

## Human Givens and you

**How to enrich your understanding and boost your effectiveness – book on one of our courses today**

- Sound preparation for helping children, young people and adults flourish
- Superb skills training for improving your outcomes
- Learn powerful interventions for treating depression, anxiety disorders, anger and addiction
- Vital knowledge about how to motivate people and create psychologically healthier families, schools and workplaces
- The most practical diploma for anyone who has to work with emotionally stressed people



**The only approach to wellbeing that unifies all models of counselling and psychotherapy into one common language. Also invaluable in education, management and motivational work.**

### **How to boost your career (or start a new one)**

If you want to become more effective in your work with distressed people, Human Givens College provides superlative training to diploma level. It will give you a deeper understanding of the causes of all forms of emotional distress PLUS the practical skills you need to help people recover quickly. (Peer reviewed research published in *Mental Health Review*, for example, showed that our graduates get results up to **three times faster** than normal NHS treatment for depression.!) We continually demonstrate how behavioural and psychological change can often be achieved easily when HG principles are properly applied.

Our approach is used in many different fields: psychotherapy,

counselling, coaching, sport, business, management, education, diplomacy, social work etc. Teams of mental health workers, psychologists and teachers from The Netherlands, Mexico, Brazil, Ireland, USA and Spain attend them because they are so helpful and life-enhancing.

1. Tsaroucha, A., Kingston, P., Stewart, T., Walton, I. and Corp, N. (2012) Assessing the effectiveness of the “human givens” approach in treating depression: a study in primary care. *Mental Health Review*, 17, 2, 90–103.

### **Continuing Career Development (CPD): a guarantee**

The range of research informing our training comes from neurobiology, psychology, sociology, and educational and psychotherapy outcome findings – all distilled through a straightforward and realistic model of healthy human functioning. Along with our own new

insights we incorporate the best ideas and practices of previously developed therapeutic models and set them in the context of what everyone really needs for a healthy, fulfilling life.

We guarantee no psycho-babble and that you will leave every one of our courses with new insights and skills.

### **Cost-effective in-house training**

All of our training courses can be adapted for in-house use. Please contact Mark Thomas on **01323 811690** for more information.

### **NEW online training**

Great news! Our new online training website has now been launched. Visit: **[www.hgonlinecourses.com](http://www.hgonlinecourses.com)** and discover FREE lectures as well as the very first of our online courses.

**“Practical and empowering – a genuine breath of fresh air in the world of psychology and therapy.”**

Senior Mental Health Practitioner

Discover the best ways to help people overcome emotional distress and behavioural problems

...at a time and place to suit you

# Online courses



## Helping you create lives that work...

### Why choose Human Givens online courses?

- Suitable for all - our courses are presented in clear, jargon-free language
- They include new information and groundbreaking insights
- All of our tutors are experts working in their field
- Practical and informative - we give you the essential information you need to know about each subject, with clearly presented materials
- You can study at a time, place and pace that's convenient for you
- Proven track record: human givens training is helping people recover their lives as quickly as possible
- 10,000s of satisfied health, welfare and educational professionals have already attended our one- and two-day courses
- HG training helps improve service and saves organisations money
- Perfect for continuing professional development - with CPD certificate
- Our online courses also count towards the HG Diploma

**“Absolutely life-changing! Both personally and for my work.”**

Family Support Worker

**“Fantastic new insights.”**

Family Support Worker

**“The most inspiring training I have ever had.”**

General Practitioner

**“I’ve wanted to attend Human Givens courses for ages, and now I can!”**

Psychotherapist, Australia

**“This is a great way to learn and the information has been very helpful.”**

Housewife & mother

**“Thank you for a hugely motivating course.”**

Clinical Psychologist



### Get in touch

If you've got any questions about our online courses, please call us on: **+44 (0)1323 811690**

**www.hgonlinecourses.com**

## Our courses at a glance

Are you interested in training to become a Human Givens practitioner?

Flexible part time courses

You can study the Human Givens Diploma at a **pace that suits you**, which is perfect for those who need to fit study around a busy working life. **See pages 20–21 for more information**, and watch the short introduction to the human givens approach – details of the web link below.

Look out for the diploma logo to see which courses are **core diploma subjects**

The other courses on our programme are **free choice options**



Or would you like to add to your professional skills or deepen your knowledge on a specific subject?

Our courses are ideal for continuing professional development or as added inspiration as they individually stand-alone. You can enrich your existing knowledge with the latest information, taught by tutors who are experts in their field. **See more about our tutors on pages 26-28.**

Course notes, a copy of the slides and a certificate of attendance is given to all delegates.

We train in venues across the UK and Dublin  
See pages 24-25 for an events planner by town

**Plus:** we now have training available online. For more details please visit:  
[www.hgonlinecourses.com](http://www.hgonlinecourses.com)

### Stay in touch:

- [facebook.com/humangivens](https://www.facebook.com/humangivens)
- @humangivens
- [blog.humangivens.com](http://blog.humangivens.com)
- You can also find us on LinkedIn and YouTube



### What is the human givens approach about?

See a short introduction by Joe Griffin. Visit:

[www.hgcollege.net](http://www.hgcollege.net)



## 1 and 2-day courses:

### Core Subjects:



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# Brief therapy for stopping addictions

## – a practical, skills-based day ONE-DAY COURSE

THE PROGRAMME

### 9.30am How people become addicted

How and why people develop addictions. Why the human givens approach makes treating addictions easier. The addictive trance and its false promises. The five basic skills of motivational interviewing. How to incorporate them within the stages of change. The traps to avoid. Demonstrations and exercises.

11.00am Tea/coffee and discussion

### 11.30am Dealing with resistance

We explore a variety of ways clients may resist change and develop a range of strategies to help the client move beyond resistance. Creating a treatment plan that offers real hope of permanent recovery. How to deepen the client's commitment to change. Relapse prevention strategies. The use of narrative techniques to foster self-efficacy. The use of harm reduction techniques.

1.00pm Lunch (included)



### 1.45pm How to use guided imagery

The skilled use of our imagination, one of the most powerful tools Nature has given us for problem solving and beating addiction is demonstrated. Live session with a volunteer workshop participant on the use of guided imagery to increase motivation, reduce withdrawal symptoms and rehearse patterns of healthy behaviour. Group exercise in the use of guided imagery for treating addictions.

2.45pm Tea/coffee and discussion

### 3.00pm Dealing with co-morbid conditions

Many addictions are triggered off and maintained by co-morbid conditions. Discussion of the effective brief therapy strategies for dealing with depression, post-traumatic stress disorder and anxiety disorders. How to apply the techniques taught to eating disorders such as anorexia and bulimia.

4.00pm Day ends

### What you gain from the day includes:

- Demonstrations of the skills that break the patterns of addictive behaviour.
- Motivational interviewing techniques.
- Up-to-date knowledge of ways of preventing relapse.
- A new confidence that comes from knowing how much can be done –when you know how.
- Insight into how addiction hijacks the motivational learning circuit of the brain.

# Effective anger management

## ONE-DAY COURSE

THE PROGRAMME

### 9.30am Why anger and aggression are on the increase

How society creates angry people. The reasons for the rise in angry incidents in hospitals, on the road, in classrooms, offices and homes. How anger affects our bodies and minds. Five common anger myths. The difference between when anger is appropriate and when it is not. Why uncontrolled anger is an emotionally-driven trance state. How to recognise what triggers your own 'anger trances'.

11.00am Tea/coffee and discussion

### 11.30am How to effectively control your own rage

The connection between anger and depression. How to relax deeply in a few minutes. (It's physically impossible to be angry and relaxed at the same time.) How to neutralise negative self-suggestions and see problems from different perspectives. Inoculating yourself against stress build-up. The LIFE MODEL of effective communication.

1.00pm Lunch (included)

ALSO AVAILABLE AS AN ONLINE COURSE

For more information, visit:  
[www.hgonlinecourses.com](http://www.hgonlinecourses.com)

### 1.45pm Coping effectively with other people's anger

Moving your mind and body into an appropriate state of relaxed alertness (with demonstration). How to use non-verbal body language to lower the emotional temperature in a situation and build rapport. Three invaluable techniques for disarming criticism.

2.45pm Tea/coffee and discussion

### 3.00pm The Aggression Inhibition Reflex

We all possess an 'aggression inhibition reflex' that, when stimulated, can instantly calm us in an aggressive situation. We show you six ways to trigger this reflex in an angry human to calm them down. This technique can even help you extricate yourself unharmed from potentially violent situations.

4.00pm Day ends

### What you gain from the day includes:

- Enhanced personal safety in dangerous situations.
- Greater understanding about the relationship between anger and emotional and physical health.
- Effective strategies for calming down, and dealing with, angry people.
- Better communication and conflict resolution skills.
- Insight into what triggers your own anger and how to effectively control it.

## Key facts



As the number of people affected by addiction continues to rise, its treatment is undergoing a revolution. New ideas and techniques from various schools of brief, solution-focused therapy show that it is possible to help most addicts transform their lives quite quickly.

On this practical course, which complements the training day *Addiction: Understanding and treating addictive behaviour*, you will practise the skills derived from the human givens approach (which organically integrates the best brief therapy techniques) that help people with a wide range of addictions. These skills are essential if you wish to improve your effectiveness in this area.

**Tutor:** Ezra Hewing

**Price:** £192 (Inc. VAT)

**Course dates:**

Manchester	Wed 28th Sept 2016	RN24
London	Wed 16th Nov 2016	RN25
Manchester	Tue 21st Feb 2017	RN26
London	Wed 24th May 2017	RN27
Bristol	Thurs 14th Sept 2017	RN28
London	Wed 22nd Nov 2017	RN29

## Key facts



Have you ever felt powerless in the face of blind anger? If so, this practical course is for you.

Distressing, inappropriate and often violent expressions of frustration, anger and rage are on the increase in all areas of public and private life causing ill-health, stress, misery and sometimes injury and death. The best way to help yourself and others is to learn effective techniques for diffusing aggressive situations. This day gives you those techniques. It covers: anger and health; anger at work; in school; in relationships, and personal safety. It also contains essential information for dealing with the general public.

**Tutor:** Renée Van der Vloodt

**Price:** £192 (Inc. VAT)

**Course dates:**

London	Tues 4th Oct 2016	JN25
London	Tue 25th April 2017	JN26

# Effective brief psychotherapy

## ONE-DAY COURSE

### 9.30am Why brief therapy approaches work so well

How modern brief psychotherapy evolved. Why you must have the aptitude for this work (not everyone does.) The main reasons people have difficulties. Case histories.

11.00am *Tea/coffee and discussion*

### 11.30am How to apply human givens strategies

Quick rapport building. How to get good quality information from clients. Why CBT is not living up to its promise. The APET model. Establishing clear outcomes and realistic goals. Separating the core identity of the person from the problem (with OCD film example). Harnessing the healing properties of the metaphorical brain. Case histories.

1.00pm *Lunch (included)*

### 1.45pm Putting it all into practice – seeing it happen

How to use natural abilities and the power of the imagination to change behaviour

**ALSO AVAILABLE AS AN ONLINE COURSE**

For more information, visit:  
[www.hgonlinecourses.com](http://www.hgonlinecourses.com)

and provoke insight. Helping clients to focus their attention on realistic goals using guided imagery. A FILM of a brief therapy session for clinical depression and a follow-up.

2.45pm *Tea/coffee and discussion*

### 3.00pm Summary: The nine core reasons for adopting the human givens approach

The mind/body system is designed to keep us alive and well as long as possible. Why tuning in to what it does naturally is essential for any therapeutic intervention. How to dissolve psychological trauma quickly. How to transform the negative stories people tell themselves into positives. The use of metaphor in treating depression, anxiety and sexual difficulties (case history).

4.00pm *Day ends*

#### What you gain from the day includes:

- Clear understanding of why a bio-psycho-social approach should determine how psychological interventions are structured.
- Novel ways to overcome resistance and motivate people.
- Increased confidence with difficult cases.
- Invaluable tips and insights.
- How to make a difference fast – even with 'stuck' clients.

# Guided imagery and visualisation for therapeutic change

## ONE-DAY COURSE

### 9.30am What guided imagery is and why it works

The common myths about relaxation, guided imagery and visualisation. Why we evolved to go into focused states of attention: trance. The beneficial power of deep relaxation. Using guided imagery in psychotherapy and medicine. Demonstration. Principles and skills for inducing a relaxed trance state that you can employ whenever appropriate according to an individual's needs. Exercise.

11.00am *Tea/coffee and discussion*

### 11.30am The essence of all relaxation inductions – an easy way to start

We make sure you have a clear understanding of what is involved in developing the necessary rapport to focus the brain's orientation response and induce a trance state. Demonstration of a simple count down induction that automatically induces relaxation – thus calming the emotional brain making it ready for therapeutic change. Exercise.

1.00pm *Lunch (included)*



### 1.45pm Why it is important to be flexible – a range of techniques

Demonstration of a variety of techniques including visualisation, metaphorical work and guided imagery. Explanation of what was done. You are taught the three essential principles of therapeutic language in guided imagery. Exercise.

2.45pm *Tea/coffee and discussion*

### 3.00pm Guided imagery and counselling – the essential steps

Practise in using several techniques in one session. How to use these techniques to help with a wide range of conditions. The day concludes with a discussion about the use of metaphor (stories) in trance. Throughout the day there are opportunities to ask questions.

4.00pm *Day ends*

#### What you gain from the day includes:

- Insight into how the mind/body communication system works.
- Powerful new ways to rehearse new behaviours and improve treatment outcomes.
- Greater confidence treating various conditions.
- Supervised practise in generating healing trances.
- A scientifically sound knowledge of why these techniques are so valuable.

## Key facts



**There is an economic and moral need for psychotherapy to improve.**

When a meta-analysis of hundreds of efficacy studies was completed, brief, solution focused therapy was found to be far more effective in treating anxiety disorders, depression, phobias, trauma and addiction than any form of therapy where it is assumed that treatment needs to be long-term (including psychoanalytic and drug treatments). This course explains the essence of effective brief therapy and gives you a richer knowledge of why so many people have emotional and behavioural problems and how to help distressed individuals and families more speedily.

**Tutor:** Renée Van der Vloot

**Price:** £192 (Inc. VAT)

**Course dates:**

London	<b>Thurs 8th Sept 2016</b>	PB24
London	<b>Wed 8th Nov 2017</b>	PB25

## Key facts



**Guided imagery is one of the most powerful psychotherapeutic tools known.**

Strong emotions focus and lock attention keeping people trapped in problem behaviours. Therapeutic change cannot happen, therefore, until the emotional arousal is reduced. This is why healthcare professionals need to know how to induce the relaxation response in patients. Guided imagery can not only reduce emotional arousal quickly but also reframe life circumstances through metaphor and rehearse in the imagination any required changed behaviours and feelings. Among other things, it plays an essential role in therapy for phobias, PTSD, depression and dealing with stress overload, anger, chronic pain and raising self-confidence.

**Tutor:** Renée Van der Vloot

**Price:** £192 (Inc. VAT) / \*£175 Dublin

**Course dates:**

Bristol	<b>Tues 18th Oct 2016</b>	GY29
Manchester	<b>Tue 17th Jan 2017</b>	GY30
Bristol	<b>Tue 14th March 2017</b>	GY31
Dublin	<b>Tue 2nd May 2017</b>	GY32
London	<b>Tue 13th June 2017</b>	GY33
London	<b>Tue 31st Oct 2017</b>	GY34

# How to lift depression – the practical

## skills you need ONE-DAY COURSE

THE PROGRAMME

### 9.30am Why people get depressed and what you can do about it

Understanding why depression is not a biological illness. Drug treatment. Why men and women depress in different ways. The emotional brain: black and white thinking. How to make sure your therapy is active, time limited and focused on current problems. Reframing thoughts of suicide. Challenging negative thinking: Exercise.

11.00am Tea/coffee and discussion

### 11.30am How to distinguish between process and content

Building rapport with a depressed person. Solution-focused history taking. Separating the process from the content: Exercise. You must not get mesmerised by a depressed person's story and the abstract language they use (otherwise they can depress you!) How to protect yourself against this happening. Exercise. Revealing the sufferer's attributional style and changing it. Exercise. FILM of brief therapy with a suicidal patient.

1.00pm Lunch (included)



### 1.45pm The two most important questions to ask

Changing brain patterns. How to find out what new understanding or skills a person needs to move on with their life. How to teach them those skills or provide a context where they can learn them. Setting behavioural tasks. Exercise.

2.45pm Tea/coffee and discussion

### 3.00pm Making sure the therapy is working

How to ensure patients don't drop out of therapy prematurely and keep them coming back for each session until they are out of their depression. Using imaginative focus to change behaviour. Working with post partum (postnatal) depression. Discussion and Q & A.

4.00pm Day ends

#### What you gain from the day includes:

- Greater confidence in lifting depression and preventing suicides.
- New insight into why depressed people wake up tired and unmotivated.
- Demonstrations of the skills that quickly tackle rigid thinking, negative expectancy, and pessimistic rumination and how to move people on and prevent relapse.
- A profound understanding of why they work and are a big improvement on drug therapy.
- How to 'inoculate' yourself against depression – useful tips and strategies.

## Key facts

This workshop caused a sensation when it was featured on BBC Radio 4's All in the Mind where it was described as "the right way forward" with regard to treatment.

Until recently, depression was little understood, but now you can absorb the easy-to-learn psychological techniques that lift it quickly ... even in the severest cases. Antidepressants (though sometimes a risky treatment) can play a role in reducing symptoms but research shows that human givens counselling gets results three times faster than other therapies, and has a much lower rate of relapse. You practice the necessary skills on this fascinating day.

**Tutor:** Denise Winn

**Price:** £192 (Inc. VAT)

#### Course dates:

Manchester	Tues 27th Sept 2016	GD26
London	Thurs 8th Dec 2016	GD27
Manchester	Thurs 9th March 2017	GD28
London	Wed 5th July 2017	GD29
Bristol	Wed 11th Oct 2017	GD30
London	Thurs 7th Dec 2017	GD31

# How to make counselling more effective

## ONE-DAY COURSE

THE PROGRAMME

### 9.30am What is counselling? When does it work? When does it not work?

The vital differences between counselling and pseudo-counselling. Why certain types of counselling tend to make some patients worse. Five myths of traditional counselling that disillusion the public about it. Case histories and scientific research that supports the above.

11.00am Tea/coffee and discussion

### 11.30am Working from the human givens perspective

Exploring why the human givens approach makes interventions easier and gets results faster. Identifying key innate human emotional needs and the resources we use to satisfy them. Topics include: anxiety, depression, anger, abuse, and grief. Vivid case histories that illustrate the skills discussed. Why counselling should be brief in most cases. The essential capacities you need in order to help someone in distress.

1.00pm Lunch (included)

### 1.45pm Mind/body connections: internal processes

How the brain and body work together. Understanding unconscious processes. How to use counselling in treating grief, anxiety and depression. FILM of counselling a patient with an anxiety disorder.

2.45pm Tea/coffee and discussion

### 3.00pm The seven core skills of effective counselling

There are certain brief counselling skills that all the caring professions need to know to help people move on in their lives. Why nurses, doctors, social workers, occupational therapists, general practitioners, counsellors, support workers and other members of the caring professions can easily learn them. The seven core skills of effective counselling and why they can be mastered quickly, if you have the aptitude.

4.00pm Day ends

#### What you gain from the day includes:

- Practical original information to make you more effective in your work – straight away!
- How to help with relationship/marital/family problems and support survivors of abusive relationships.
- Moving and instructive case histories of effective counselling in action.
- A scientifically sound knowledge of why these techniques are so valuable.

## Key facts

Counselling is on offer everywhere, yet its effectiveness varies enormously.

Some counsellors are brilliant, others useless, some even harm clients. If you work with, advise or treat disturbed adults or children, or manage staff that do, this could be the most important course you ever attend. The tutor, Joe Griffin, an acknowledged expert on psychological interventions for depression, anxiety, anger disorders, trauma and addiction, has transformed the outcomes of thousands of counsellors by showing them how to work with the givens of human nature. Book on now and discover for yourself why this powerful approach inspires so many in the caring and teaching professions.

**Tutor:** Renée Van der Vloodt

**Price:** £192 (Inc. VAT)

#### Course dates:

London	Tues 6th Dec 2016	EF25
London	Tue 4th July 2017	EF26

ALSO AVAILABLE AS AN ONLINE COURSE

For more information, visit:  
[www.hgonlinecourses.com](http://www.hgonlinecourses.com)

# How to tell stories that heal – a masterclass

## in therapeutic storytelling ONE-DAY COURSE



### Key facts

All psychotherapy and education involves storytelling.

On this empowering course with a master storyteller you will explore stories that have powerful, beneficial effects on the mind/body system and learn how to tell them well. You cannot know what goes on in another person's mind but, if you perceive the 'pattern' of a story and understand that it could be useful to them at this specific point in their life, that is reason enough to tell it. Their unconscious, creative imagination will seek and find the 'meaning' relevant to their situation. No explanation of a story's meaning can substitute for the way it acts on the hearer's mind.

**Tutor:** Pat Williams/Denise Winn

**Price:** £192 (Inc. VAT)

**Course dates:**

London	Wed 5th Oct 2016	WS21
Manchester	Tue 7th March 2017	WS22
London	Tue 23rd May 2017	WS23
Bristol	Wed 13th Sept 2017	WS24
London	Thurs 23rd Nov 2017	WS25



### Key facts

Even the most severe post-traumatic stress (PTSD) symptoms can be quickly and safely treated with the precisely targeted skills taught on this course (a refined version of the 'rewind technique').

It is easy to learn and the most reliable psychological treatment available when working with all forms of anxiety disorder.

*NB. Each day will start at 9.30am and finish at 4.30pm (lunch included)*

**Tutor:** Sue Sanders

**Price:** £384 (Inc. VAT) \*Dublin £350

**Course dates:**

London	Wed 19th & Thurs 20th Oct 2016	FT30
Manchester	Wed 18th & Thurs 19th Jan 2017	FT31
Bristol	Wed 15th & Thurs 16th March 2017	FT32
Dublin	Wed 3rd & Thurs 4th May 2017	FT33
London	Wed 14th & Thurs 15th June 2017	FT34
London	Wed 1st & Thurs 2nd Nov 2017	FT35

#### 9.30am How and why stories help people

Stories as instruments that reach the imaginative mind. Metaphor and pattern recognition. How a story can work on many different levels, and for different purposes, if the pattern of need is the same. Examples of how stories can reach the mind and the body, and stimulate the immune system and combat physical illness. The value of understanding why we evolved to dream and the relation of dreaming to storytelling. Discovering the power of stories in your own life: Exercise.

11.00am *Tea/coffee and discussion*

#### 11.30am How to find the right story for each situation

Influencing the mind/body system. Finding/creating and matching metaphors. Using and extending metaphors to alter your listeners' perception of reality. Visual and auditory metaphors. Finding a metaphor for yourself: Exercise.

1.00pm *Lunch (included)*



#### 1.45pm How to use stories as therapy

Stories bypass the natural resistance to change. Narrative as therapy. Discovering what happens when you think metaphorically. How to find out how much you know about your client without even knowing you know: Exercise. The art of finding the right metaphor for clients: Exercise.

2.45pm *Tea/coffee and discussion*

#### 3.00pm How to tell stories well – the 3 simple rules

How to tap into our vast heritage of wonderful tales. Building expectancy and maintaining rapport. The value of autobiography. How to tell stories and where to find them – practical tips. Consolidation exercise: the power of the story graphically demonstrated.

4.00pm *Day ends*

#### What you gain from the day includes:

- A powerful way to stimulate optimism, hope and independence in distressed people.
- A new love and deeper understanding of the value, resonances and resources within stories.
- Ways to enhance flexibility of thought and creativity.
- Enhancement of your problem-solving capacity.
- Greater confidence in dealing with a wide range of people and an opportunity to practice the therapeutic precision of metaphorical communication.

# The fast trauma (PTSD) and phobia cure

## TWO-DAY COURSE

- The main techniques for treating post-traumatic stress disorder (PTSD), sub-threshold trauma and phobia work – including EMDR, EFT, CBT – their advantages and disadvantages.
- Trauma-focused rewinding: The psychological reason for why this technique is the most reliably effective, safe and non-intrusive currently available for the effective treatment for PTSD and phobias.
- Knowledge of why critical incident debriefing unintentionally increases the incidence of PTSD.
- A step-by-step breakdown of the process.
- Live demonstrations of removing a phobia and PTSD symptoms in one session.
- Under careful guidance, participants practice each stage of the technique in pairs.
- You then practice the entire process with other course participants, again under supervision.
- Deconstruction of a film of a therapy session where the technique was used in a complex case of a girl seriously affected by child hood racial and sexual abuse, the murder of two friends and witnessing another friend's suicide. (We also see the follow up session

– all symptoms had disappeared).

- The technique is non-intrusive (there is no need for individuals to go into details of the events that traumatised them if they don't want to). Those who have already done this course have brought relief to thousands.
- This training proceeds through a blend of talks, live demonstrations, skill-developing exercises and practice sessions.
- Using this process you can, in as little as one or two sessions, detraumatise bad memories, stop flashbacks, cure phobias, banish nightmares and thereby help the victims of abuse, rape, persistent physical or sexual abuse, car accidents, fire, terrorism, panic attacks, heart attacks and other life-threatening experiences move on. It is also invaluable for helping people with obsessions (OCD).

*NB. It is advisable to attend the 'Guided imagery & visualisation' day before attending this course*

#### What you gain from the day includes:

- The ability to detraumatise people quickly and safely.
- A deeper understanding of how pattern matching processes in the brain cause classic fear response symptoms such as panic attacks, disturbing memories, hyper-vigilance, nightmares and flashbacks.



# The Therapeutic Power of language -

## a brief therapy masterclass TWO-DAY COURSE

THE PROGRAMME

- How to structure effective psychological interventions – RIGGAAR.
- Practice in a range of specific therapeutic language skills (many exercises).
- Why the human givens approach dramatically increases the likelihood of therapy being brief, regardless of the presenting problem.
- Getting to the root of the matter quickly – the essence of brief therapy. Exercise: The significance of the APET model.
- The power of reframes; reflective reframing. Exercise.
- Nominalisations – how they cripple patients and therapists alike but, when understood, can be used positively. Exercise.
- How to motivate people to change. Exercise.
- Separating the patient's core identity from their problem to bypass resistance.
- Techniques to use with common psychiatric problems: anxiety, panic



attacks, depression, intrusive thoughts, relationship difficulties etc.

- The use of the human givens – emotional needs, metaphorical thinking, imagination, refocusing attention etc. – in moving people on.
- Why a collaborative, patient-led stance, reduces stress and pressure on you.
- The language skills that build rapport, relax people, gather relevant information, quickly establish goals, motivate clients, bypass resistance, raise mood etc.
- Emphasis is placed on you adapting these language skills to your own work setting.
- The ideas and skills are easy to absorb and both patients and practitioners alike benefit from working in this more humane and respectful way.

### What you gain from the day includes:

- Increased confidence when dealing with all kinds of emotional disorders.
- Insight into how to incorporate healthy human givens strategies into your practice.
- Improved therapeutic language skills.
- Reduced pressure on yourself by developing an alliance with the patient against their 'problem'.
- Powerful ways to help you help people make changes more easily.
- Protection against professional 'burnout'.

# Understanding anxiety and managing

## it without drugs ONE-DAY COURSE

THE PROGRAMME

### 9.30am Anxiety and the mind/body link

The mind/body links between excessive stress and illness. The reasons for the growth in anxiety-based illness. Factors that inoculate against the harmful effects of stress. The effectiveness of appropriate psychotherapy compared to chemical treatment for anxiety and how it can save vast amounts of money and improve the lives of millions.

11.00am Tea/coffee and discussion

### 11.30am Effective techniques to overcome panic disorders

How to measure anxiety levels. Why psychological treatments for anxiety disorders work so well. How to tell if panic attacks are caused by hyper ventilation. Treating the physical, mental and behavioural components of anxiety. Four ways to stop hyperventilation. Eight core beliefs that generate panic attacks and how to challenge them. Reducing social anxiety. How to cure agoraphobia.

1.00pm Lunch (included)

ALSO AVAILABLE AS AN  
ONLINE COURSE

For more information, visit:  
[www.hgonlinecourses.com](http://www.hgonlinecourses.com)

### 1.45pm How to overcome a major phobia or PTSD syndrome - in one session

The one session 'fast phobia cure' and why it works for so many different types of problems, including post-traumatic stress disorder. The essential principles for treating psychosexual anxiety disorders and working effectively with people suffering from obsessive/compulsive disorder (OCD).

2.45pm Tea/coffee and discussion

### 3.00pm The essential tips for dealing with anxiety

How to reduce anxiety related to death. Two ways to drastically reduce the amount of drugs needed in childbirth. How to reduce the drugs needed in surgery and speed up post-operative recovery. The five most effective techniques for dealing with anxiety, including your own.

4.00pm Day ends

### What you gain from the day includes:

- Fresh insight into what anxiety does to society.
- An understanding of the powerful ways to help patients rehearse new behaviours so as to improve treatment outcomes.
- Greater confidence with more conditions.
- A scientifically sound knowledge of why relaxation techniques are so valuable.
- A more rounded appreciation of emotional wellbeing.

## Key facts

CORE  
SUBJECT



### Véronique Chown helps you to help people make changes more easily.

This dynamic course concentrates on powerful, brief, solution-focused language skills. All psychotherapists, social workers, counsellors, GPs, nurses and caring professionals should attend. If you need to understand why some people get better results with patients than others, sign up today.

NB. Each day will start at 9.30am and finish at 4.30pm (lunch included)

**Tutor:** Veronique Chown

**Price:** £384 (Inc. VAT)

### Course dates:

London	<b>Tues 6th &amp; Wed 7th Sept 2016</b>	BP23
Bristol	<b>Tues 8th &amp; Wed 9th Nov 2016</b>	BP24
London	<b>Wed 1st &amp; Thurs 2nd March 2017</b>	BP25
Manchester	<b>Tue 6th &amp; Wed 7th June 2017</b>	BP26
London	<b>Wed 27th &amp; Thurs 28th Sept 2017</b>	BP27
Bristol	<b>Tues 28th &amp; Wed 29th Nov 2017</b>	BP28

## Key facts

CORE  
SUBJECT



### We live in an anxious age.

Panic attacks, social anxiety, post-traumatic stress disorder (PTSD), phobias, psychosexual problems, obsessional compulsive disorders (OCD) and anxiety related to work, money, health, surgery, childbirth, terror threats and death disturb many people. We reveal how the mind/body communication system works and why human beings are so prone to anxiety disorders, which suppress the immune system and produce other illnesses. (Prolonged anxiety makes us all susceptible to a wide range of mental and physical disorders.) All health and welfare professionals should know how to reduce anxiety quickly to make their treatments and care more effective.

**Tutor:** Denise Winn

**Price:** £192 (Inc. VAT)

### Course dates:

London	<b>Thurs 10th Nov 2016</b>	JX26
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## Key facts

### An essential day for mental health workers at all levels.

Iven Tyrrell explores what happens to the brain when it is put under extreme stress resulting in anxiety disorders, anger, depression and, in some people, psychotic breakdown. He describes the new theory that explains the symptoms of psychosis and the psychotherapeutic guidelines that follow from it. The day includes information about why the APET model is so useful in helping practitioners understand what is happening to their patients. It also sets out the criteria for a much-needed new model that integrates psychotherapy with the latest findings about brain functioning and behaviour.

**“Brilliant! At last, a clear explanation of what causes mental illnesses.”**

Psychologist

**Tutor:** Iven Tyrrell

**Price:** £159 (Inc. VAT)  
for six months' unlimited access



## Key facts

### Despite being on the increase, depression is actually one of the easiest disorders to treat successfully and quickly – once you know how.

This new online course with psychologist Joe Griffin, a leading expert in the field, shatters the many myths that still surround this distressing condition and how it should be treated. It also gives you the new insights, information and research findings that have been quietly revolutionising the effective treatment of depression for well over a decade.

Among other things, you will discover: what really causes depression; why depressed people wake up tired and unmotivated; the link between worrying, dreaming and depression; why some forms of psychotherapy can actually be harmful when treating depression; why the appropriate type of psychotherapy has a dramatically lower rate of relapse than antidepressants and is also the most effective treatment – even with severe cases and postnatal depression.

**Tutor:** Joe Griffin

**Price:** £159 (Inc. VAT)  
for six months' unlimited access

## From stress to psychosis:

### How to prevent mental illness ONLINE COURSE

Despite the billions spent trying to alleviate mental illness around the world, rates of mental and emotional distress are increasing. Why? What is going wrong? Why are millions of people so stressed? And what can we do about it?

#### How everyday life affects the mind/body system – an essential overview

Recent scientific findings about brain functioning and behaviour. The importance of developmental templates (illustrated with a FILM of someone with Asperger's syndrome); why emotions lock attention; how the brain deals with unresolved emotional arousal; perception; pattern-matching; different levels of awareness.

#### The APET model explored – its application with stress and depression

The connection between emotions and thought. Why cognitive behavioural therapy (CBT) takes longer than it needs to. What happens when patterns seek completion. Why everyone of us is different: a look at the variables, including sex. How the APET model clarifies the way we work. The APET approach to treating depression. Why depression gives us a wonderful way in to understanding the brain and human behaviour. Case histories.

#### Psychosis – what is going on?

FILM: A remarkable session with someone experiencing psychotic episodes that shows why stress overload and depression can lead to schizophrenia in those with the genetic predisposition for it. The film inspired a new explanation for what is happening in psychosis and points to some clear guidelines to follow when working with schizophrenic patients.

#### APET and the treatment of serious disorders

Why panic attacks, trauma, phobias, OCD and other problems can be dealt with much faster when knowledge about the pattern matching properties of the brain are applied through this approach.

#### What you gain from the day includes:

- The 3 reasons why mental illnesses arise.
- A moving insight into Asperger's syndrome.
- Understanding of the mind/body connection.
- How science is opening up more effective treatment possibilities for clinical psychology, psychotherapy and counselling.
- A remarkable observation (shown on film) about the connection between stress, dreaming, depression and psychosis.
- Natural ways of reducing emotional arousal and avoiding stress overload.

## How to break the cycle of depression

### ONLINE COURSE

#### Subjects covered during this course include:

- Why depression is still on the increase, despite huge amounts being spent on improving mental health.
- Why the disease model of depression is not appropriate, particularly for effective treatment.
- How to quickly spot the symptoms of depression.
- The criteria for a major depressive episode and the key questions to ask.
- Suicide – risk factors and management.
- The human givens – our foundation for mental health and wellbeing.
- The newly discovered links between emotional arousal, REM sleep, dreaming and depression.
- Why some common psychotherapeutic strategies make matters worse for depressed people.
- The connection between anger, guilt and depression.
- Understanding how depression is an emotion that invades all dimensions of a person's life including physiology, thought patterns, relationships, attitude to work and emotional behaviour.
- Depression as a symptomatic trance that can be interrupted.

- Three brief therapy techniques that reliably interrupt the ongoing pattern of a depressed person's experience.
- How to calm anxiety quickly, promoting optimism by challenging negative self-suggestions and dissolving negative trance states.
- Stimulating positive new patterns through experience.
- Bipolar depression and postnatal depression.
- Factors that lead to postnatal depression and how we can effectively treat it.
- Managing bipolar disorder by psychological means.

#### What you gain from the day includes:

- Ways to talk to suicidal people – this course can save lives.
- A better understanding of what depression really is, why it is on the increase and how to recognise it.
- Practical help to break patterns of depression quickly, move people on and prevent relapse.
- An explanation for why some forms of psychotherapy can make depression worse.
- Techniques for tackling rigid thinking and negative expectancy.
- Lots of case history examples which illustrate how these new insights combined with the most effective brief therapy techniques can help people recover as quickly as possible.



# Tackling addiction: Understanding and treating

## all types of addictive behaviour ONLINE COURSE

The good news about addiction is that with the right knowledge and treatment, many addicts can, and do, recover quite quickly. This new online course explains the key information you need to know to tackle addiction successfully.

### Why addictive behaviour and substance abuse are on the increase

Facts: the rise in addictive behaviours including: cocaine, heroin, alcohol, cigarettes, eating disorders, shopping, gambling etc. How society is feeding addictive behaviours. Why young people take drugs. The best predictors of drug abuse. Ten warning signs that children are abusing drugs. The disease model versus the social learning model. The human givens approach to addictive behaviour.

### The most effective strategies

What we can learn from the most comprehensive research study ever undertaken on addictive behaviour. Why many addicts can, and do, recover quickly. Typical addictive beliefs and how to change them. The importance of motivational interviewing and how to do it. The addictive trance model and how to separate a person's core identity from the addictive state.

Combating abstinence anxiety. Understanding withdrawal symptoms. How to prevent relapses.

### How change happens – practical demonstration

How to use our natural human abilities and the power of the imagination to break free from addictive states. A group demonstration, applicable to a wide range of behaviours, followed by an analysis of the skills used. Dealing with withdrawal symptoms.

### Making a difference straight away

Specific focus on the addictive elements within eating disorders (anorexia, bulimia, compulsive eating) and how to effectively combat them. The five most effective techniques for changing all types of addictive behaviours. Pulling the day together.

### What you gain from the day includes:

- New information on what treatments work and which don't.
- New insights into the addictive process, the destructive dissociative elements that fuel it, and why withdrawal symptoms are the key to understanding why people become addicted.
- Specific information about how to break addictive patterns, prevent relapses and rebuild lives.

# Key facts

A course that gives you new insights into more effective ways to work with alcoholism, drug abuse, eating disorders, gambling, sexual obsessions and other compulsions.

Addictions blight millions of lives and are a massive drain on taxpayers. For a long time uninformed dogma held back progress in the way addiction was understood and treated. Joe Griffin's essential overview of a wide variety of addictive behaviours and what they have in common, also reveals the most successful ways of rapidly breaking addictive patterns by using brain science informed psychotherapy. It includes new discoveries about how to disengage the brain from addictive behaviour.

**"The most useful course I've done in over 10 years of working with people with addictions"**

Youth & Community Worker

**Tutor:** Joe Griffin

**Price:** £159 (Inc. VAT) for six months' unlimited access



# Controlling severe anxiety and OCD

## - the practical skills you need ONE DAY COURSE



### 9.30am Bringing down physiological arousal

The three components of anxiety, symptoms of anxiety and panic attacks explained, and why anxiety can get out of control. Recognising and dealing with hyperventilation. Four simple ways to bring down physiological arousal quickly and safely – demonstration and practice. How chronic anxiety affects sleep, and how to break the cycle.

11.00am Discussion over tea/coffee

### 11.30am Psychological approaches to anxiety management

The difference between trait and state anxiety, and methods for helping with both. Generalised anxiety and common over-anxiety thoughts. Antenatal anxiety and its connection with postnatal depression. 20-plus tried and tested psychological methods for mastering over-anxiety. Coping with social anxieties, including public speaking.

1.00pm Lunch (included)



### 2.00pm OCD – handling the bully

Essential principles for understanding OCD. The 4-step approach to overcoming it. Film of effective therapy with a client with OCD. Discussion

2.45pm Discussion over tea/coffee

### 3.00pm Guided imagery and stories

Explanation of guided imagery and why it is so powerful in helping with over-anxiety. Special tips and techniques for using it to reduce high anxiety. How stories can complement therapy

4.00pm Day ends

### What you gain from the day includes:

- Understanding of the three different components of anxiety and why anxiety gets out of control.
- Understanding of how anxiety affects the body – and how the body affects anxiety.
- Ability to recognise and deal with panic attacks.
- 4 effective methods of bringing down physiological arousal very quickly.
- How to separate a person from their anxiety.
- 20-plus tried and tested psychological techniques for dealing with over-anxiety.
- Why social anxiety occurs and how to handle it.
- How to recognise obsessive-compulsive thoughts and a 4-stage method for dealing with them.
- Practice sessions throughout the day of new skills and techniques.

# Key facts

Anxiety blights life for large numbers of people.

Left un-addressed, over-anxiety can badly affect sleep and physical as well as mental health. This highly practical day focuses on key information for understanding anxiety and how to lower it effectively, with many opportunities to practise new skills and techniques. It concentrates on generalised anxiety (including generalised anxiety disorder – GAD), social anxiety, panic attacks and obsessive-compulsive disorder (OCD).

Trauma and phobias are dealt with on a separate training day (see "The fast trauma (PTSD) and phobia cure").

**Tutor:** Denise Winn

**Price:** £192 (Inc. VAT)

### Course dates:

Bristol	Wed 25th Jan 2017	DX01
London	Thurs 30th March 2017	DX02
Manchester	Tue 20th June 2017	DX03
London	Tue 26th Sept 2017	DX04

THE PROGRAMME

THE PROGRAMME

# Anxiety and learning: How to boost

## students' abilities ONE-DAY COURSE



### Key facts

**Anxiety massively inhibits academic learning and performance. The growing levels of anxiety, depression and perfectionism among our school and university students, exacerbated by the increasing focus on exam results, league tables and immediate employment possibilities, is causing many students to perform well below their potential.**

This wide ranging training day examines the various causes of this anxiety and provides you with simple, clear and practical strategies to: lower students' anxiety generally, boost motivation, help students overcome exam anxiety and be able to present well in public, and conquer writer's block.

**Tutor:** Gareth Hughes

**Price:** £192 (Inc. VAT)

**Course dates:**

Manchester	<b>Thurs 1st Dec 2016</b>	GH04
London	<b>Wed 7th Dec 2016</b>	GH05
Bristol	<b>Mon 13th March 2017</b>	GH06
London	<b>Fri 28th April 2017</b>	GH07
London	<b>Fri 3rd Nov 2017</b>	GH08
Manchester	<b>Mon 11th Dec 2017</b>	GH09



### Key facts

**Every relationship has its ups and downs, but sometimes these become too difficult for a couple to manage on their own.**

Véronique Chown's course draws on pioneering research that reveals what makes relationships flourish and presents the practical guidelines and skills she has acquired over many years of successfully helping couples using the human givens approach. Without psychobabble the day covers the hidden processes at work within relationships; sex differences in processing emotions; non-blame talking styles; long-term impact of parenting; past conditioning, including psychological traumas, that can give clues about why difficulties arose. Successful relationships always involve mutual need satisfaction.

**Tutor:** Veronique Chown

**Price:** £192 (Inc. VAT)

**Course dates:**

Bristol	<b>Tues 13th Sept 2016</b>	HC23
London	<b>Wed 2nd Nov 2016</b>	HC24
Manchester	<b>Wed 22nd Feb 2017</b>	HC25
London	<b>Thurs 27th April 2017</b>	HC26
Bristol	<b>Tues 12th Sept 2017</b>	HC27
London	<b>Wed 6th Dec 2017</b>	HC28

THE PROGRAMME

#### 9.30am Academic anxiety

What is academic anxiety? The links between learning and emotions. How negative emotional arousal can block academic performance and learning – and how positive emotions can make it better. The myths that are making our students anxious. What really motivates us – the importance of meeting our needs in balance. The difference between being stressed and being stretched.

11.00am *Tea/coffee and discussion*

#### 11.30am So what can we do

A holistic model of learning and academic performance. Don't ignore the basics – how meeting physical needs can boost learning. The importance of sleep in creating memory and reducing anxiety. The difference between relaxation and distraction. Don't think of studying as staring at a screen – developing more productive study routines. Writer's block – why it happens and how to start unblocking it.

1.00pm *Lunch (included)*

#### 1.45pm Exam anxiety

What is exam anxiety? – signs, symptoms and impact. De-arousing the threat – it is possible to enjoy exams. It might not descend in a flash – how preparation can create and maintain exam anxiety. Taking control – the key to eliminating exam anxiety. An exam is a

performance – how students can prepare themselves – paying attention to the details. The role of mental rehearsal. Simple tools to manage anxiety while in the exam.

2.45pm *Tea/coffee and discussion*

#### 3.00pm Presenting with confidence

Why are students scared of speaking in public? – some common misconceptions. "It might go wrong" – why this doesn't matter as much as you might think. Projecting confidence and convincing yourself. Tips to help students stay calm, speak confidently and make a good impression. Overview of the day – key lessons in taking control, to improve learning and performance. Guided rehearsal - using what we've learned to make a difference.

4pm *Day ends*

#### What you gain from the day includes:

- A clear understanding of how anxiety contributes to poor learning.
- Essential insights into the links between learning and emotion.
- Five fast, effective techniques to unblock thinking and lower anxiety.
- Practical actions that students can take to start reducing anxiety right away.
- An understanding of what really motivates students to improve their academic performance
- A profound, holistic model of learning in tune with how our brains actually work.
- Tips on how to unlock writer's block, help people overcome exam anxiety and learn to speak in public with confidence.

# Couples therapy – a practical masterclass

## ONE-DAY COURSE

THE PROGRAMME

#### 9.30am What predicts relationship stability and fulfilment?

The common problems couples present with and how therapists can help resolve issues such as: trust and jealousy (especially after an affair); the stress faced by working parents; boredom; lack of communication; loss of sexual desire etc. Illuminating facts from brain science regarding male and female differences and how these impact on relationships. Why explaining to couples the basic biological differences in the way men and women perceive emotional and practical problems is often so helpful. Dispelling the myths about relationships.

11.00am *Tea/coffee and discussion*

#### 11.30am Building empathy, how to use RIGAAR

How to build rapport with two distressed people. Getting to know your clients. How to build rapport quickly by giving equal support to both partners from the start and encouraging both of them to engage with you. Tips and techniques to help you to stay balanced and empathic whilst calming the emotional arousal in the room.



1.00pm *Lunch (included)*

#### 1.45pm Structuring therapeutic interventions, establishing goals, and moving forward

How to use Solution Focused Questioning with couples – one of the most useful therapeutic skills you can learn. What to do when the relationship itself is not the problem. Setting tasks in between sessions – case histories.

2.45pm *Tea/coffee and discussion*

#### 3.00pm Valuing the bigger context

Working safely. What you can change and what you can't – we look at how to recognise right and left-brained Asperger's Syndrome (Caetextia), which often cause difficulties in relationships. Ethical dilemmas and general discussion.

4.00pm *Day ends*

#### What you gain from the day includes:

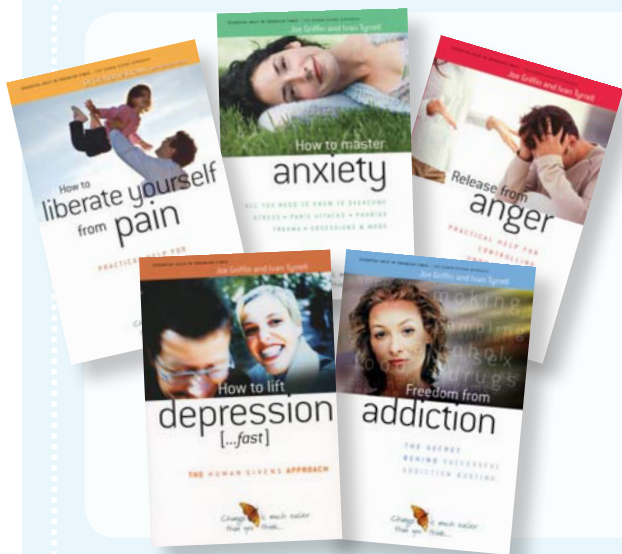
- Skills to help you to build rapport with two emotionally aroused people.
- Powerful ways to de-escalate conflict and help couples avoid negative interpretation and begin cooperating.
- How to teach non-blaming communication skills.
- Insight into male and female brain-based differences.
- Solution-focused questioning skills to initiate change.

## Self-help series

'ESSENTIAL HELP IN TROUBLED TIMES'

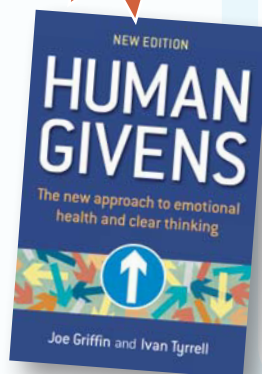


The popular Human Givens Approach series is a range of self-help books about a variety of common emotional and psychological problems. Written in clear, non-jargonistic language each title explores its subject in depth, offering new information and clear guidance on powerful forms of self-help treatment, without using drugs. Ideal for you, your family or those you help professionally ...



## Human Givens: The new approach to emotional health and clear thinking

This **hugely influential** book answers countless questions about our psychology and behaviour. The wealth of stories and information it contains will **help you improve the quality of both your life and the lives of those around you.**



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Or, if you would prefer to place an order over the phone, please call us on:

**01323 811662**

## Human Givens Journal

- Promoting emotional health and clear thinking
- Reporting from the frontier of bio-psycho-social knowledge
- Introducing fresh ideas and practices
- Maintaining independence from vested interests
- Encouraging self-development at all levels of society

Subscribe today and join us in supporting our common sense approach to mental health, education and management.



# Demystifying feelings

ONE-DAY COURSE

## 9.30am What are feelings?

Understanding feelings – what they are, how they get generated and their psychological role. Looking at how feelings give information about unmet innate needs or unmet perceived needs (wants). How mood and feelings interact with each other. Pleasant and unpleasant feelings as our body-mind motivation system makes sure we use our resources to get what we need.

11.00am *Tea/coffee and discussion*

## 11.30am A deeper insight into common feelings

Exploring common unpleasant feelings such as fear, guilt, sadness and anxiety – what they are and what they motivate us to do. Looking at pleasant feelings such as happiness, pride and love.

1.00pm *Lunch (included)*



## 1.45pm What happens when feelings go wrong

Why do people sometimes continue to experience strong feelings about events that are long gone? And why do some people overreact with strong feelings to events that others can take in their stride? How feelings can be manipulated. Understanding the link between strong memories and feelings, and how feelings express themselves in our body. Exploring secondary benefits – the glue which often keeps unpleasant feelings in place.

2.45pm *Tea/coffee and discussion*

## 3.00pm Effective tools for processing feelings

How we can become more aware of the purpose of our feelings and use them for learning and growth. Working in guided imagery to process unwanted feelings. Practical techniques for helping our clients and ourselves move past feelings that do not serve us any more.

4.00pm *Day ends*

### What you gain from the day includes:

- A new understanding of different feelings – what they are and their psychological role.
- An insight into the social function of feelings.
- Powerful tools for helping clients understand their own feelings and using them as opportunities for healing and growth.

# Key facts



## Many people find feelings confusing.

They seem to have a life of their own, coming and going outside of our control. We often understand that there is no point in feeling a particular way yet we are not able to change it. We get conflicting cultural messages – on the one hand we are encouraged to follow our hearts and trust our instincts, on the other hand we know that our hearts and instincts can lead us astray. This insightful yet practical day will give you a new understanding of feelings, what they are and how they can be used for learning and growth. You will get effective tools for understanding, managing and changing feelings, and an understanding of how feelings play out in interaction between people. These tools could be applied for self-development and in the therapy clinic.

**Tutor:** Miriam Chachamu

**Price:** £192 (Inc. VAT)

### Course dates:

London	Tues 1st Nov 2016	DF10
London	Wed 5th April 2017	DF11

# From self-harm ... to self-belief

ONE-DAY COURSE

## 9.30am A way of staying alive

Demystifying self-harming behaviours and seeing them for what they really are – a way to cope when innate needs are not being met. The importance of differentiating between self-harm and suicide attempts. Life circumstances that might lead to self-harming behaviour. Learning from the experiences of people who have moved on from self-harm (filmed interviews). The essential components needed to keep us emotionally well and why some people are driven to extreme measures to 'stay alive'. Exercise.

11.00am *Tea/coffee and discussion*

## 11.30am The best way forward

The most up-to-date research and guidelines around working with self-harm, including positive risk management and harm minimisation. The addictive element of self-harming behaviour and how to break it. How to help your clients take back control of their lives. The RIGAAR model: the basis of the most effective treatment for self-harm. Tips on building rapport with those who seem difficult to reach. Exercise: practising these skills.

1.00pm *Lunch (included)*



## 1.45pm Vital steps on the healing journey

The common obstacles to moving on and some powerful solutions. The cycle of change. Alleviating unnecessary pressure on those trying to help. Top tips for engaging someone in their recovery plan: 'grading' goals appropriately and focusing on the transformational qualities of having a 'role.' Helping people set and achieve goals in order to meet their innate needs and start moving away from self-harm. Shared experiences of how obstacles were overcome and advice to those trying to help (film).

2.45pm *Tea/coffee and discussion*

## 3.00pm Bridging the gap between therapy and 'real life'

Why the clear structure of the human gives framework in all interventions increases your confidence. How to use imagination to dramatically increase the likelihood of clients succeeding in achieving their goals. Live demonstration and practice of the techniques. How such interventions have transformed seemingly hopeless lives (film).

4.00pm *Day ends*

### What you gain from the day includes:

- The essential Dos and Don'ts for teams and individuals working with self-harm.
- A demystification of self-harming behaviours and a greater understanding of why they occur.
- New confidence when making interventions.

# Key facts



## Self-harming by both men and women is on the increase, but it is one of the behaviours many find hard to treat.

Emily Gajewski's key training day demystifies self-harming and its causes, and shows why we should not give up on people – even in the most apparently hopeless situations. It is common to feel powerless in the face of such wilful self-destruction – and many also find such behaviour difficult to understand or sympathise with – but armed with the clear, researchbased framework and practical skills taught on this course, you needn't feel that way again.

**Tutor:** Emily Gajewski

**Price:** £192 (Inc. VAT)

### Course dates:

Bristol	Wed 14th Sept 2016	SB09
London	Wed 12th Oct 2016	SB10
Manchester	Wed 30th Nov 2016	SB11
London	Wed 29th March 2017	SB12
Bristol	Wed 28th June 2017	SB13
London	Wed 4th Oct 2017	SB14
Manchester	Wed 13th Dec 2017	SB15

# How to create and use stories that help

## emotionally distressed children ONE-DAY COURSE



### Key facts

**All children are born to hear stories: they are as mother's milk to them.**

The way characters in stories think, act and overcome difficulties give children templates for dealing with any challenges they may face in the present and future. This workshop, like a treasure chest of healing spells, is designed for teachers; therapists; childcare and healthcare professionals (and students); prospective adoptive parents; foster carers; parents. On the day, Pamela Woodford, author of the acclaimed Brighter Little Minds series, shows you how stories can quickly bring about positive psychological changes in children and young people.

**Tutor:** Pamela Woodford

**Price:** £192 (Inc. VAT)

**Course dates:**

London	Wed 23rd Nov 2016	WD12
London	Thurs 6th April 2017	WD13



### Key facts

**A lively day that clarifies what healthy teenage development should look like.**

Why things can go wrong and how you can help young people overcome obstacles and develop lives that work. Richard Brook brings a practical and humorous approach to the bewildering array of models currently directed at front-line workers. He demonstrates that, by ensuring that human givens knowledge of how people really function is applied intelligently to teenagers, you can speed up progress and bring them real benefits. You will find yourself more empowered to respond effectively to each individual's needs, temperament and learning style whilst avoiding the emotional pitfalls of working in stressful situations.

**Tutor:** Richard Brook

**Price:** £192 (Inc. VAT)

**Course dates:**

Manchester	Thurs 29th Sept 2016	BR24
London	Thurs 3rd Nov 2016	BR25
London	Tue 28th March 2017	BR26
Manchester	Wed 21st June 2017	BR27
London	Tue 21st Nov 2017	BR28

THE PROGRAMME

### 9.30am What can go wrong for children?

A look at the innate emotional needs of children and why the human givens approach, using metaphor, is such a powerful way to help them. The group listen to a story and then say what they think it might be addressing. Unpacking metaphors: what images do they evoke, what might they mean. How to 'think metaphor' (exercise). Finding metaphors that connect to emotionally distressing situations.

11.00am Tea/coffee and discussion

### 11.30am Story time: King Giggie

Unpacking a story from the acclaimed Brighter Little Minds series using visual aids, exploring the metaphors and embedded suggestions used. How to activate your own imagination (exercises). Questions and discussion. Pot pourri story.



1.00pm Lunch (included)

### 1.45pm Using the stories with adolescents

Examples from Pamela's casebook of the power of metaphor when dealing with rape, self-harming and selective mutism. Exercise in groups, time to put your learning into practice by creating your own therapeutic story incorporating the days teaching on metaphor to address typical distressed children's emotional problems.

2.45pm Tea/coffee and discussion

### 3.00pm Sharing the stories you have created

Someone from each group reads or tells their story and the larger group suggest what condition they think it might be useful for. Storytelling tips. Q & A, and a story to finish.

4.00pm Day ends

### What you gain from the day includes:

- An understanding of how to address emotional issues in children
- How to use the stories in the Brighter Little Minds series to develop emotional literacy
- A greater appreciation of the power of metaphor, imagination and embedded suggestions
- Increased confidence in creating therapeutic stories
- Simple ways to calm and relax children – it's the way you tell 'em.

# How to work effectively with troubled and

## troublesome teenagers ONE-DAY COURSE

THE PROGRAMME

### 9.30am What's the trouble?

Hormones, brain cells, trauma, temperament and the modern world: the factors that help or hinder healthy adolescent development. The sometimes surprising benefits to young people of indulging in risky, unhealthy and anti-social behaviour. How the human givens approach helps us to make sense of problematic behaviour. We look at research that puts teenage troubles in context and challenges common perceptions of the state of adolescence.

11.00am Tea/coffee and discussion

### 11.30am How to communicate with teenagers

Tackling the tricky problem of building rapport with uncommunicative adolescents. How to get the most out of standardised assessment models by sifting for relevant information. Ways of motivating young people to set realistic and achievable goals. We practise some important communication techniques and learn how to search for a young person's strengths using a light-hearted case study. Exercise.

1.00pm Lunch (included)



### 1.45pm Practical problem solving

Building on strengths – a valuable group exercise on problem-solving. How to focus a young person's attention on their attributes rather than their problems. Preparing structured interventions for individuals and groups. Generating creative activities. Exercise.

2.45pm Tea/coffee and discussion

### 3.00pm How to help them create a life that works well

How to project your work with young people into their everyday lives. Using stories and metaphors to engage their imagination. How to harness the mental rehearsal techniques of sports stars and performers to help young people change patterns of behaviour and achieve their goals.

4.00pm Day ends

### What you gain from the day includes:

- An expanded repertoire of skills for working with individuals and groups and a refined understanding of what works and, most importantly, why.
- A range of simple, proven techniques for engaging young people, building rapport and promoting behavioural changes, and the opportunity to try them out.

# Mindfulness in Human Givens Practice

## ONE-DAY COURSE

### 9.30am Background information: Mindfulness and its value

How the technique links to innate human needs and resources. Mindfulness training is a simple and practical way to help us calm down and observe more clearly unhelpful patterns in our thoughts and emotions – a useful support for any kind of change we want to make in our lives. Training and developing 'the attention muscle'. The degree of control we have over our attention mechanism is a measure of human maturity. Exercise.

11.00am Tea/coffee and discussion

### 11.30am The importance of giving and withdrawing attention

Awakening body awareness and control and how the application of mindfulness helps in getting innate needs (the human givens) met. The observing self (awareness of being aware) and how to develop the skill of being aware of whatever arises in the mind from moment to moment, in a non-judgmental way. Why the ability to focus and defocus attention at will is important for self-development. Meditation and mindfulness. Demonstration and exercise.



1.00pm Lunch (included)

### 1.45pm Mindfulness as a self-help tool

Why mindfulness helps people calm down. How to teach mindfulness to patients suffering from mood disorders, stressed executives and children. Mindfulness for improving your own personal effectiveness.

2.45pm Tea/coffee and discussion

### 3.00pm Q&A and discussion

The day ends with a valuable mindfulness experience.

4.00pm Day ends

#### What you gain from the day includes:

- Explanation of mindfulness highlighting how it corresponds to certain aspects of the human givens approach.
- Knowledge about the scientific research that has been undertaken over the last decade into mindfulness, with emphasis on how long-term practice strengthens the function of the cognitive function of the pre-frontal cortex.
- Exercises offering participants the opportunity to experience some simple mindfulness exercises themselves.
- Tips on how to teach this technique to those patients suffering from stress, depression, anxiety disorders and anger.
- A memorable experience with a brilliant trainer.

## Key facts



The ancient mental discipline of mindfulness predates Buddhism yet is increasingly employed today to help alleviate a variety of mental and physical conditions.

It works by retraining a person's self-consciousness to focus on the present, thus limiting the time spent misusing their imagination and worrying, which so often significantly adds to their distress. On this course mindfulness is described and its value explained in detail, including how it corresponds to important aspects of the human givens approach. Throughout the day a number of exercises give you the opportunity to experience mindfulness for yourself and learn how to teach it to patients.

**Tutor:** Sandra Tideman

**Price:** £192 (Inc. VAT)

#### Course dates:

London	Thurs 6th Oct 2016	MG13
Manchester	Tues 29th Nov 2016	MG14
London	Tue 28th Feb 2017	MG15
Manchester	Thurs 22nd June 2017	MG16
London	Tue 7th Nov 2017	MG17

# The Mind-Body Connection: How to help people

## improve their mental and physical health ONE-DAY COURSE

### 9.30am The scale of upcoming health challenges

Paradox: increasing life expectancy, miraculous medical technology, yet rising chronic ill health. The challenges: obesity; diabetes; cancer; dementia, anxiety and depression. Medical Inflation. Distrust of healthcare institutions and medical, drug-based therapy culture. Why health advice is so chaotic. Nominalisation and pattern-matching in health. The Big E's: Emotion, eating and exercise.

11.00am Tea/coffee and discussion

### 11.30am Exercise and the physiology of emotion

Long-term effects of chronic fight and flight responses. The functional breathing cycle: including practical biofeedback demonstration. The physiology of positive emotional states, with particular emphasis on the relaxation response and oxytocin – (the care and connect response). Rapport-building exercise with focus on physical sensations experienced.

1.00pm Lunch (included)



### 1.45pm Can human beings discuss food rationally?

Food, evolution and health. Cultural myths. What research has revealed. Film. What can we reasonably conclude about optimal human diet and its effects on health – emotional and physical. Broader contexts: plenty and hunger, ethics and food production. Food and Drugs.

2.45pm Tea/coffee and discussion

### 3.00pm Bringing it all together

Does the disease model work as badly in 'chronic physical disease' as it does in 'mental illness', and can we overcome these limitations? What happens when people who are ill improve all three big E's? Inflammation and aging. Specific physical advice in human givens therapy: advice for depression, anxiety, pain. Doctor/hospital phobias. Placebo – the 'meaning response'. Turning the language of sickness into words of healing, and hope.

4.00pm Day ends

#### What you gain from the day includes:

- Practical help about advising patients/ clients on making lifestyle changes.
- Understanding the interdependence of physical and emotional health.
- Insight into simple and powerful changes to lifestyle that can augment the effectiveness of human givens therapy.

## Key facts



There is a bewildering array of information on how to maintain health and live a healthy lifestyle, much of it contradictory and, particularly with regard to diet, distorted by vested interests and preconceptions.

The tutor, Dr Andrew Morrice, a Human Givens qualified GP, sifts the sense from the nonsense and gives evidence of how simple changes to lifestyle can augment the effectiveness of psychotherapy and counselling, and improve physical well-being. By demonstrating how interconnected the mind and body are in the way they react to the world around us, he makes it easier to think clearly about our own health and that of our patients.

**Tutor:** Dr Andrew Morrice

**Price:** £192 (Inc. VAT)

#### Course dates:

Bristol	Thurs 15th Sept 2016	BM11
London	Thurs 24th Nov 2016	BM12
Manchester	Wed 8th March 2017	BM13
London	Thurs 25th May 2017	BM14
Bristol	Thurs 12th Oct 2017	BM15



# Treating context blindness: How to enlarge people's perspective

## ONE-DAY COURSE



### Key facts

**Context-blindness (caetextia) destroys relationships, organisations and environments involved.**

It arises whenever people resort solely, for whatever reason, to one of two mental modes: logical, straight-line thinking or thinking by random associations. An understanding of caetextia throws light on a wide range of behaviours that permeate every important sphere of human life. Strong emotions make us caetextic, and it is the one common denominator affecting everyone on the autistic spectrum. Ezra Hewing, originator of the 'Cannabis-Induced Caetextia Theory', explores its brainbased, cultural and environmental causes and, with fascinating exercises, suggests activities that can improve the human ability to read context.

**Tutor:** Ezra Hewing

**Price:** £192 (Inc. VAT)

**Course dates:**

Manchester	Tues 11th Oct 2016	EH14
London	Tues 15th Nov 2016	EH15



### Key facts

**For children to flourish and behave well they need to feel secure, be given and receive appropriate attention, be able to delay gratification, take increasing levels of responsibility for their own behaviour, be stretched, develop autonomy and, of course, have fun!**

For this to happen they need to feel well connected to their family, peers, school and the wider community; and be given a sense of status that reflects their effort and achievements. Miriam Chachamu's day focuses mainly on pre-eleven year-olds and gives you practical tools for meeting their needs, managing challenging behaviour and creating environments in which not only children but also the rest of the family can thrive.

**Tutor:** Miriam Chachamu

**Price:** £192 (Inc. VAT)

**Course dates:**

London	Tues 22nd Nov 2016	MK22
London	Wed 26th April 2017	MK23

THE PROGRAMME

#### 9.30am Context blindness: Origins and manifestations

How an understanding of context-blindness better explains the dominant manifestation of autistic behaviour. Recognising right-brain autism and why an inability to regulate emotions and focus on the concrete causes stress and exhaustion. The three causes of context-blindness. The Tale of Three Brains: A powerful metaphor which enables us to perceive relationships and plan interventions. Experiencing caetextia (exercises).

11.00am Tea/coffee and discussion

#### 11.30am Context blindness in society and organisational culture

The need for meaning: pattern-matching and self-consciousness. How target-driven culture in schools and workplaces prevent people from getting their innate needs met. Context-blindness in action: The hidden cost of cost benefit analysis (exercise). Why the visions and metaphors of leaders in business, public services and politics need to be unpacked and made concrete. Why the focus on measuring the parts at the expense of the 'whole' undermines people's innate need for meaning and purpose (exercises).



1.00pm Lunch (included)

#### 1.45pm Counselling, psychotherapy and mental health

Examples of how context-blindness holds back the development of psychotherapy and psychiatry. Effective communication with caetextic clients in counselling and psychotherapy (exercise). How an understanding of caetextia and the REM state point the way to more effective management of Bipolar Disorder.

2.45pm Tea/coffee and discussion

#### 3.00pm From substance misuse to optimum wellbeing

Cannabis-induced caetextia theory. Effective support planning for drug induced caetextia (exercise). Why indulgence in 'spiritual' techniques can trigger neurosis, trauma and addiction. Why a balanced relationship between our innate resources provides optimum wellbeing.

4.00pm Day ends

#### What you gain from the day includes:

- Successful strategies that promote the ability to appreciate context for caetextia sufferers, couples, communities and organisations.
- Ways to create a balance between focused states of attention and the ability to appreciate the wider context.

# Understanding and improving children's difficult behaviour

## ONE-DAY COURSE

THE PROGRAMME

#### 9.30am The causes of emotional problems in children

Why a parent's emotional wellbeing is as important as their child's. How children think, feel and understand our communication. Treating children according to their individual needs, rather than 'equally'. Understanding a child's perspective. Exercise.

11.00am Tea/coffee and discussion

#### 11.30am Helping children become their best

How to communicate with children so they want to improve their behaviour. Effective ways for getting children to correct their mistakes without having to point them out. Typical obstacles to children's learning/progress and how to remove them. Exercise. How to know what is realistic to expect of a child, and how to set achievable goals for them.

1.00pm Lunch (included)



#### 1.45pm Achieving cooperation: at home and in the classroom

Preventing problems from arising: the questions that make children think about their behaviour and motivate them to do the right thing. Difficult emotions: what are they and how to prevent them from escalating. Preventing conversations between adults and children from going wrong. The common causes of difficult behaviour and what to do about them.

2.45pm Tea/coffee and discussion

#### 3.00pm Transferring new ideas and skills to parents

Helping parents to feel appreciated in their role so that they are open to new skills and ideas. Connecting with hard-to-reach parents. Using stories, therapeutic language and metaphor to create positive and lasting change. Bringing it all together – how to use all the new ideas and skills in a typical case. Exercise.

4.00pm Day ends

#### What you gain from the day includes:

- New insights into how children feel, think and understand about the way we talk to and behave with them.
- Practical skills for dealing with difficult emotions, and motivating children to both spot and learn from mistakes, without you pointing them out.

# Workplace Stress - The real causes and what you can do about them

## ONE-DAY COURSE



### Key facts

**Occupational stress is increasing and poses a risk to most organisations and businesses.**

Stress impacts on profitability and thereby everyone's long-term security. We urgently need to turn this situation around yet there is generally a lack of coherent thinking about the underlying causes of stress in our working lives. When people are under stress for any length of time it often results in mental and physical illness and employers and employees need to meet this challenge intelligently.

This course looks at the root causes of stress and the difference between being healthily stretched and unhealthily stressed.

**Tutor:** Jennifer Bradley

**Price:** £192 (Inc. VAT)

**Course dates:**

London	<b>Wed 8th Feb 2017</b>	JW06
Bristol	<b>Thurs 29th June 2017</b>	JW07
Manchester	<b>Wed 15th Nov 2017</b>	JW08



### Key facts

**The rewind technique, as taught by Human Givens College, is the most reliably successful psychological treatment available for removing even the severest phobias and detraumatizing people:**

one of the most important skills you need when working with any anxiety disorder. As you become more experienced and encounter a wider range of patients you may find it immensely useful to add some refinements to the tools in the box, the mental equivalent of specialist surgical implements. This lively and interactive workshop is specially designed for therapists already using the HG approach to lifting trauma symptoms and who are looking for some creative techniques to help them feel confident at treating even harder to reach patients.

**Tutor:** Jo Ham

**Price:** £192 (Inc. VAT)

**Course dates:**

London	<b>Tue 7th Feb 2017</b>	JH03
Bristol	<b>Mon 12th June 2017</b>	JH04
London	<b>Thurs 5th Oct 2017</b>	JH05
Manchester	<b>Thurs 16th Nov 2017</b>	JH06

THE PROGRAMME

#### 9.30am The amazing human brain at work

How we function as a successful species - human givens. The APET model: the relationship between emotions and thought. What really motivates people at work. Exploring the human function curve. Stress warning symptoms: physical, emotional, mental. The disturbing consequences of prolonged stress.

11.00am *Tea/coffee and discussion*

#### 11.30am Creating a healthier working environment for all

Seeing your work organisation as a living entity. Isolating the key causes of stress at work. A six-step framework for healthy organisational practice. The importance of context. Overcoming the intrinsic tedium of a repetitive workload. How to improve group intelligence and team cohesion. The importance of avoiding confusing language. The motivation at work audit.

1.00pm *Lunch (included)*



#### 1.45pm Stress busters

Physical strategies to calm your mind and think more clearly. Changing what you can; accepting what you can't. How to deal with tyrants, bullies and emotional abuse. Energy management: learning to align focus and effort with meaningful purpose. Recognising our own learned conditioning, and that of others. Understanding and overcoming performance anxiety. How to avoid work stress spilling over into your personal life.

2.45pm *Tea/coffee and discussion*

#### 3.00pm How to take these ideas into your workplace

Open discussion of the ideas in relation to your own experiences. Cultivating productive conditions for a good working life. Making your place of work part of a life that works.

4.00pm *Day ends*

#### What you gain from the day includes:

- The main differences between a healthy working environment and a stressful one.
- Why being stretched is good for us but being stressed isn't.
- How to identify stress warning signals.
- An understanding of the route from chronic stress to anxiety disorders, depression or physical illness.
- A blueprint for a structure that nurtures staff well-being and encourages optimum performance.

# Creative ways to rewind trauma

ONE-DAY COURSE (for HG Dip trainees & graduates only)

THE PROGRAMME

#### 9.30am Explaining trauma and phobic responses to patients

Why some people develop PTSD and others don't. New ways to present simple brain science that both children and adults can grasp. The role of the amygdala in keeping us safe - and how to explain this to clients. The three essential steps involved in an effective rewind - sharing of experiences.

11.00am *Tea/coffee and discussion*

#### 11.30am Examples of using alternative approaches

Why different approaches to rewind are sometimes necessary - case studies. Dealing with emotional outbursts - short exercise and discussion. Different ways of doing rewind with adults: more case studies. How to find appropriate metaphors for recovery.



1.00pm *Lunch (included)*

#### 1.45pm Working with traumatised children and young people

What children can bring to their therapy. Some limitations and opportunities to think about. Case studies and exploration of different approaches. Demonstration of a physical rewind.

2.45pm *Tea/coffee and discussion*

#### 3.00pm Choose an approach and practise!

4.00pm *Day ends*

#### What you gain from the day includes:

- Greater confidence when detraumatizing more challenging patients.
- A chance to discuss and share experiences of alternative ways of working with trauma and phobias.
- Creative ways to use rewind with children and young people.
- The chance to practise each stage of a creative new technique.
- Greater confidence in working with patients who may also be prone to psychotic episodes, be diagnosed with Aspergers, or not able to work with their eyes closed.
- A supportive forum to practise, under careful guidance, the various stages of alternative rewind techniques yourself so that you can be confident that you can practise safely.

# Watching HG Therapy in action

ONE-DAY COURSE (for HG Dip graduates only)

## Key facts

Over the last 15 years, Joe Griffin and Ivan Tyrrell's live therapy sessions with distressed patients – which form a key learning component of the Human Givens Diploma course – were all filmed, on the understanding that only College students could view them, for educational purposes.

The College now holds a vast library of filmed therapy sessions by the two originators of this most effective approach to therapy, and we're pleased to be able to satisfy the constant requests we've had over the years from Diploma graduates for the opportunity to see more of Joe and Ivan working with patients. On this unique day, you will be given the chance to see both the first session and subsequent follow up session (which takes place approximately four weeks later) with two different patients.

**Tutor:** Véronique Chown

**Price:** £192 (Inc. VAT)

**Course dates:**

London	Sat 4th March 2017	TA06
London	Sat 18th Nov 2017	TA07

THE PROGRAMME

### 9.30am Codeine Addiction: Session 1

An introduction to the film. We watch the film of the first therapy session of Joe Griffin working with a young man who has a family history of addiction and had suffered from addiction himself since being a teenager; he is currently suffering from an addiction to codeine. Then we discuss what was done.

11.00am *Tea/coffee and discussion*

### 11.30am Codeine Addiction: Session 2

We watch the film of the follow up session from 4 weeks later. Facilitated discussion and review of the HG procedure for tackling addiction

1.00pm *Lunch (included)*

### 1.45pm Childhood Sexual Abuse Case: Session 1

An introduction to the film. We watch the film

of the first therapy session with Ivan Tyrrell working sensitively with a young Asian woman who suffered years of childhood sexual abuse and then, as an adult, was forced by her family to have an abortion that she didn't want. Then we discuss what was done.

2.45pm *Tea/coffee and discussion*

### 3.00pm Childhood Sexual Abuse Case: Session 2

We watch the film of the follow up session from 4 weeks later. Facilitated discussion and review of the HG procedure for abuse.

4.00pm *Day ends*

### What you gain from the day includes:

- The opportunity to observe and discuss – with the tutor and your peers – the subtle but extremely powerful therapeutic techniques implemented with great skill during a selection of therapy sessions by Joe Griffin and Ivan Tyrrell.
- Inspiration and insights.
- Facilitated indepth discussions and review of core HG procedures for treating addictions and sexual abuse.
- Embedded learning.



# The Human Givens Diploma (HG. Dip)

## FAQs



**THIS** much-praised course is designed for anyone in the counselling, psychotherapy, psychiatric and medical professions who wishes to be more effective. If you treat depression, anxiety disorders (including PTSD, OCD and phobias), anger, addictions, self-harming, eating disorders, psychosis, relationship problems or chronic pain, this course is for you. However, because it deals with fundamental issues that affect us all, those in many other professions – such as social work, education, sports and management – also find it hugely beneficial.

Students learn powerful brief psychological interventions that are consistently effective and based on a sound, scientific body of knowledge about psychology and mind/body functioning. This knowledge, and the skills that go with it, are easily transferable to other fields (such as parenting, teaching, coaching and back-to-work programmes) and bring about considerable benefits.

### Q: Why is this qualification different?

**A:** Large numbers of counselling and psychotherapy training courses, even at degree level, fail to give people enough information and skills to be really effective. This lets down the increasing numbers seeking help for psychological distress, sometimes harms people (for example, some approaches unintentionally make depression worse) and waste time and money. This diploma course was created to provide that missing knowledge and teach the necessary skills so people can be genuinely more effective at helping others. It is a scientifically sound, skills-based qualification.

### Q: To help people, what should I be able to do?

**A:** You need to know how to quickly set about treating depression, anger and anxiety disorders, addiction, compulsive behaviours, trauma, sexual and relationship problems. The checklist alongside outlines what a member of the public seeking help should expect from any form of counselling or psychotherapeutic intervention. It can also help counsellors and other health professionals assess whether they need more training to deal with serious emotional distress (by simply asking themselves how confident they feel about doing everything on the list).

### Q: What are the 'human givens'?

**A:** The human givens are Nature's endowment to our species: the genetic knowledge that drives each of us to create a life that works well. The effect of this knowledge is that we continually experience needs: physical and emotional. Our physical needs are obvious enough, food, water, air etc, but our innate emotional needs are equally important forms of nutrition because, when they are not met in balance, we become seriously distressed and even mentally ill. They include: the need for security, attention, autonomy and control, emotional connection to others (love, intimacy, friendship), status and connection to the wider community, to achieve competence and be stretched in such a way that our life is meaningful. Nature also gives us the resources to help us meet these needs, for example, memory, imagination

and problem-solving abilities. It is these innate needs and resources that together make up the human givens. To be effective as psychotherapists, clinicians or teachers we have to work in alignment with them, because it is the human givens that make us who we are.

### An effective psychotherapist or counsellor should...

- Know how to build rapport quickly with distressed people.
- Understand the cycle of depression and how to lift it.
- Help immediately with anxiety problems, such as panic attacks, trauma (PTSD), phobias or other fear-related symptoms.
- Be able to help with all kinds of addiction.
- Be prepared and equipped to give advice if needed or asked for.
- Know how to get relevant, good-quality information from their clients.
- Not use jargon or 'psychobabble' or tell people that psychotherapy is likely to be 'painful'.
- Be supportive when difficult feelings emerge, but not encourage people to get emotional beyond the normal need to 'let go' of any bottled-up feelings.
- Not dwell unduly on the past
- Assist clients to develop social skills so that their need for affection, friendship, pleasure, intimacy and connection to the wider community can be better fulfilled.
- Help clients to draw on their own life resources (which are usually greater than they think).
- Be considerate of the effects of psychotherapy on the people close to their clients – family, friends, colleagues etc.
- Know how to help clients to unwind and relax deeply.
- Know how to relieve physical pain symptoms.
- Help clients think about their problems in new and more empowering ways.
- Be prepared to set tasks between sessions when appropriate.
- Take as few sessions as possible.
- Increase their clients' self-confidence and independence and make sure they feel better after every consultation.

### Q: What is a human givens therapist?

**A:** Human givens therapists work from the most up-to-date and effective, solution-focused understanding of how best to help distressed people. Their underlying strategy is to identify which innate emotional needs are not being met well in a client's life, and why – because this is always the root cause of distress. They then help the client to remove the psychological or environmental obstacles that are preventing them from meeting their needs (trauma, conditioning, compulsions, addictions etc.) using interventions that have been proven effective time and again. The approach developed from a solid knowledge base of what is known about human behaviour, neurobiology and psychology – the mind/body link – and feedback from outcome research.

### Q: Who is this course suitable for?

**A:** The Human Givens Diploma has run for fourteen years. It is primarily aimed at anyone already working in a therapeutic or educational capacity that wishes to improve their skill level, deepen their understanding of human behaviour and learn why people are so vulnerable to mental illness. However, many others wishing to draw on human givens, in business coaching, management or to make a career change, have completed the course. You should be a good 'people person', have an advanced level of education and be prepared to engage fully in the teaching process.

### Q: Must I have personal counselling or psychotherapy myself to do this course?

**A:** No. One of the many myths that grew up in the field is that practitioners need to undergo many hours of psychotherapy themselves. Practitioners who have personal therapy as part of their training are not more effective than those who don't, so this is not a requirement. People only need therapy when their lives aren't working. Just as we only need to take medicine when we are ill – and then in the right quantity, and at the right time, from someone who really understands our condition. What you need to become a therapist is intelligence, aptitude, spare capacity and life experience.

# Your route to gaining the Human Givens Diploma

## Part I

Attendance at the following specified core diploma training days (or equivalent online courses):

- How to make counselling more effective.
- Effective brief psychotherapy.
- How to break the cycle of depression.
- How to lift depression – the practical skills you need.
- From stress to psychosis.
- How to tell stories that heal.
- Tackling addiction: Understanding and treating addictive behaviour.
- Brief therapy for stopping addictions – a skills-based day.
- Effective anger management.
- Understanding anxiety and managing it without drugs.
- Effective brief therapy strategies and language skills.
- Guided imagery and visualisation for therapeutic change.
- The fast trauma and phobia cure.
- PLUS 3 other 'free choice' courses.

Plus continuing home study (inc. reading list) and work practice

## Part II

Two weeks' intensive training including live therapy demonstrations by the tutors, skills development and student practice sessions, and a 2 hour examination.

(See [www.humangivenscollege.com/diploma](http://www.humangivenscollege.com/diploma) and click on 'subjects and skills' for more detail about what is covered during this two-week course.)

**Human Givens Diploma (HG.Dip.)**

## Part III

Practitioner assessment

from submission of therapy session DVDs and case notes.

PLUS 3 hours of supervision with an HGI-accredited HG Supervisor.

**HG Practitioner Diploma (HG.Dip.P.)**

## Flexible, part-time course

You can work your way through the Human Givens Diploma at a pace that suits you. We recommend that you attend at least one training day, or take one online course, before applying, but that you book your place on the two-week course as soon as possible as these places are limited and fill up quickly.

Anyone who has successfully passed Part III of the Human Givens Diploma can be accredited to practice as a fully-qualified human givens therapist by fulfilling the requirements of Registered Membership of the Human Givens Institute (for more information visit: [www.hgi.org.uk](http://www.hgi.org.uk)).

In order to aid existing Diploma students to understand their study path, please visit: [www.humangivenscollege.com/diploma](http://www.humangivenscollege.com/diploma) and click on the 'accredited prior learning' link.

See overleaf for details on how to apply

## Diploma dates 2016 (Two-week intensive course)

**YORK UNIVERSITY [HG76]:** **Week 1:** Monday 19th – Friday 23rd September 2016  
**Week 2:** Monday 24th – Friday 28th October 2016

## Diploma dates 2017 (Two-week intensive course)

**YORK UNIVERSITY [HG77]:** **Week 1:** Monday 13th – Friday 17th February 2017  
**Week 2:** Monday 20th – Friday 24th March 2017

**YORK UNIVERSITY [HG78]:** **Week 1:** Monday 18th – Friday 22nd September 2017  
**Week 2:** Monday 23rd – Friday 27th October 2017

## More information online:

For more detailed information about the diploma course and what it covers, please visit: [www.humangivenscollege.com/diploma](http://www.humangivenscollege.com/diploma) or call us on: 01323 811690

## What our diploma students say ...

**"It was two dazzling weeks of learning and looking in the mirror, contemplating my style and entering a whole new perspective on my professional identity. A great experience..."**

ROBERT CROMMELIN

**"The Human Givens approach really needs to be brought to the attention of schools and children's services – and adopted by them!"**

DAWN SWAN

**"It didn't feel like a course to train for 'work'. It's more a blueprint for life, absolutely fascinating. HG has changed my life, given direction to my work and improved my effectiveness as a GP."**

ADAM LAKE

**"Thoroughly enjoyable and challenging two weeks. The course was very well organised with a good balance of teaching, practicing & exercises. Inspiring and has reaffirmed my goal to change my career to Human Givens therapy."**

DAVID SLADE

**"The organising ideas make complete sense and the course has the perfect balance of delivering information clearly and interspersing it with demonstrations and practical exercises in an intriguing variety of ways that allowed us to really know and understand."**

JACQUI ASTON

**"Hard work but I thoroughly enjoyed it – stimulating and challenging, coherent and well thought out in terms of style and presentation. The handbook is brilliant and it was very useful to have it before the course started so I could prepare. I really appreciate the opportunity to learn so many new things that feel instinctively right."**

BRIGIT PEACOCK

**"A much-needed model for humanity – enabling people to use nature's resources to fulfil emotional needs. The depth and quality of the knowledge in HG is testament to all those whom have worked so hard to get these well needed ideas out to the wider public and into society."**

KEVIN ROWLEY

# How to apply for the Diploma course

**Part I** of the Human Givens College Diploma course consists of attendance at eighteen Human Givens College training days made up of fourteen one-day courses and two two-day courses – see the diagram on page 2. (Fifteen of the training days are core diploma subjects. Simply choose three training days from the remaining ‘free choice’ titles to make up the required number.)

Several **Part I** core days can be studied online, visit:  
[www.hgonlinecourses.com](http://www.hgonlinecourses.com)

You may find, therefore, if you have attended some of our training already, that you are well on the way to completing Part I.

Before attending the two-week course which makes up Part II, you will need to have completed a minimum of 12 of the core diploma training days (this is to ensure you get the most out of your two weeks). To qualify for full accreditation as a human

givens therapist by this route, you must complete Part I within eighteen months of finishing Part II and then pass Part III (the HG Practitioner’s Diploma). To apply for a place on Part II of the course, you need to complete an application form and send this to us with the required registration fee of £250 + vat (£300). This fee (which is non-transferable and non-refundable) is then deducted from the total course fee due. We recommend that you attend one core diploma training day (live or online) before applying.

To obtain an application form, you can download a pdf from our website at [www.humangivenscollege.com/diploma](http://www.humangivenscollege.com/diploma) and click on the ‘How to apply’ link, or call the College office on **01323 811690**. Please either fax it to us on 01323 811486, or post it to us at: Human Givens College, Chalvington, East Sussex BN27 3TD. When assessing applications, academic qualifications are not the only criteria we look for – aptitude, intelligence and the spare

mental capacity needed to digest what is taught, along with the ability to apply it in creative and practical ways, are also important.

**Fees:** The full fee for the **Part II** is £2,875 + vat (£3,450). This includes the comprehensive course manual, refreshments and a light lunch each day. As soon as your place is allocated we will send you confirmation details. An invoice for the balance of the course fee will be sent separately – the full fee for Part II must be paid at least one month before it begins.

After completing Part II of the HG Diploma course, you can obtain an HG Practitioner’s Diploma (known as **Part III**) by undergoing an assessment based on demonstration of your clinical skills with a real patient/s. The fee for this is £250 + vat (£300). This can be taken at any time from the end of the diploma course to two years after completing it. Having passed Part III, you will be a fully-qualified human givens practitioner and eligible for Registered Membership of the Human Givens Institute (see: [www.hgi.org.uk](http://www.hgi.org.uk) for further information.)

## How to book our one and two-day courses

Book online, or by phone, fax or post!

**Booking is easy - whether online, by phone, fax or post.**

If you book using our booking form (opposite), please fill in the appropriate event code, date and venue of the event(s) you are booking. If your organisation requires an invoice for your place(s), please send an official purchase order or letter of authorisation with your completed booking form. If you have any queries, please phone the Human Givens College office on 0044 (0)1323 811690 – our friendly booking team will do all they can to help you.

**Please read the information below carefully before booking on to your chosen event(s).**

### GENERAL INFORMATION

#### Confirmation:

Once we have received your booking and payment, we will send you a confirmation letter confirming your place, along with directions for how to find the event venue – please therefore bring these with you on the day.

#### Certificates of attendance:

Certificates are issued to participants who attend the entire one- or two-days’ training and complete the event’s evaluation form.

#### Group registration:

If more than one of you wishes to attend a course, or you would like to book more events than there is room for on the booking form, please use an additional form or photocopy the original. We must have one form per person and all group bookings must come in a single envelope. Alternatively, please call our office on +44 (0)1323 811690 to book over the phone.

#### To change dates or delegate names:

We are happy to change the name of the delegate who is to attend a course upon notification. We will also change the dates/venue of your booking (provided the newly preferred date/location has availability), but in order to avoid an administration charge, you must give us a minimum of seven days’ notice prior to the date of the initial event you had booked.

#### Cancellations:

We guarantee a credit for an event which has to be cancelled by the delegate due to unforeseen circumstances, minus an admin fee of £35.00 for a one-day course and £50.00 for a two-day course, if notice is received 7 days prior to the course date. In the unlikely circumstances of any course being interrupted as the result of a natural or unforeseen disaster, or illness of the tutor, it will be rescheduled. If you are unable to attend on the rescheduled date, you will be given a full credit for a future event. We reserve the right to change tutors if necessary.

### COURSE FEES

#### One-day courses

Our one-day courses cost £192 (inc. vat)\* per person (£175 per person for Dublin courses), payable in advance. The fee includes tuition, course notes, a copy of the slides, refreshments, a light lunch and your attendance certificate. (A block-booking discount is available if you are booking five or more events at one time, see right.)

#### Two-day courses

Our two-day courses cost £384 (inc. vat)\* per person (£350 per person for Dublin courses), payable in advance. The fee includes tuition, course notes, a copy of the slides,

refreshments, a light lunch and your attendance certificate. (A block-booking discount is available if you are booking five or more events at one time, see below.)

#### Discounts

We offer a 10% discount on our prices if you book any five events at the same time. We also offer over 50% off courses if you wish to attend a course more than once. Call the team on +44 (0)1323 811690 to claim your discount.

### HOW TO BOOK

**Online:** One of the easiest and quickest ways to secure a place at an event is to book online at: [www.humangivenscollege.com](http://www.humangivenscollege.com). Simply choose a course and add it to your ‘basket’. You can pay by credit/debit card or via a PayPal account.



**By telephone:** If you would prefer to speak to a member of our team to book, call +44 (0)1323 811690 with your credit/debit payment details.

**By invoice:** Organisations may be invoiced on application.

**By post:** Complete the booking form and send it, together with your cheque, made payable to Human Givens College, (or official purchase order or credit/debit card details) to: Human Givens College, Chalvington, East Sussex, BN27 3TD, UK

**By fax:** Fax your completed booking form and official purchase order (if requiring an invoice) to us on 01323 811486.

*\*VAT is at 20% at time of print.*

# Booking form ONE AND TWO-DAY COURSES



**HUMAN GIVENS COLLEGE**

psychology • psychotherapy • education



Please complete all details clearly using **BLOCK CAPITALS**.  
If you are booking for more than one person, please complete a form for each member of your group.

## Prices:

\*VAT is 20% at time of print

ONE-DAY UK COURSES:	<b>£192 per person (Inc. VAT*)</b>
ONE-DAY DUBLIN COURSES:	<b>£175 per person</b>
.....	
TWO-DAY UK COURSES:	<b>£384 per person (Inc. VAT*)</b>
TWO-DAY DUBLIN COURSES:	<b>£350 per person</b>

## Block-booking price (5 or more courses):

ONE-DAY UK COURSES:	<b>£172.80 per person (Inc. VAT*)</b>
ONE-DAY DUBLIN COURSES:	<b>£157.50 per person</b>
.....	
TWO-DAY UK COURSES:	<b>£345.60 per person (Inc. VAT*)</b>
TWO-DAY DUBLIN COURSES:	<b>£315 per person</b>

CODE	DATE	TITLE	VENUE	AMOUNT

<b>TOTAL AMOUNT:</b>	
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Title:	First name:	Last name:	
Address for confirmation:			
			Post code:
Daytime Tel. No:		Mobile No:	
Email:		Profession:	
I enclose payment for the <b>Total Amount:</b> = £			
<i>(Please make cheques payable to: the Human Givens College)</i>			
<b>Debit/Credit card payments:</b>			
I authorise you to debit my card with £		Card type: (please select)	
		MAESTRO / MASTERCARD/ VISA / VISA ELECTRON	
My card number is:			
Start date:	Expiry date:	Issue No.	Security No.
Cardholder's address (if different from above)			
Name on card:		Post code:	

**Please send or fax your completed form with your payment or official invoice request to:**  
Human Givens College, Chalvington, East Sussex, BN27 3TD. Tel: 01323 811690 Fax: 01323 811486

## LONDON

Therapeutic Language	Tue 06/09/16 - Wed 07/09/16	Pg 9	Anxiety and learning	Fri 28/04/17	Pg 12
Effective brief psychotherapy	Thurs 08/09/16	Pg 6	Stories to heal	Tue 23/05/17	Pg 5
Effective anger management	Tue 04/10/16	Pg 5	Stopping addictions (practical)	Wed 24/05/17	Pg 5
Stories to heal	Wed 05/10/16	Pg 8	The Mind-Body Connection	Thurs 25/05/17	Pg 16
Mindfulness in HG Practice	Thurs 06/10/16	Pg 16	Guided Imagery	Tue 13/06/17	Pg 6
Self harm to self belief	Wed 12/10/16	Pg 14	Fast trauma and phobia cure	Wed 14/06/17 - Thurs 15/06/17	Pg 8
Fast trauma and phobia cure	Wed 19/10/16 - Thurs 20/10/16	Pg 8	Make counselling more effective	Tue 04/07/17	Pg 7
Demystifying feelings	Tue 01/11/16	Pg 14	How to lift depression (practical)	Wed 05/07/17	Pg 7
Couples therapy	Wed 02/11/16	Pg 12	Anxiety / OCD	Tue 26/09/17	Pg 11
Troubled teenagers	Thurs 03/11/16	Pg 15	Therapeutic Language	Wed 27/09/17 - Thurs 28/09/17	Pg 9
Understanding and managing anxiety	Thurs 10/11/16	Pg 9	Self harm to self belief	Wed 04/10/17	Pg 14
Context blindness	Tue 15/11/16	Pg 17	Creative ways to rewind trama	Thurs 05/10/17	Pg 18
Stopping addictions (practical)	Wed 16/11/16	Pg 5	Guided Imagery	Tue 31/10/17	Pg 6
Improving children's behaviour	Tue 22/11/16	Pg 17	Fast trauma and phobia cure	Wed 01/11/17 - Thurs 02/11/17	Pg 8
Create stories	Wed 23/11/16	Pg 15	Anxiety and learning	Fri 03/11/17	Pg 12
The Mind-Body Connection	Thurs 24/11/16	Pg 16	Mindfulness in HG Practice	Tue 07/11/17	Pg 16
Make counselling more effective	Tue 06/12/16	Pg 7	Effective brief psychotherapy	Wed 08/11/17	Pg 6
Anxiety and learning	Wed 07/12/16	Pg 12	Watching HG Therapy	Sun 18/11/17	Pg 19
How to lift depression (practical)	Thurs 08/12/16	Pg 7	Troubled teenagers	Tue 21/11/17	Pg 15
Creative ways to rewind trama	Tue 07/02/17	Pg 18	Stopping addictions (practical)	Wed 22/11/17	Pg 5
Workplace Stress	Wed 08/02/17	Pg 18	Stories to heal	Thurs 23/11/17	Pg 8
Mindfulness in HG Practice	Tue 28/02/17	Pg 16	Couples therapy	Wed 06/12/17	Pg 12
Therapeutic Language	Wed 01/03/17 - Thurs 02/03/17	Pg 9	How to lift depression (practical)	Thurs 07/12/17	Pg 7
Watching HG Therapy	Sat 04/03/17	Pg 19			
Troubled teenagers	Tue 28/03/17	Pg 15			
Self harm to self belief	Wed 29/03/17	Pg 14			
Anxiety / OCD	Thurs 30/03/17	Pg 11			
Demystifying feelings	Wed 05/04/17	Pg 14			
Create stories	Thurs 06/04/17	Pg 15			
Effective anger management	Tue 25/04/17	Pg 5			
Improving children's behaviour	Wed 26/04/17	Pg 17			
Couples therapy	Thurs 27/04/17	Pg 12			



Our training days are held at easy-to-find central venues in each town. Specific venue details for each event are listed on their individual course pages on our website:

[www.humangivenscollege.com/courses](http://www.humangivenscollege.com/courses)



## MANCHESTER

How to lift depression (practical)	Tue 27/09/16	Pg 7
Stopping addictions (practical)	Wed 28/09/16	Pg 5
Troubled teenagers	Thurs 29/09/16	Pg 15
Context blindness	Tue 11/10/16	Pg 17
Mindfulness in HG Practice	Tue 29/11/16	Pg 16
Self harm to self belief	Wed 30/11/16	Pg 14
Anxiety and learning	Thurs 01/12/16	Pg 12
Guided Imagery	Tue 17/01/17	Pg 6
Fast trauma and phobia cure	Wed 18/01/17 - Thurs 19/01/17	Pg 8
Stopping addictions (practical)	Tue 21/02/17	Pg 5
Couples therapy	Wed 22/02/17	Pg 12
Stories to heal	Tue 07/03/17	Pg 8
The Mind-Body Connection	Wed 08/03/17	Pg 16
How to lift depression (practical)	Thurs 09/03/17	Pg 7
Therapeutic Language	Tue 06/06/17 - Wed 07/06/17	Pg 9
Anxiety / OCD	Tue 20/06/17	Pg 11
Troubled teenagers	Wed 21/06/17	Pg 15
Mindfulness in HG Practice	Thurs 22/06/17	Pg 16
Workplace Stress	Wed 15/11/17	Pg 18
Creative ways to rewind trama	Thurs 16/11/17	Pg 18
Anxiety and learning	Mon 11/12/17	Pg 12
Self harm to self belief	Wed 13/12/17	Pg 14

## BRISTOL

Couples therapy	Tue 13/09/16	Pg 12
Self harm to self belief	Wed 14/09/16	Pg 14
The Mind-Body Connection	Thurs 15/09/16	Pg 16
Guided Imagery	Tue 18/10/16	Pg 6
Therapeutic Language	Tue 08/11/16 - Wed 09/11/16	Pg 9
Anxiety / OCD	Wed 25/01/17	Pg 11
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Guided Imagery	Tue 02/05/17	Pg 6
Fast trauma and phobia cure	Wed 03/05/17 Thurs 04/05/17	Pg 8

## DUBLIN

Guided Imagery	Tue 02/05/17	Pg 6
Fast trauma and phobia cure	Wed 03/05/17 Thurs 04/05/17	Pg 8



**“Even more helpful and stimulating than advertised! Such breadth of information and such immediate practicality – this has to be the future for mental health provision.”**

PSYCHOLOGIST



### Ivan Tyrrell

Ivan is a psychotherapist, lecturer and writer. He is co-author with Joe Griffin of numerous best-selling titles, including *Human Givens: The new approach to emotional health and clear thinking*; *How to lift depression... fast*; *Dreaming Reality: How dreaming keeps us sane or can drive us mad*; *Freedom from addiction* and *How to master anxiety*. As a

Director of the European Therapy Studies Institute, Editorial Director of *Human Givens* the journal of HGI, and Director of Human Givens College his influence in the field of psychotherapy and counselling is considerable. He also teaches on the Human Givens Diploma.



### Joe Griffin

Joe Griffin is a psychologist with many years' experience both in psychotherapeutic practice and in training. He works at the leading edge of skills-based therapy research and practice and is co-developer of the human givens approach to psychology and behaviour. Over the last decade thousands of health professionals have enjoyed his practical

seminars and workshops on effective psychotherapy for treating depression, addictions, anger and anxiety-related disorders, including post-traumatic stress disorder (PTSD). He is co-author with Ivan Tyrrell of numerous best-selling publications.



### Véronique Chown

Véronique has over 20 years' experience of private practice and three in the NHS. Her background, before retraining in psychology and psychotherapy, was in education as head of modern languages and pastoral care. The Human Givens training she received in 2001 took her work to new levels of understanding and she has worked with couples extensively

ever since. She now draws on her rich experience to deliver workshops in brief therapy language skills and how to improve relationships that are struggling.



### Emily Gajewski

Emily has worked in a wide range of mental health settings within the NHS for over 15 years as a therapist, trainer and supervisor. This experience includes managing a team within a Women's Mental Health service, (which specialised in the treatment of self-harm), working with troubled children/adolescents and extensively with adults with all kinds of

emotional distress. Emily has published articles on clinical guidance in a variety of journals and contributed a major chapter on her speciality in the book *An Idea in Practice*, which was short-listed for Mind's Book of the Year Award in 2008.



### Ezra Hewing

Ezra Hewing is a Community Development Manager for Suffolk Mind and a training consultant on mental health and wellbeing issues. His previous roles include coordinating mental health support services, substance misuse work and teaching young offenders. In response to the lack of clear models to explain the statistical evidence of a link between

cannabis use and mental health problems, Ezra started researching and thinking about potential explanations in early 2006 resulting in the cannabis-induced caetextia theory.



### Dr Andrew Morrice

Andrew, a Somerset GP for the last 14 years, has long been interested in the management of diet and emotion in health problems. In addition to standard training posts and GP work he has worked as a Research Fellow in the History of Medicine studying the development of professional ethics,

and is dedicated to providing a holistic NHS service in the Bristol area. He also teaches and lectures each year at the Whole Person Care course for medical students at Bristol University. He is trained in the Human Givens approach.



### Jo Ham

Jo is an experienced Human Givens therapist. Many hours spent working with children, young people and adults have led her to develop creative ways to help people feel better. She runs a range of training work-shops in areas such as emotional resilience, working creatively with children and young people, staff support, positive parenting, and Just

What We Need. Jo works as a school counsellor and play therapist in a number of North London schools, including a Pupil Referral Unit. She also runs a busy private psychotherapy practice and offers HG supervision to therapists, senior management teams and other professionals.



### Sandra Tideman

Sandra set up her private practice in The Netherlands in 2000 as a coach and trainer, counsellor and therapist. Her passion is working with groups and individuals, supporting them in finding their unique way to realise physical and mental health. When she discovered the Human Givens approach she made it the core element of her work and

now divides her time between coaching, training corporate groups in the HG approach and mindfulness and practicing psychotherapy with individuals. She works as one of the team behind Human Givens Nederland.



### Sue Saunders

Sue has worked in training, coaching and psychotherapy for over 30 years. She holds a degree in Computer Science from Trinity College Dublin, a Masters in Cognitive Science from University College Dublin, and a Masters in Human Givens Psychotherapy from Nottingham Trent University. She is a Fellow of the Human Givens Institute and a Human

Givens Supervisor, and is Chair of the HGI Registration and Professional Standards Committee. A number of years ago she established the Dublin Human Givens Centre, where she runs a well-established private practice and delivers one-to-one therapy, coaching, training and workshops.



### Renée van der Vloodt

Renée van der Vloodt has many years of experience as a psychotherapist; she co-founded Human Givens Nederland and teaches Part I of the Diploma course in the Netherlands. She is also a Human Givens supervisor. Renée originally studied History of Art, went on to work in TV production and later moved into education. Her increasing interest in the

direct link between emotion and learning led her to establish her own coaching/therapy practice. She specialises in working with creative people struggling with dyslexia, AD(H)D and other forms of right brain dominance.



### Pat Williams

Pat was founder-director of the London College of Storytellers and works as a writer, lecturer and human givens therapist. She was co-author of a best-selling encyclopedia of human beliefs and currently writes a regular thought-provoking column for the Human Givens

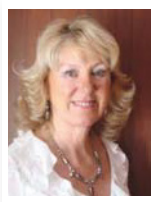
journal, in which she explores a wide range of new ideas and information relating to human behaviour and experience. Her workshop is well researched and has proved very relevant to all areas of both the caring and educational professions.



### Denise Winn

As well as being an HG therapist, Denise edits the Human Givens journal and for over 25 years was a contributor to many national newspapers and magazines. For 12 years she was the medical writer for Cosmopolitan. She is former editor of a magazine produced by MIND, and the UK edition

of Psychology Today. Author in her own right of 18 books she has co-authored the Essential help in troubled times series of best-selling self-help titles. She is also an experienced trainer, having taught courses for over 30 years and is a Fellow of the HGI.



### Pamela Woodford

Pamela is the author of The Brighter Little Minds series of books developing a unique approach to treating children and adolescents suffering from conditions ranging from eating disorders, depression, low self-esteem, anger management, anxiety and self-harm to autism, sleep problems, lack of

confidence and fear of the dark. Her intuitive and creative adaptation of the HG approach has helped hundreds of children, adolescents and adults deal with challenging life circumstances. She is a Fellow of the HGI in recognition of her contribution.



### Richard Brook

Richard Brook is a social worker with twenty years' experience of working with children and families, young offenders, adolescents with emotional and behavioural difficulties and parents. He works with a specialist treatment foster care programme for adolescents and is a fellow of the

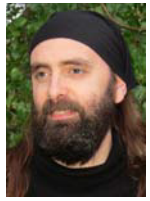
Human Givens Institute. Richard's training is engaging, practical and enjoyable. The material will be presented in a variety of ways using visual presentations, discussions, group exercises and a lot of humour.



### Miriam Chachamu

Miriam is a family psychotherapist and an HG practitioner and supervisor with experience of helping families and individuals of all ages. She divides her time between working at her local Child & Adolescent Mental Health Service and private practice. Miriam designs and delivers highly effective

training, offering an insightful look into the way we think and feel, together with practical skills that make a positive difference. Her valuable book, *How to Calm a Challenging Child*, published in 2008 (Foulsham) had excellent reviews and is highly recommended.



### Gareth Hughes

Gareth is a Human Givens psychotherapist working in Psychological Wellbeing at the University of Derby. Alongside his psychotherapy role, Gareth conducts research into the wellbeing of students, including the links between wellbeing and academic performance, and learning and emotions. His research has been published in various

academic journals and he has been quoted as an expert on exam stress and student transition in several national newspapers, including the Daily Telegraph and the Independent. He has a particular interest in exam anxiety, presentation anxiety, writer's block and the transition of students to university.



### Gail Rhodes

Gail Rhodes has more than fifteen years of counselling experience, and has been practising as a Human Givens Psychotherapist since 2006. She is also a trained bereavement counsellor and a qualified nurse and midwife. She runs a very busy private practice in York, and has a wealth of experience working with clients of all

ages as well as with couples. In 2010, she co-founded the York Human Givens Wellbeing Centre. The now well-established HG Centre has a team of five Human Givens therapists providing one-to-one psychotherapy, couples therapy, coaching, supervision, workshops and training days.

*MENTAL HEALTH REVIEW* recommends that ...

**“Training in the HG methodology  
and concepts (should) be formally  
accepted as a mainstream option  
for CPD within the mental  
health community.”**

**Practical,  
liberating,  
inspirational  
good sense.  
“Superb!”**

**Marvellous courses.  
Human givens ideas connect  
with the real world. When adopted  
more widely they will save  
the country millions.**

PAUL GRANT



**HUMAN GIVENS COLLEGE**

psychology • psychotherapy • education

Human Givens College

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