

Co - Counselling Training



*With Rex McCann
& Anne Bailey*

**Five days
November 14th – 18th 2009**

A transformational approach to personal and social development

Co-counselling is a personal development system that confronts limiting behaviour at its deepest level. Working in peer relationships with others, it enables us to heal hurts from the past, build on our present strengths, and live into emerging potentials.

Learning to co-counsel means learning a series of simple techniques that allows us to work with our feelings rather than talk about, or suppress them. It provides a clear theoretical and skills base for completing unfinished business from the past which affects how we operate in our current relationships. It helps to restructure outdated beliefs and create chosen futures.

The programme focuses on the development of emotional competence. It keeps us clear of unaware distress so that we can meet others from a position of clarity, generosity, ease, creativity and delight. It is valuable for anyone who wants to interact in a genuinely facilitative way with their own process, their family, their community and work colleagues.

The programme is for anyone wanting to develop themselves personally and socially. It is particularly useful for people who want to promote co-operative and peer oriented ways of working such as facilitators, leaders, managers, counsellors, trainers and teachers.

Times

9.00am – 5.30pm

November 14th – 18th 2009

Saturday to Wednesday

Venue: Auckland

Cost of training: 5 days training \$1295 (sliding scale to \$695)

Those on lower incomes have the option of sliding down the scale. Payment plans and some subsidised places available.

Refresher: Half price for those retaking the programme.

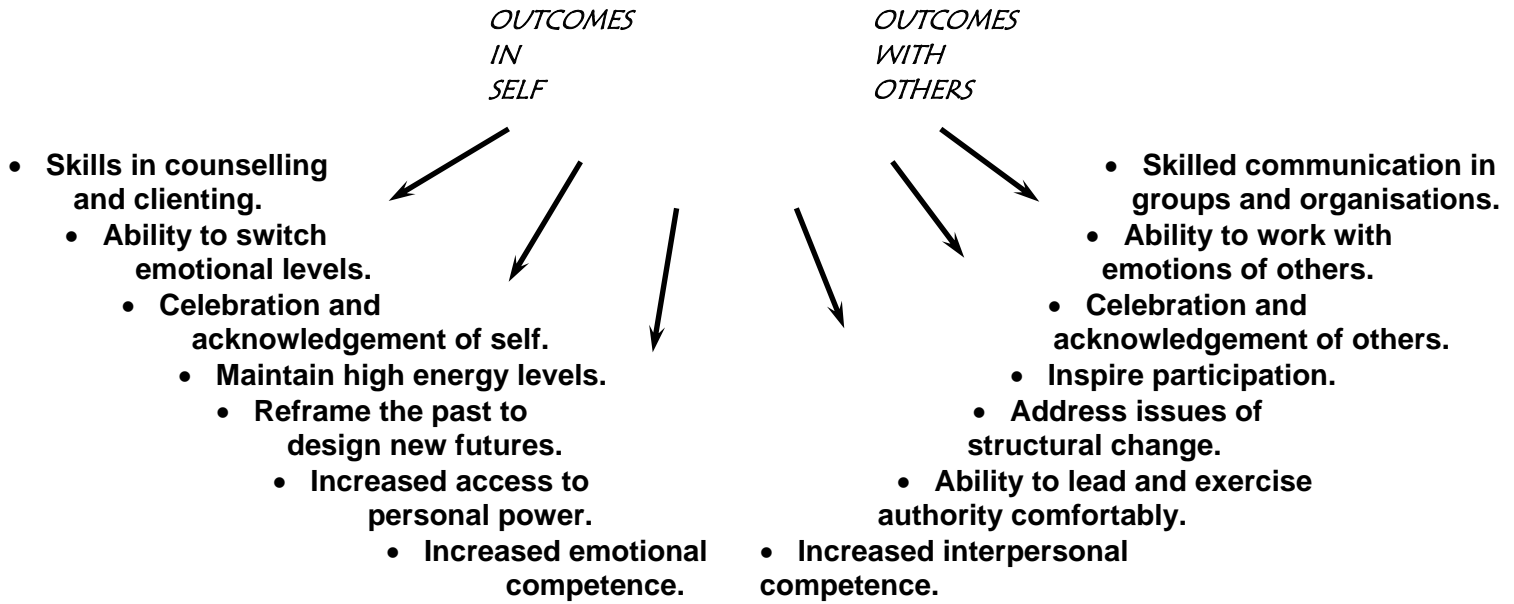
Enquiries: Rex McCann 09 376 2386 rex.m@clear.net.nz

Web Site: www.essentiallymen.net

Registration: Return the form overleaf with a cheque.

A skills training for Men and Women

EMOTIONAL COMPETENCE



How does it work?

Theories about why and how Co-Counselling works are perhaps not as important as the fact that it does work!

You gain access to more of your potential by learning to explore and then release suppressed feelings that make you behave in 'patterned' ways. This is followed by frequently astonishing clarity with which the now distress free adult can re-assess the situation which seems to have been defeating them, and reclaim their power to act rationally within it.

This work involves more than just thinking through and talking about issues. It involves emotional and physical processes. Co-Counselling recognises that we cannot separate what goes on in our minds and our bodies.

We learn to keep clear of unaware and disabling distress, so that when we attend to others, we come from a position of clarity, generosity, ease, creativity and delight.

Co-Counselling is a transformational process that moves us beyond the limited patterning of the past to a recovered awareness of who we really are.

Co-Counselling empowers us to take charge of our own development and not be dependent on others. It teaches effective self-management, encourages the development

of the individual, and can help build strong communities of men and women. It provides an excellent framework within which to incorporate other counselling and therapeutic modalities.

Completing the training gives you access to the Co-Counselling network in Auckland, New Zealand and internationally.

History

In its original form, Co-Counselling was developed in the USA in the 1960s. The Co-Counselling International (CCI) was founded in 1974 by John Heron and has for many years been well established within the mainstream of humanistic psychology. There have been networks in Auckland and Wellington since 1978.

Rex McCann leads Essentially Men widely known and respected for his work with men throughout New Zealand. He is the author of "Fatherless Sons" and has been a Co-Counsellor since the early 80's.

Anne Bailey is an international facilitator and trainer, founder of Co-Operacy, and co author of "the Zen of Groups", "The Art of Facilitation" and "Co-Operacy – a new way of being at work". She has been a Co-counsellor since 1978.

Please register me for the Nov 14th – 18th Co-Counselling training

Name:

Deposit \$50 enclosed

Address:

Full payment enclosed \$1295 (sliding scale to \$695)

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Those on lower incomes have the option of sliding down the scale.

Phone: Hm.....Wk

Payment plans and some subsidised places available.

E-mail:

Make cheques payable to: Co-Counselling
**Post to: Co-counselling, 13 Maidstone Street,
Ponsonby, Auckland**