

Registration Information
Online Co-Counseling Fundamentals Fall 2025
Kathryn Bass

**TO REGISTER FOR THE ONLINE CO-COUNSELING FUNDAMENTALS COURSE
BEGINNING OCTOBER 19, 2025, PLEASE:**

1. READ OVER THE INFORMATION ABOUT THE COURSE INFORMATION, SCHEDULE & ATTENDANCE EXPECTATIONS, AND FINANCIAL INFORMATION
2. FILL OUT THE REGISTRATION FORM BELOW, COPY AND PASTE IN AN EMAIL AND SEND TO ME AT kataroobass@gmail.com
3. OPTIONAL: ATTEND THE FREE INTRODUCTORY SESSION OCTOBER 12.
4. MAKE YOUR PAYMENT

Registration Form:

Thanks for your interest in the co-counseling course. By filling out this form, you will gain information about co-counseling, and it will also help me to get to know you better and what your needs are.

Please fill in this form as honestly as you can. Please be thorough but no need to write heaps of words. All information will be kept confidential by the facilitator, Kathryn (except sharing contact info, with your permission).

If there is anything else you would like to discuss, you can do so by emailing me at kataroobass@gmail.com

First Name or what you like to be called:

Last name:

Pronouns (optional):

Home address:

Email address:

Best phone number to reach you:

Can you receive texts at that number?

Alternate phone numbers:

Can we share contact information (not your street address) with other class participants?

(sharing your contact info is necessary to set up practice sessions)

How did you find out about this co-counseling course?

Tell me a bit about yourself and your life at the moment. What would you like to get out of this co-counseling course?

This training requires people to listen attentively to someone else, as well as being listened to, sometimes for a longer session of 30 minutes. How do you feel about these two things, listening and being heard?

For each week of the course, trainees do a co-counseling practice session; we will match you with a different partner each week. This can take up to about an hour for a 25 minute each way session. What time zone are you in, and are there some days better than others when you might be free during the weeks to do your weekly practice sessions?

Everything said in a co-counseling session is confidential, meaning that you would not bring up anything you heard in a session to the person who shared it with you, nor to anyone else. Confidentiality is a major tenet of co-counseling and is what helps people to be vulnerable and share with others. How do you feel about this?

Aspects of the course and all sessions are confidential. Taking this course in a coffee shop or where other people are present is not acceptable. Do you have a private space where you can participate in the class and do sessions?

Co-Counseling classes, sessions and workshops are drug and alcohol free; we need to be able to be fully present for each other as we share with one another. This means abstaining from any mind altering substances prior to, or during a co-counseling class or session. Are you able to do this?

Co-counseling provides a safe space for self discovery and can bring up a lot of emotions. Sometimes people new to a recovery program or those with a trauma history (especially if

there is a recent, intense trauma) can have difficulty participating in co-counseling, especially if they do not have other supports in place in their life. Co-counseling is not psychotherapy, and participants need to be able to hold attention for other people. Do you have any concerns about fully participating in this course?

This is a ten week commitment of 2.5 hours of class time, plus up to 1 hour a week for practice sessions, journaling, reading, or worksheets. Are you available to commit to the whole training?

This training will take place online using Zoom; you will need reliable internet and to understand the basics of Zoom. It is highly recommended to use a bigger screen than a phone for the training. Do you have stable internet and access to a computer/tablet you can use for the course?

Diversity and Inclusion: Our aim is for co-counseling to be accessible to all. Do you have any specific learning needs/requirements/accommodations?

Is there anything else you would like to let me know?

Thank you for filling out this form. If you have any questions, please feel free to reach out to me. Once received, I will be getting back to you within a few days time with more information about the course. If you have feedback about this form, I am very open to hearing about it. :) Kathryn