - are in their thirties, second large is the group of forties, then twenties, followed by fifties and the less are those of sixteen (the minimum age for this type of help) and older and those in their sixties in the same amount, according to the website information.

In the daily paper information they call this kind of help not only effective but also cheap, according to face to face mental help. The head of the innovation centre of mental health & technology of the Trimbos Institute, expects that the original type of help within ten years is far too expensive to explore anymore for big groups. So 'we need to keep people as long as possible healthy and self responsible' quotes the daily paper dr. M. M Riper. She adds to that: 'we need more self management and empowerment'. The Trimbos Institute in Utrecht is an institute for mental health and addiction ([www.trimbos.nl](http://www.trimbos.nl)). So we invited also dr. Riper to have a look at CCI World News Service! Because we think that we have any way this view in common!

(11-27-2009)

## the process of change...

The process of change is an exciting and intriguing phenomena. Whether it is the that's in a garden pond, or in an emotional way, in creativity or whatever, the outcome is always surprising! In other words: part of life is that the outcome mostly - or always? - is unpredictable. And we have to cope with, or better to accept that. Anyway, it seems to make life a lot easier if we are able to do so. Even it seems to me, as if processes do have their own speed. We can try to rush it and in my experience it 'just happens faster' by accepting that it needs its own time!

However it may be, change, growth, is a process in itself and it is intriguing to follow how it develops. And continues to develop. Even if we don't do anything! In this process it is important to mark time by time 'where I am' or 'where we are'. For sure, we all are in the same 'train' of life, speaking in metaphors. That even does not mean that we are in 'the same compartment'. Sometimes we may be for a while, some times we are carriages away from each other. And that is OK too.

Reviewing the question 'what means CCI in the core (to me)?' can be seen as if the answer is such a milestone. Anyway it is for me. And especially the answer as John Heron recently has published in this internet newsletter. In my (new) belief this wording is part of the process of becoming more aware of

the context of the acronym CCI. I think to be aware of the fact, that the phenomena of life (or any other creature, even if it is just a thought or a belief) is an ongoing process in itself. Or in other words: it may change all the time.

To mark this, its wording now is implemented in the maintaining part of this website (click on the S of Service, or the CCI on the home page, to reach the explanation of CCI) and it will remain here for as long as it last. The aim of it is, that nobody feels obliged to change any of their beliefs. It far more invites to accept, that a logical effect of the process of transformation is, that now above 'a definition of CCI', has been created 'a chapeau', like an umbrella, covering what was and promising what is coming. (10-18-2009)

*after more than ten years, the that's in the ponds at our base in Donkerbroek, the Netherlands, dominated so completely, that a robust intervention was not avoidable. Soon that part of the garden was a ruin and I learned from it, that sometimes a process has to be intervened radical, to reach what is needed to continue. And what we observe now are just snapshots of that process!*

sign language

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### **the 9<sup>th</sup> CCI sign language!**

By the help of a British CCI trainer, Jenni Hardy, now based in Spain, the CCI sign language, as introduced in April 2007 at the CCI-USA meeting, has been translated into Spanish. Thanks Jenni for your contribution! So the Spanish version is now available as a pdf-file and everybody, having a printer and need a copy, can print it out and use it at session time. Feel free and be very welcome!

(09-25-2009)

### ***Czech version of CCI sign language***

With the help of the first Czech Republic CCI co-counsellor, who attended the CCI international newcomers meeting at CCI Europe 2009 in Germany – and got her CCI-education in Scotland - I am pleased to announce that there now is a Czech version of the CCI language available. The range of languages covered by the CCI sign language counts now . numbers available for printing out as PDF file. Click for more information here.

(09-07-2009)

### ***CCI sign language in Hebrew***

The 12 signs of CCI sign language are now also in Hebrew available as a pdf file on internet, ready for print (and they are ready now as well for the Hungarian version – as we discovered that this did not work so far). Click on sign language (see column at the left on the homepage) or click here for the Hebrew version.

(06-10-2009)

### **CCI sign language in Hungarian**

CCI World News is pleased to announce that now also an Hungarian version of the CCI sign language is available (click [here](#)). At the same time we indicate now not only the name of the language in English, but also written in their own language, to serve those practitioners! For Hungary that is: Magyar. Also the Hungarian version is available on internet as a pdf file which means that you only need a printer with your computer to print out the version in the language you want.

(05-07-2009)

## CCI-USA's vision and mission

In an email send on September 14<sup>th</sup>, Bob Sawyer informs that the vision and mission of CCI-USA of their Strategic Planning Committee and Community Committee, that has recently been adopted, now is available on their website:

[www.cci-usa.org/index\\_2.htm](http://www.cci-usa.org/index_2.htm) .

### vision

Co-counselling is a well respected and firmly established practice for achieving emotional health, personal clarity and self-fulfilment.

### mission

The mission of CCI-USA is to maintain, promote and develop the practice, culture and theory of co-counselling regionally and nationally through an energetic and focused peer community of individuals committed to the practice and vision of co-counselling.

### explanation

In a explanation they say: 'CCI Co-Counselling is a distinct process which provides tools and techniques for healing and transformation. It is a simple, effective peer process for personal growth and on-going wellness. CCI co-counselling skills offer a structure to establish a safe environment for this exploration within a culture of validation, support and encouragement.

Some basic assumptions of CCI co-counselling are: 1) at our core we are all good; 2) we each have our own answers; 3) we can make intentional changes in our behaviour and in our lives; 4) in CCI co-counselling, techniques that establish emotional safety, confidentiality, and self-awareness are taught and then practiced in pairs.'

And finally it says: 'CCI Co-counselling: puts you in charge of your life; provides simple easy stress management tools; offers training in recognizing and managing feelings; teaches specific techniques to express those feelings in a safe, healthy way; gives awareness and tools for intimacy and open, direct communication.'

It is interesting to note that they mention, except in their vision, about CCI co-counselling! And it is a great statement!

(09-15-2009)

theory

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## an unique CCI feature

What I have realised recently, writes John Talbut to everyone in the (CCI) co-counselling circles, and so especially also to CCI World News, is 'that a key and unique feature of CCI seems to be not that we allow the client to be self directed, but that we require them to be self directed'. He add to that, 'only CCI, in my experience, require the client to be self directed'.

With him I think also that this is a very important observation which is - for me - already incorporated in stating 'the self responsibility of the worker' and in a broader context - again for me - is also already incorporated in respecting not only every other human being (if not every phenomena of life) including respecting also our selves in our own feelings, emotions and other observations. In other words, trying to be authentic.

In this case I avoid talking about 'clients' because - for me - and in Europe except the UK, client has the annotation of being a patient. And - for me - CCI co-counselling has nothing to do with being ill or needy. Where we are talking about is - for me - a simple process of learning on the way of blossoming our potentialities. In that case I also do avoid talking about allowing the worker to do something. It all is in the CCI co-counselling contracts, that the worker is directing his or hers 'own research' activity. They ask for or agree upon sharing and taking equal time for their own 'personal research' within the contract made for that activity. For the same reason I avoid too to speak about 'sessions'.

In my view CCI struggles with a) language problems.... and b) still being, almost obsessed with 'helping somebody who we think to be in trouble'..... And the unique CCI feature of being self directed is of tremendous help in that process! Thanks John!

(05-15-2009)

### **most welcome Mitch!**

Most welcome is in this issue Mitch Malek from Melbourne in Australia who is introduced as the first Australian CCI trainer. She is the founder of the first CCI community in this continent. And she is already a long time a well known CCI co-counselor in Europe as well as in the USA. She also is the second person from the 20 who answers on the invitation of September 11<sup>th</sup> of this year, to share with us their view on 'what is the core of CCI' for them. The first reaction came from John Heron, and was published first as article (on October 7<sup>th</sup>) and second as a 'standing' (personal) statement for the future for those who want a clarification of CCI (click for that on the capital S from Service in this home page, or on the CCI in blue in the left column of this page).

Mitch is welcomed at the same time as CCI trainer (click here) as well as author of her sharing what CCI means in the core to her. Welcome!

(10-30-2009)

*the gathering before CCI Europe 2009, the so called 'teachers meeting' in the garden of haus Kloppenburg.*

### **teachers meeting CCI Europe 2009**

Due to several logistics, the teachers meeting, scheduled at Haus Kloppenburg from Friday evening July 31<sup>st</sup> until Sunday morning August 2<sup>nd</sup>, without any doubt the outstanding CCI co-counselling house of Münster, was attended by some 15 CCI trainers and some 5 others, definitely also interested in CCI's future. They all enjoyed and celebrated the great hospitality at that spot. One of them was Dorothee Fricke, pedagogue who participated in 1971 with Daniel le Bon and Michel Katzelf in a co-counsel introduction held by John Heron in Brussels. From 1972 John facilitated workshops in Germany. On the teachers meeting 2009 several items got attention. Such as 'give your breath a voice, a tone', 'an inquiry into validations', 'acting into a fairy tale', an 'inquiry into the role of beliefs in CCI co-counselling', 'spirit song', 'poems', 'sharing ideas about introducing CCI to special groups' etc.

### **the client in charge**

Especially the sharing about experiences, their insights and their role for the future – as well the processes of sharing itself, were energizing and at the same time promising for the future. A large and major discussion started on Saturday morning about how the client is in charge and becomes so independent that they do not see themselves as part of the collective whole. Rudolf said 'we rap ourselves in a big overcoat and nothing can impact me anymore because I am in charge'. It was felt as if CCI co-counselling has become limited by this because we can not become beyond our selves. And possibly that is why our communities do not grow. Because we forget 'the us'. Personally, after a session, I could share that in my view 1+1 = more than two. Namely the 'plus'

So special attention has to be paid to that plus. And so the question comes up what the pre conditions might be to promote that process. The need for change, in what direction and how to unfold, was energizing and was also taken with us into the wider CCI Europe event itself. It was energizing because it obvious is an equally shared responsibility for the collective by the individual participants of that collective.

### **free attention**

A special inspiring item in this meeting was also our individual experiences with the item of free attention with an emphasis on the concept of 'attention'. In CCI co-counselling we talk about balance of attention and attention shifting as well as free attention. How do we present it? What is it in fact? For some it is clear what it is, for others it is a mystery: 'you just get it' and for some it is even more than that. That goes as far that you are really an integrated part of that process yourself as well. And the idea of 'participating in the free attention of the Universe' is a new way of seeing it. We did rounds and sometimes we were so impressed by what was said, that we needed clarification. And we needed sometimes badly to come back to earlier statements. In my observation it was clear, that not only here there seems to be quite a distance in views between rationalists and believers.

So far anyway is clear, that we want to go on together. There is no competition between the individual and the collective in terms of needs. Though we are aware of how much of CCI co-counselling is still strongly related with the past, while the present and the future do want to play their part as well. And right they are! And for me it is obvious that CCI has a mission and a vision for that future. And a challenge: not to fail!

Within the collective needs there must be – of course - room for personal needs. If we are not able to 'manage' these processes properly, than it is better to skip the whole participative part. In other words: just do not forget the benefits for being personnel part of that community or blow it up and do not attend any more. So far, this is no option at all, regarding the benefits of the CCI method. And that energizes to continue in finding ways how to support that collective interest. (08-22-2009)

### **welcome to Dónal and Dymphna on CCIWNS teachers' list**

CCI World News Service welcomes Dónal ([click here](#)) and Dymphna ([click here](#)), both born in Ireland as CCI co-counselling trainers on the trainers list. Dónal moved after years in Africa the Irish Republic to live in Hungary and still holds roots in Ireland. Dymphna retired from presenting her country in Europe, is now back home and is a painter. CCI co-counselling offered her the confidence to exhibit her work as 'Moon Aura Tara' from a recent exhibition in Dublin, she told me. Welcome both!

(08-22-2009)

*we welcome Richard Horobin as a co-counsellor since 1973 and CCI trainer since 1975 and now listed as CCI trainer on our worldwide list. Richard - and Rose – contributed profoundly to the '5 items about emotions' on this website.*

(07-28-2009)

### **welcome to a new CCI teacher!**

CCI World News Service welcomes a new CCI trainer of the USA: Jeanine Lajeunesse who is practicing CCI co-counselling since 1999! Be very welcome and enjoy being a trainer and thanks for your commitment to CCI!

(06-30-2009)

### **we welcome 2 CCI trainers on our list!**

CCI World News Service is delighted to announce two CCI trainers who joined our world wide trainers list. So we welcome Beth Barclay (right) from the USA, who joined CCI co-counselling since 1997 and two years later as CCI trainer! (she is already a few weeks on our list!) And Anne Bailey (left) from New Zealand who state, that her interest and passion for CCI co-counselling and the emergent discipline of facilitation, has become a lifetime affair since 1978! Be very welcome both! And more trainers, from USA promised to join in the near future!

(06-09-2009)

wider world

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### **a well being expo in Connecticut (USA)**

About four month ago CCI-USA decided to be represented at a Well Being Expo on Friday November 21<sup>st</sup> in a hotel in Enfield a suburb of Hartford, the capital of the state Connecticut. Chris Sanders, a well known member of CCI-USA who was there, reports that there were hundreds of visitors enjoying the high energy of people sharing about healing, growing, tools for self-improvement, natural foods and supplement, as a few of the topic areas covered. The day was a great success for everyone. There we sixty vendors as well as workshops throughout the day. CCI-USA had a booth with class pictures and brief information on CCI co-counselling on a stand-up board.

There were also flyers, lists of teachers, upcoming classes, little business cards with short affirmations and CCI information on the back, magnets and (CCI) cook books. Two members of CCI-USA at a time took two hours shifts to greet people and tell them about CCI-co-counselling. We also walked around the Expo, talked with other vendors and told them about CCI co-counselling. We gave out about 75 flyers, lots of affirmations and much information on classes and teachers. There was a sign up sheet and at least ten people signed up for additional information. Dency and Cathy Sargent are teaching a class in a couple of weeks and they will call everyone on the list to talk about their class. So informs Chris.

As well during the day there were workshops. At midday Dency Sargent and Meredith Elgart facilitated their workshop about CCI co-counselling. This was announced by: 'In this interactive session you will discover how co-counselling enables you to be more effective, successful and in charge of your emotions. Dency will demonstrate skills to clear out old unproductive patterns and boost your self-confidence. This process provides comprehensive advanced level training for increasing the skills, abilities and awareness known as social and emotional intelligence. Co-counselling offers a proven set of tools to help you create the life you want'.

*Thanks Chris for sharing this with us.*

*niek*

(11-27-2009)

### **lonely brothers and lonely sisters**

Former Dutch successful and respected CCI trainer Minke Weggemans - one of the organizers of the international CCI meeting in the Netherlands in 1990 (and 1994) - recently finished her range of three books about mourning for the loss of a brother or sister. In the first issue (in 2005, ISBN 9043511692) she describes the process of recognizing and finding a place for the loss of a brother or sister. She was raised in a family of ten children of which, at that time - 2005 - five had died. She recognizes that - in social terms - there is so far no place for mourning of the loss of a brother or sister. It simply is no official part of our world. And nevertheless it still is, in biological senses, the most close-by loss we can have. It could, as well have been myself, in stead of the other one who 'always' was there! She estimates that yearly around 300.000 individuals in the Netherlands (2005) has to cope with the loss of a brother or sister. In her first book she reports about her contacts with some hundred persons of different ages about their loss of a brother or sister.

In her second book (Mourning in the side line, ISBN 9789043515832) she co-ordinates the stories of 38 sisters about their loss of a brother or sister, and in the last issue (Brothers mourn also, ISBN 9789043517324) she co-ordinates these stories written by 27 males of different ages (17 to 78 years) in 301 pages. The official introduction was last Friday, November 6<sup>th</sup>, by invitation of the Publishing Company Kok, Kampen, Netherlands at Klarenbeek. Half an hour earlier the authors met for the first time and after a short introduction by Minke, these 'brothers' had a short round, introducing themselves by name and age and title of their story. They all had received by email a contents list of the book that was to be presented. After the ceremony of introduction Minke invited them all to step forward with her for all those of their families, who attended this introduction.

### **our first meeting**

I met Minke for the first time at my first CCI international meeting in Ireland in 1985, and remember that we worked there together in a for me very impressive workshop about death. Now I was one of the 27 authors of her last book. And in my story, called 'what remains' I mention what happened to my eldest brother in 1941 - how it affected my life and what happened to me since. Reading the stories of the '27' I became more and more aware how healing - and energy absorbing - this creative process is. How healing it also is, to express my feelings in poems and how much courage is needed to accept and make room for this creative process that at the same time is a ode of celebration. In reading their different stories, there was a lot of recognition - or anyway resonating within me. Like: 'I have learned to accept that rationalizing brings me nowhere', and: 'how important it is, already as a child, to accept our emotions'. Or, 'how lucky I was, that the one I miss now so much, anyway was part of my life'; realizing 'that for too long, too little has been shared', and 'that I repressed things only to protect myself'.

In my 'story' I do refer to my experiences with CCI co-counselling and the way this, since then, has influenced my life. At the introduction meeting Minke told us that 50 'brothers' started writing their stories and that 27 of them finished that work. She noticed as well how much the loss of a brother or sister disrupts the original structure of a family and how existential this loss is for all of them. And that - in spite of the existence since May 1988 of the National Grief Counselling Foundation in the Netherlands ([www.verliesverwerken.nl](http://www.verliesverwerken.nl)) with an English supplement - with the aim to support people in mourning the loss of a dear one - this way of mourning still deserves special attention. And thanks to Minke who introduced (in Dutch) a special website for this 'group of forgotten grievers' ([www.broederzielalleen.nl](http://www.broederzielalleen.nl)).

(11-13-2009)

### **workshops I attended (CCI Aotearoa 2009)**

Overlooking afterwards the workshops I attended at this CCI meeting in New Zealand, it is obvious that most of them have to do with sharing thoughts and feelings. Like the work I did everyday in my healing and supporting support group. However there it just might be a sharing of the events of the day in five minutes. This CCI meeting has been 'the CCI of sharing present time' for me: making aware and visible how important it is, to share the events of today. To find out 'what is behind the sharing'. And more specific: 'what is the real need to share'. Sometimes however, there is no need at all to name. It just is simply being, playing the piano, the drum, or making a drawing.

#### **the future you want**

My first workshop at this CCI was the one I created last August, realising after CCI-USA 2008, that CCI co-counselling celebrates in 2009 its 35<sup>th</sup> anniversary. The framework for this workshop: 'create the future you want', is a result of my insight that I, so far, paid enough attention to my own history and their emotions in the present time. It really was enough, counting the years I had been busy with this and benefit from it. So anyway it is time now, I decided, to pay full attention to the future. In general and specific for myself. And the first thought about that future is, who, which dear people of my past do I want to take with me into that future. And honouring as well the CCI format.

And that calls the question: why do I want that? What is the quality they have in common? So the workshop about 'creating the future you want' created itself!

The first try out of that futuristic reality was at the last national CCI gathering in the Netherlands in November 2008. I had to improvise, because there was less time than planned beforehand. This time, at the very beginning of CCI Aotearoa, I had to improvise again. The sharing after the first part, with two sessions to explore oneself, needed more time. The improvisation was, suggested by one of the participants, that we shared one specific positive emotion of the past that we now regard as to be highly important and directive for our life since. And so we did, and it was impressive.

#### **co-creating: an expanded way of working**

The second workshop I attended was about exploring an expanded way of working with John Herron's co-creating map facilitated by Gavan, Anne and Barbara. Their way of presenting and inviting us, almost all participants of this CCI event, to follow their suggestions was fabulous. First of all we experienced the way of regression, focusing on the past – being 4 or 5 years old and emotionally hurt, and feeling how that was. Secondly experience how the same situation transmutes by imagining that your needs of that time were perfectly met.

The difference was – for me – enormous and liberating by gaining a new insight. Besides they explained the possibilities of working along other ways than the one of regression only. Mentioned and partly experienced were there as ways of practicing co-creating: the way of new beliefs, the way of action, the way of opening, the way of celebration and the way of art. We experienced these in pairs, inside and outside the venue.

#### **other workshops**

Other workshops I attended were, the google workshop: practicing co-counselling inspired by the way google search machines work and the business meeting of CCI Aotearoa in which the New Zealand CCI decided to organize in their summer of 1012 another CCI meeting. Answering the kind invitation of the facilitator of that meeting, Richard from Wellington, I decided to join Phil, to hold the space for this workshop to happen. Though that doesn't mean that I promise to be there!

The Non Violent Communication workshop was great again and the 'flirting workshop' (how do I do that, what is happening and why) was one of those impressive sharing. The spirit song workshop – outside in the evening in the beautiful nature was for me an impressive holding of an energy flow. It also was a good initial start of the next morning workshop 'taking the spirits seriously' being aware of (even long distance) communication skills we have, but are not aware of) and in the last afternoon, the workshop about 'being active in the here and now – for instance by postures and/or gestures – the so called 'presencing grace'.

Saturday afternoon, instead of the meeting to explain the announced next day workshops, Celia organized an international CCI sharing.

niek (02-07-2009)

## **the workshop programme CCI 2009 Aotearoa:**

In total there were offered at this CCI event about 30 workshops. On Thursday morning we all needed time to solve a suddenly rising emotional process that needed all our attention. Daily from 4.45 – 5.15 PM the workshop offers of the next day were explained and discussed by the facilitators and arrangements were made where and when. That saved time in the opening circles next morning for other activities!

### **Tuesday:**

morning: culture setting part 2;

afternoon: create the future you want; Niek  
bodywork, physical/emotional  
tensions; Bobby  
safety coco: Celia

evening: validations: Judy and Phoebe

### **Wednesday**

morning: being green: Ian

what is whole hearted healing:  
Cameron

co-creating: Gavan, Anne, Barbara

afternoon: rebirthing: Janet

wild mind writing life: Joke

evening: the cuddle method: Heidi

### **Thursday**

morning: unexpected group sharing

afternoon: the Google workshop: James

intro to insights dialogue medita-  
tion: Suzan

rebirthing: Janet

evening: New Zealand national coco busi-  
ness: Richard

### **Friday**

morning: non violent communication:

Jocelyn, Joke, Phil

being white male: Fred

afternoon: space for sessions: James

flirting: Mitch

evening: dance of universal peace: Heidi

spirit songs: Kathleen

### **Saturday**

morning: taking the spirits seriously: Dawn,  
Fred

5 Rhythms: Cameron, Judy

afternoon: presencing grace: Barbara, Nina

death: Bobby

CCI sharing around the world Celia

evening: CCI-NZ auction: Rex, Nina

### **Sunday**

morning: opening circle en closing ceremony

afternoon: departure

(02-07-2009)