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## Re-evaluation counseling communities present time

Re-Evaluation Counseling or RC is the best known and largest organization for Co-Counseling. [quote required] RC today covers more than 40 countries and offers many individuals a cheap or largely free form of counseling and personal healing/growth. Founded by Harvey Jackins and his followers in the 1950s and early '60s, it is headquartered in Seattle, Washington, USA. Jackins, who died in 1999, had an interest in helping and empowering people as well as during the social justice movement. During the 1920s, he was active in the organisation of trade unions. His interests led him to explore and explore approaches as diverse and unrelated as Marxism, Dianetics, several progressive movements, and other movements and organizations that are proven to help people feel and function better. Finding none of them is satisfactory, he created RC as an attempt to combine the best qualities he had seen in practice, with his insight into how people heal to form a new therapeutic method based on cooperatives and free sharing of time and attention between individuals, to each other's problems, what he calls co-counseling and a new general movement, setting up official teaching techniques and workshops to train Co-counselors, which he called Re-evaluation Counseling, delivered to Seattle-based Personal Counselors, a small company that trained people in his methods. The content [show] Origin and basic beliefs in Jackins' version of the origin movement are basically that he first began exploring the ideas that led to the re-evaluation of counseling after observing the profound changes of his very troubled friend after listening to a friend talk and cry long about his troubles. Curious, Jackins began working with a small group of people who combined slowly and methodically developed a methodology that consisted of sharing attention among themselves to encourage healing from painful feelings and memories through natural biological reflexes such as crying, laughing, and shaking, which was called discharge. This emotional catharsis led the turn to Re-Assessments or clearer thinking, after the relief that it has released the legacy of past hurts. RC's theory argues that the process of freeing one self from the past hurts allowing rational thought because the past hurts no longer painting your view of reality with emotional prejudice. RC's organization and literature does not describe their practice as psychotherapy, but instead define the process of dissolving distress patterns with emotional secretions in the context of thankful attention as a natural process that does not mean either psychopathology as part of an individual or the need for professional treatment. A frequent example is that children are born knowing how to cry and therefore heal emotional pain, but modern societies usually teach children that such displays are bad or wrong. The basic assumption of RC on people is that all people are born well and remain well at their core, but that all people are hurt in different ways. Inappropriate or harmful behaviors by people are thought to be caused by restimulations (behaviors caused by a legacy of emotional hurts that are not discharged, affecting the response to actability, without realizing that behavior is associated with these past events). One of the main goals of the advisory RC is to remember the goodness of the client, despite the hurts being talked about with the client. RC, client and mentor are expected to work in cooperatives, members are expected to provide non-judgmental listening and contrary to disinformation or other conditions believed to be related to distress patterns. Contrary to this context, it means to say or do something that facilitates the discharge of a customer. RC also uses methods such as non-permissive advice in which the advisor intervenes to stop client models. Counseling sessions are almost always reciprocal, with the first single person acting as a counselor and then the role being changed, with the original counselor acting as a client. Therefore, each co-counsel is expected to be emotionally healthy enough and well-experienced in collaborative counseling practice to be an effective counselor. RC takes a strong stance on the relationship between co-counselors with having a strict no-socialising rule to keep each co-contact clear and to boost confidence in motivation. [1] RC Co-counselors are supposed not to socialize or have social or sexual relationships with other co-counselors unless that relationship previously dated it to become co-counselors. This is one of the reasons why many consider a well-organized community of co-counselors with clear rules that are essential to the successful practice of co-counseling. [quote required] Re-evaluation counseling sites of great importance need to understand and adhere to a comprehensive theory about the nature of the universe and humans, the best way to help the discharge process and pro-liberation attitude of co-counseling. RCers believes that, together, they allow the advisor to keep a clear picture of the client's reappearance and is therefore very effective. [quote required] Practitioners of RC taking methods of RC as effective as other therapies (for the average well-functioning person) at healing emotional hurts and increasing the effectiveness of rational thought and their ability to have a joyful, strong, positive life. RC also recognizes that the world lacks enough professional counselors to give everyone the emotional support they need; therefore the need for many trained de-ing consultants. RC does not ally itself with any other self-help, or pyschotherapy in practice. There are no independent or empirical studies on the effectiveness of the RC process, although there are studies on the effects of crying, such as during traditional therapy. It is therefore difficult for those outside the RC to assess objectively the claims of an organisation. Academics who study the value of different types of therapy have not had access to RC to try this (but this is equally true in several other well-known similar movements). The organization eventually the Jackins organization became officially known as the International Re-Evaluation Advisory Community, or minor variations of that name. The International Reference Person is now Tim Jackins, a former math teacher from Palo Alto, California, and the founder's son, who took the title when Harvey Jackins died in 1999. Tim Jackson is a Yale graduate and holds a Master's degree from Stanford. The main organisational structure of the RC consists of classrooms and local communities, made up of experienced co-counselors who have come to teachers and approved by leaders; activities, in turn, are organised by regions and countries. New members are invited to present members personally, and potential members are expected to be well functioning and emotionally healthy so that they, in turn, can be effective consultants as well as be able to use the process of role of the client. Activities and local communities in turn are organised by regions and sometimes free national affiliations. RC is against nationalism and hopes that by avoiding organizing traditional state lines, it allows co-authors to avoid nationalism, which can prevent all people from seeing all people so well and establishing close relations with any RC member, regardless of country of origin. There are currently 270 organized areas internationally listed in the quarterly journal Re-evaluation Counseling, Present Time. In 2007, Current Time listed that it is in circulation slightly below 4000. The RC organization has previously estimated that more than a million people have learned or have been exposed to RC; others doubt it and believe that somewhere between 50 and 100 thousand people have learned RC since its inception and that perhaps there are about 10 to 15 thousand currently running RC practitioners, divided into about 40 countries. These figures are based on the average number of classes obtained from rc insider dealing calculations; Harvey Jackins in his own works claimed a much larger number, but these claims are hard to confirm because some people only attend classes for a few weeks, and others have been staying in classes for years, making it difficult to determine who has learned RC. More analysis of this on the Harvey Jackins page. Affiliated organisation Re-evaluation Foundation, a 501 c 3 charity whose intended goal is re-evaluation foundation support projects – based on the theory and practice of Re-evaluation Counseling (RC) – that apply bold, thoughtful action to free people from the dangers associated with past harmful, unjust experiences. In 2007, according to their website, the foundation provided grants totaling about \$240,000 to People-of-Color Leadership Development, Global Initiatives, Young People Leadership Development/Family Counseling Work, Prevention of Racism and Mental Health. [2] The theory of development and liberation during the 20th secretion rc approach somewhat shifted the emphasis from a simple listening partnership to a more strategic focus on issues of liberation and oppression for different identity groups (e.g. women, the working class). The theory behind this change was the belief that there are some patterns of danger that were observed that especially for certain groups of people in society (for example, men have refrained from crying, adults have made it feel they always know better than children) and that these erroneous beliefs actually slow and hinder any real connection may have with other people. As a result, RC publications, workshops and management structure(s) are being organised in the context of this release theory. The RC organization formulated an active response to the 9/11 events with public listening and support projects. When attending external events, RC often presents itself as United to End Racism (UER), because ending racism around the world is one of RC's main goals. The UER actively participated in the 2001 Durban World Conference against Racism. The UER has recently been involved in the events of the 2006 World Social Forum, the main event of which took place in Caracas, and the World Peace Forum in Vancouver in 2006[3]. The RC website clearly states that the relationship with the UER and UER groups is based on re-evaluation consultations[4]. RC's policy on sexuality RC's policy on sexuality was developed in the 1970s. Like most of the policies taken by RC, they are based on the view of human nature by its founder Harvey Jackins and his followers, which they public have garnered from insights from clients in the many co-counseling sessions they conduct. According to the movement's emphasis on rational choice, Jackins built a policy on sexuality that found all strong sexual feelings about others (regardless of gender) to be appropriate subjects for discharge and perhaps cluttered with feelings of restimulation because so much public knowledge about sexuality is confusing and based on sexism and suffering. As for homosexuality Jackins stated: Re-evaluation of counseling opposes the oppression of Gays as completely wrong. We, Reconsuring Counseling is bound to find ways to To help individuals saddled with patterns that lead to these actions to release and prevent such patterns. We Re-evaluation Counseling cannot compromise with any identification of a person with a pattern that pushes an individual to participate in sex with people of his or her gender. We don't co-sign with any identification of ourselves as Gay, Lesbian, or Bisexual as ultimately rational. (Participation in same-sex sex and self-identification as gay, lesbian or bisexual are two separate acts that sometimes take place together, but not necessarily.) Originating rc as an adaptation of Dianetics Re-evaluation advice apparently related to Dianetics, in Jackins' early role as Dianetics (he was originally a North-West USA organizer and member of L. Ron Hubbard's national governing body Dianetics), which he abandoned in the mid-50s. RC members have previously been aware of the origins of Dianetics in RC, but the exchange of information on the Internet has to some extent changed it. However, in 2010, this history seems irrelevant to members. [quote required] The current leadership of RC remains silent on this issue by publishing Jackins' official version of rc origin, which does not contain mention of Dianetics. Since most current RC leaders didn't have RC until many years after these events, they may just not know about them, or if they've heard of them, prefer Jackins their version or find a link of meaning. The link between RC and Dianetics often draws considerable energy from detractors who insist that Jackins was not as honest as possible. Those RC who are aware of the relationship with Hubbard sometimes dismiss it as inappropriate not only because Jackins died in 1999, but also because (they believe) the practical benefits of RC arise regardless of whether that link is true or not. While the passion for this link exists, it is not known what the non-RC organization is so passionate about this link. It is not known whether those passionate about this link are current Scientology members or former members of RC. The cult assertions aspect of cult etiquette sometimes focused on RC is a combination of emphasis on leadership, will not critic leaders and centralized decision-making that leaders agree are necessary to ensure the success of the anti-model progress RC method and to be sure that RC practices are quite uniform. For some, they seem similar to other possible cults. Within the RC, these functions are considered necessary to help the average advisor face difficulties related to the transfer of information during the unloading process to the right. Centralised management has the power to take decisions on who is allowed to attend events and to groups and other internal issues; there is no effort anywhere in the organization to control the external life of the participants. Therefore, the main aspect of cult identification, undue control over the participants, does not apply to RC. THE RC does not charge high (or, if necessary) financial costs for basic courses (RC Basics classes) or seminars, and generally avoids other behaviours that are commonly attributed to cults. Seminars and class attendance are facilitated by structuring financial contributions on a rolling scale based on income and numerous scholarships, which makes seminars free for low-income members. Class members are free to drop out of class at any time and, anecdotally, have not persecuted or forced teachers or leaders to resume attending. Anecdotally, questions about the theory are welcome, and recommendations on policy are not criticized.(it's wrong if an RC member criticizes the policy, they are told it's a danger, never talk about it again and made to go into additional counseling sessions. Otherwise, the expulsion is expelled.) like no individuals have ever been criticized. However, participants in seminars may be subject to tracing (insure that they do not isolate or secrets in prohibited activities) and occasional self-assessment, which may take place behind closed doors and may or may not allow dissuading during the process. Teachers and leaders receive little or no pay for their work, however anecdotal evidence suggests that there are all incentives to stay on good terms with the Area Reference Person (ARP) and regional Reference Person (reggie), especially in those organized communities most often found in heavily populated parts of the country. These areas have evolved over time into complex systems in areas and regions with overlapping history and geography (this is especially true for older communities) and, from the realm of the coin is less about money, but about loyalty, to the point, supporting leadership, no matter what. In this sense, the consultation resembles a less cult than the updated version of the ancient, heraldic knights armor, where teachers and other designated leaders compete for recognition (and greater consulting resources) and joust with potential rivals. Quick Google searches do reveal a number of sexual abuses and other allegations leveled against Harvey Jackins dating from the early 80s and 90s. They have been researched more thoroughly on the Harvey Jackins page. Since Jenkins' death, there have been no similar allegations against any major RC leader. Re-evaluation advice encourages individuals in RC to play other important roles in their community, as government leaders, educators, nonprofit organizers, artists, etc., use it as a means to help move forward their personal goals and improve their communities rather than become island adherents ideology. Jackins often encouraged members to join and advocated RC-style philosophy with a core group of what he called a broad world of change. The organization also supports the formation of groups that promote the principles and styles of the organization's reevaluation advisory groups, and by revealing to members of such groups the relationship with the organization depends on the audience. These groups are called (rc) naturalized groups. An example is a united to end racism (UER) that clearly lists its relationship with RC on its website [1]. See also References Jackins, Harvey (1970). Basics co-advice manual; Rational Island, Seattle; ISBN 1-58429-073-0 Jackins, Harvey (1973); Human situation; Rational Island, Seattle; ISBN 0-911214-04-6 Caroline New, Katie Kauffman (July 2004); Co-counseling: theory and practice of the re-generals; Brunner-Routledge; ISBN 1-58391-210-X Nelson, Cletus, Killing beast at the time: rise in re-evaluation advice, Disinformation, January 30, 2001 2001

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