

(uncriticised) they will discharge. They will hesitate or hold their feelings in if the support isn't total e.g. if you try and watch T.V. at the same time!

Just to hold and listen is enough. It works so well I wondered why I hadn't done it instinctively before I co-counselled. I wouldn't have been able to - even if I had known that it was the most effective caring thing I could do for a child. My own upbringing had taught me to repress my feelings - to allow my child theirs would have been too threatening for me. It is only since I've let myself feel my own fear, pain, anger and tears that I've been able to give my unconditional acceptance to my children and all their feelings.

When they are excited or pleased they need to express their feelings physically. They jump, dance, hug, giggle and make a lot of noise. When angry or frightened they shout and scream; when sad, they cry; when their plans are thwarted they swear vigorously. Cushion-banging, teddy-bear killing, paper-bag ripping, egg-box crushing have all been used to let out feelings that would otherwise have been used against themselves or each other. Yes, the house is sometimes very noisy but there are also many hours when we peacefully co-operate with each other.

I see three very different people growing up with respect for themselves and others. I see them as affectionate self-motivated fun-loving children - and I learn from them daily.

Dick Saxton

What Cocounselling means to me

I think the best way for me to convey what cocounselling means to me is to take a look at the question in two different ways,. What I get from a co-counselling session itself and how I feel I've changed as a result of co-counselling over a number of years.

Firstly what I get from a session itself. What immediately springs to mind is the feeling of space. A place and time where I can settle back and do what I want to do. Work on what I want in the way I choose. Get in touch with what's going on, allow the dust to settle, take time to enjoy completely what's good, get off any feelings that I've bottled up, sort through where I'm going and what I want.

The possibilities are as many as the sessions I have. That for me is the most important thing. There's no "right" way of using my time, there's no pressure on me to do anything - it's my time and I'm free to use it as I want.

I truly get a sense of space to be able to do that with other co-counsellors who are used to taking time for themselves and can allow me my time. Not mucking in with reassurance, "helpful" suggestions or puzzled questions, they know that their fully being there is enough.

Secondly how I feel I've changed as a result of co-counselling - or how I've changed since beginning co-counselling. I can't tell what's a result of day to day living and what's co-counselling but I do credit a lot of the change to my having had co-counselling as a tool for the past three years.

So - I'm no longer afraid of the dark or of being in houses on my own. I'm a lot more in charge of my life and am doing what I want to be doing. I can now handle anger and resentments more creatively - owning what I'm feeling in a way that others can hear. I'm much more open to many more people of many different ages, types, shapes and sizes. I'm slower, surer and far less anxious.

Negatively I feel my process commentator has become a bit over-active and that's something I'm dealing with at the moment!

EXPLORING THE DREAM WORLD

Dr. Patricia Garfield, San Francisco, U.S.A.

Weekend workshop Friday July 11th 4.00 p.m. to Sunday July 13
4.00 p.m. at Keswick Hall College of Education, Norwich, Norfolk.

Fee: £48 residential
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This event is jointly sponsored by The Norwich Centre for Personal and Professional Development, and The Center for Cross-Cultural Communication (U.S.A.).

For further details contact Prue Conradi, Workshop Administrator, The Norwich Centre, c/o 37 Park Cottages, Wroxham Road, Rackheath, Norwich. Tel. Norwich 405302 Mondays to Fridays, 8.30-9.30 a.m.