

have been doing this work for years'. All these views can coexist in CCI. There is little sense that we have got to come to any decision about it, or that we have to do so

'because John Heron says so'. John himself supports this kind of pluralism.

In summary, then, CCI is mature, dynamic, growing and exciting.

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## *Further Reading*

*Self & Society*, double issue on co-counselling, Vol VIII nos 4 & 5, 1980

Rose Evison and Richard Horobin, *How to Change Yourself and Your World*, Co-counselling Phoenix, 1990

CCI Internet web site: <http://www.dpets.demon.co.uk/ccciuk>

John Heron, 'Original Theory of Co-counselling and the Paradigm Shift', <http://home.stlnet.com/~ccounsel/>

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# ***Re-evaluation Counselling Today***

*Jo Saunders*

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**R**e-evaluation Counselling (RC) is a tool. The people who use it have formed themselves into a loosely knit community that is world-wide. The organisation that is known as the RC Community has been in existence for some 46 years and in these islands probably 30 years. It has spread to 90 countries, and its means of organisation have not altered radically since its inception. It has simply grown bigger. Areas comprising about thirty co-counsellors are loosely organised with teachers, responsible for their individual students, who conduct support groups, beginning classes, and ongoing classes as

well as local workshops. They choose someone to co-ordinate themselves, their Area Reference Person, who has overall responsibility for certifying teachers, editing local newsletters and ensuring that agreed policies and guidelines are implemented. Such areas are in their turn organised into Regions, each with their own Reference Person, whose function is to represent the region in the international community, and the international community in the region, on matters of policy, and to attend regional and international workshops and conferences. There are ten such organised regions in Britain and approxi-

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mately 45 areas in England, two in Ireland, one in Scotland, and one in Wales.

The principal avowed objective of re-evaluation co-counsellors, or their 'one point programme', is 'to free their intelligences, to assist others to do the same, and to lead, inspire, and organise all people to eliminate any form of humans harming humans.' The tool (described below) is used to dispel the effects of past hurts, and to restore the individual's ability to reclaim his or her power and to function and act rationally.

What has emerged with increasing clarity over the last fifteen years is that, in addition to individual hurts, harmful effects of an oppressive society have been systematically imposed upon every young person. This clarity has resulted in the formation of draft liberation policies for people of different ages, genders, classes, races and sexual identities. As these policies have been implemented and the painful emotions which have become attached to the oppression are unloaded or 'discharged' in the form of tears, laughter, trembling or yawns, exciting clear thinking has emerged and has been put to use.

Internationally there has been an emphasis on reclaiming the human qualities of integrity and courage and a commitment to act accordingly: 'To establish clearly, publicly, and definitively, the distinction between intelligent thinking and the supposed "thinking" which arises from false information, mental distress recordings, the operations of the oppressive society, greed, or dishonesty.'

There has come to be increased emphasis on distinguishing between RC's commitment to complete freedom to hold and express different opinions and an equal commitment to refuse to accept or

tolerate irrational positions for the sake of greed or honouring past traditions or maintaining oppression. This has led to a more critical attitude towards and unacceptance of the kind of tolerance of oppression which is sometimes labelled 'liberalism'.

In England, particularly committed work has been done on the hurts imposed by classism, thereby empowering working-class people and clarifying issues for those raised as middle- and owning-class. Two main tenets of RC theory are that humans are *good* (they have to be seriously hurt themselves before they will act as oppressors), and that they are born cooperative and therefore are natural allies for each other. Thus another area in England that has been developed to good effect is that of black and white Gentiles as allies to eliminate Jewish oppression. We are also breaking new ground in discharging attitudes of anti-Irish oppression as well as developing a meaningful programme for English liberation. This is leading to more focus on hurts and liberation issues for Catholics and Protestants.

Re-evaluation Counselling has taken a strong stand against racism and has sought the participation of people of African and Asian heritage and other people of colour. There are groups of young people leading in some British Communities. There is separate attention to both women's oppression and men's oppression. The Community welcomes people of gay, lesbian and bisexual persuasion and includes them in the regular organisation, but also provides independent leadership, classes, support groups, and workshops for dealing with the oppression endured by these people in our society.

People who have called themselves 'me-

ntal health system survivors' have made good strides in their organisation. With support from the RC Community a group of them conducted a workshop and had a stall at the Mind conference last year .

In the last two years the subject of inclusion has been opened in Britain and has widened far beyond the issues of disability. The RC Communities are addressing this subject for themselves.

In the last year re-evaluation counsellors have been challenged to reach and support the people whom society has 'targeted for destruction': people in the military, in prison, in mental institutions, and those driven to prostitution.

Women's liberation has always been strong in RC. It bore exceptional fruit when 300 women carried an RC presence to the Women's NGO conference in Beijing in 1995, leading 40 workshops on a variety of subjects as well as offering daily fundamentals classes in RC.

There have been ten preliminary conferences held this year in various parts of the world in preparation for the world con-

ference to be held this November. These world conferences happen every four years. They review RC's guidelines and the health and growth of the Communities, and set goals for the next four years. One such goal this time is 'to openly share RC as a possible source of correct thinking and policy for all human beings'.

In line with this goal has been the recent publication of *The List*. This is a summary, in tabulated form, of the principal insights about humans uncovered by RC's research. There are also dozens of special journals — for men; for women; for young people; for working-class, middle-class and owning-class humans, and for many other special groups.

There is a quarterly publication, *Present Time*, which covers the general news about RC world-wide. It costs £3.00 and can be subscribed to through Roland Matthews, 70 Winchester Road, Romsey, Hants. *The List* can be ordered for £33.00 from Rational Island Publishers, 719 2nd Ave North, Seattle, WA 98109, USA, who will also supply catalogues.

