

Course Information
CCI-USA Fall Fundamentals Course 2025
Kathryn Bass

Making class a priority:

- Please be on time and try not to miss any classes; nothing is as good as the actual training with others in the class. Your presence matters!!!
- If you must miss a class, please notify me ahead of time. You will be able to do a make up session with the instructor or the assistant, and/or watch a video of new material. ***Missing more than two classes may jeopardize your ability to successfully complete the training.***

Home Practice:

- Your home practice will consist of a combination of weekly reflections and occasional journaling or worksheets, and practicing newly learned skills with a classmate each week. At first, this will take about 20 minutes and gradually work up to about an hour commitment outside of class each week.

Internet:

- A Zoom link will be sent to you prior to the start of each class. Log on a few minutes early to chat and work out any tech issues.
- Please contact me ahead of class if you need help navigating Zoom.
- You will need ***reliable internet access and a working computer with a camera.*** Using a phone is highly discouraged.

Being Present and Accountable:

- For each class and the practice sessions, ***you will need to be in a private space*** in order to provide confidentiality for yourself and other participants.
- You will need to maintain attention throughout each class. The class is highly participatory; we will be learning new skills and have a chance to practice in class. Each participant needs to maintain a level of ‘aware, caring attention’ when doing sessions, meaning we offer each other our undivided, non-judgmental attention. This creates safety in the class, to be vulnerable and share with each other.
- Participants will be asked to be visible during class and session time. Having your computer cameras on and in good lighting enables us to see each other clearly and read emotions and body language. For this reason, taking a class on a mobile phone is discouraged.
- CCI maintains a strict ***drug and alcohol free*** protocol so we can be present for each other during classes and sessions. Please do not partake in any mind altering substances prior to or during classes and sessions.
- Unless you have a medical condition that requires you to do so, please refrain from eating during the class. Chewing on screen can be distracting to others. Breaks will be offered throughout each class.

Other Stuff:

- Co-Counseling is not psychotherapy; it is a community based peer support process.
- The CCI-USA community maintains a Culture of Validation towards ourselves and our peers.
- As co-counselors, we honor our time and financial commitments, and demonstrate self responsibility.
- To be a member of the community, one must successfully complete an entire Fundamentals training, be proficient in basic co-counseling skills, and uphold the tenets of the CCI-USA community.
- Upon successful completion of a Fundamentals class, your contact information will be added to the CCI-USA database in order to receive notifications of workshops, gatherings, etc., unless you make it clear you wish for your contact information not to be added. You will then be considered part of the broader international CCI community network and will be able to co-counsel with anyone else who has successfully completed the training.