

Co-Counselling: A Doorway to Self-Directed Healing and Transformation

I have been practising Co-counselling for over six years, and as a result I am equipped to process emotions, identify and resolve patterns of belief and behaviour that get in my way, and am able to create my own positive future. These and other outcomes are directly accessible by learning and practising Co-counselling.

I became aware of Co-counselling as a result of the Essentially Men programme, the skills learned being a core to the programme. As I learned Co-counselling my capacity to work with myself and support others increased; I became more emotionally competent. Now, as a facilitator of Essentially Men programmes it is a vital part of my tool-set.

When I first attended training I realised I was harbouring significant anger and was distancing myself from women because of a then recent betrayal by a woman who had been a dear friend for many years. Consequently I would not allow women close to me, and I was failing to form and maintain intimate relationships. I carried so much distress that I didn't know how to act differently. As a direct result of my Co-counselling training I was able to identify and dislodge patterns based in fear, grief and anger, and opened up to new possibilities. I was able to

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Abstract

The author's experience with Co-counselling is shared, including the key lessons, capabilities and benefits arising from engaging with deep inner work on self.

Keywords

03 personal independence, 04 emotional self, 05 mental self, 06 conscious self, 07 spiritual self, attitudes, behaviours, co-counselling, mental states, beliefs, emotional states, healing, personal transformation, patterned behaviour, reclaiming personal power, relationship with self, therapeutic modality

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Co-Counselling: A doorway to meeting your true self

re-engage with women in an open, wholesome way, and that led to healthy relationships.

The ability to identify my core needs, the distress associated with them not being met, and discharging the built up energy, has enabled me to autonomously direct my own healing process. I have become my own healing detective, able to find a symptom that indicates a blockage in my own flow of life, and track back to the source and resolve it.

Far more than focusing on and healing past hurts, Co-counselling supports and encourages actively creating positive futures. Validations are core to the practice, tapping into the positive truths we hold about ourselves, and expressing them, perhaps reversing what may be a lifetime of self-criticism. Action planning is used to map out next steps. Celebration magnifies the positive

experience of success and acknowledgement. These are founded on authentic connection with self, and not on the fabricated distress of a lifetime of pain. Learning the skills and practices of Co-counselling is liberating and enlarging, and enables you to write a new script for your life. I have for mine.

More than at any time in my life, I am now living the life I always wanted. I am married to the woman of my dreams. I have written the book I had known was in me. I am increasingly working in the way I have always dreamed of. I am manifesting my purpose and vision more fully than ever before, and I know that more is to come as I continue to open to myself and allow my essence to emerge with greater freedom and passion.

I have learned that how I feel is not hard-coded. I can change my experience, my attitudes, beliefs, patterns

of behaviour, and even how I feel. I am captain of my ship, navigator of my life, and that I have proven I can withstand storms with a certainty that comes from knowing and loving myself. And Co-counselling has assisted me to achieve this.

If you are struggling with self-limiting beliefs, burdened by pain that seems unrelenting and overwhelming, are deafened by your own internal voice of criticism, or want to shape a better future, I encourage you to add Co-counselling to your tool-set. It is personal and portable, can go with you wherever you choose to travel. It will assist you to feel and experience life more fully, so that whatever you believe and want to create can become a reality. It will bring you into community with others who are interested in creating a better planet by creating better selves, themselves, and then living their purpose more fully.

For more information related to themes in this article, refer to: Harrison, S. G. (2012). [*Appreciate the Fog: Embrace Change with Power and Purpose*](#). Auckland, New Zealand: Xlibris Corporation.

Coaching can support you create the best outcome when working with areas covered by this article.

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