

QUAESITOR

187 Walm Lane, London, NW2. Tel: 01-452 8489. Director: David Blagden.

ENTROPY

11 Lindfield Gardens NW3. Director: Ronald Ullman. Tel: 01-435 8427. Sunday evenings introductory sensitivity training groups for well functioning people. No therapy is offered. The emphasis is on a new way of relating. Telephone for brochure.

A.T.M.A.

Birmingham: six months intensive offering a variety of techniques including Gestalt, Yoga, Massage, Psychodrama, Meditation, Intergroup Relationships, Bio-Energetics, Body Movements. 72a Wake Green Road, Moseley, Birmingham 13. Tel: Kington 781 or 021-449 2947.

GROWTH GROUPS

Leader: Dina Glouberman. Encounter/Gestalt/Psychodrama weekend workshops. Low prices. Small groups. Details from Dina Glouberman, 29 Pattison Road, NW2. Tel: 01-435 8943.

YERBA BUENA

Consultations for private growth and education. Roger Sanders Smith, 317 Stoney Stanton Road, Coventry CV6 5DS.

CENTRE FOR GROUP WORK AND SENSITIVITY TRAINING

7 Chesham Terrace, Ealing, W13. Residential weekends £6 each plus food. Send s.a.e. for details.

PAT MORTELL

49, Roches St. Limerick.

COMMUNITY

15 Highbury Grange, London N.5. Tel: 01-359 1372 (or 586 3545) Co-Directors and Leaders: Michael Barnett, Carole Davey, Tom Falkner.

John Heron

Draft Proposal

'CO-COUNSELLING INTERNATIONAL'

The following has emerged after discussions I have had with the following: John Southgate, Savitri Shinya, Dency Sargent, experienced co-counsellors at a Dutch workshop in June this year, Jean-Michel Fourcade.

The idea is to create an open international federation of independent co-counselling communities. This draft proposal is being sent to all the known independent communities for comment and amendment and, hopefully, for their broad agreement.

These are the independent co-counselling communities that I know about:

England

Dialectical Peer Counselling. Started by John Southgate in September 1973. Based on the Diploma in Applied Behavioural Sciences Course at the Polytechnic of North London. John is Head of the Applied Behavioural Sciences Division. John Southgate: 12 Nassington Road, London NW3. 01-794-4306.

Reciprocal Counselling. Started by John Heron in February 1974. Based on the Human Potential Research Project, University of Surrey, Guildford. John is the Project Director. John Heron: 40 Denzil Road, Guildford, Surrey. 0483-6874. *Insight Counselling.*

Started by Savitri Shinya: 23 Lawn Road Flats, Lawn Road, London NW3. 01-722-9495.

Holland

Dutch Co-counselling Community. Decided to become entirely independent in May 1974. Jaap Sanders: Alex Boersstr. 20, Amsterdam, Holland. 020-726869.

USA

People's Re-evaluation Counselling. Incorporated in the state of Connecticut, USA, in June 1974. Entirely independent of the Seattle-based Re-evaluation Counselling Communities. Started by Dency and Tom Sargent. Dency Sargent: 3 Columbia Street, Hartford, Conn. 06106. 203-247-1912 'A people-run organization of co-counsellors continuing the presentation of RC apart from the Seattle organization'.

The following draft was drawn up by Dency Sargent, Tom Sargent and John Heron at a meeting in Guildford in July this year.

International Federation of Independent Co-counselling Communities (Abbreviation: Co-counselling International).

Shared Principles of Method

- 1 Co-counselling is a two-way process among peers, each taking a turn as client and as counsellor.
- 2 The client is fundamentally self-directed.
- 3 The counsellor is a skilled person who will intervene in accordance with whatever contract is indicated by the client.
- 4 The counsellor does not criticise, interpret or advise.
- 5 Co-counsellors are active in a supportive community.
- 6 Each community develops its own organisational structure.

Purposes of a Federation

- 1 To share address lists of co-counsellors or enable people to co-counsel

when abroad or away from home in their own country.

- 2 To hold national and international federation workshops for co-counselling and for sharing developments in theory and method.
 - 3 To publish an international newsletter.
-

Bill Walton

What's going on?

If you are with a group of people, and maybe you are bored and think that there is nothing going on, here are suggestions of some things to look for. Some are also appropriate for when you are alone, or when you are with one or two other people.

Firstly, what is going on within you? Follow whatever comes into your head without trying to direct it in any particular way. How are you feeling? Close your eyes (or look at someone else, or watch yourself in a mirror) and try and identify any feeling that is uppermost, stay with it, see whether it grows or lessens, notice if anything takes its place. Note your posture. Are you weak or strong, open or closed, back to the wall, tense or relaxed. How firmly do you meet the ground? How high is your head above the floor? Are you reducing your involvement through tiredness or shallow breathing?

How is your position in relation to other people? Are you touching anyone? and in what way? Are you physically the centre of attention, or on the fringe? Have you, say, a leg pointing towards somebody else, or is it cutting across communication between two people. Who are you looking at, and who are you avoiding? Have you got an itch, and how does it affect your position when you scratch to remove the irritation? What moment do you choose to make that long-awaited visit to the toilet?

How about the other people? What can you guess from their posture? How does it feel to imitate them? Do there seem to be contradictions between their physical appearance and what they are saying? Do they look tense when they say that they are sleepy, do they laugh when they are angry? Do they gain attention by denying that they want it? Do they display a characteristic mannerism before they begin to speak?

Another possibility is to look at people in terms of roles. These may be relatively precise, as in the Transactional Analysis model of *adult* (Head straight, continual movement of face and body, objective attitudes, 'In my opinion'), *parent* (Pointing index finger, hands on hips, automatic judgements, 'If I were you', 'How many times have I told you?') and *child* (teasing, temper tantrums, nail biting, baby talk, delight, 'I don't care'). If you follow communication in terms of Transactions between people adopting these roles, you may see patterns or games develop.

There are many other roles that can emerge within a group, a few examples being leader, organiser, consoler, wrecker, scapegoat, theoretician. These roles frequently overlap. They can be looked at both as people seeking them, and also as people trying to impose such roles on other people. Members may bring into the group roles that