

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 over 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 compulsive behaviour.
- Brief therapy for stopping addictions – a skills-based day.
- Effective anger management.
- Understanding anxiety and managing it without drugs.
- The Therapeutic Power of Language – a brief therapy masterclass.
- 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 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. You should attend all core diploma training days (listed left) before you attend the two-week intensive diploma weeks which makeup Part 2 of the course, so that you can derive the most benefit from the two-week course.

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).

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

See overleaf for details on how to apply

Diploma dates 2018 (Two-week intensive course)

ENGINEERS' HOUSE, BRISTOL [HG79]

Week 1: Monday 5th – Friday 9th February 2018

Week 2: Monday 19th – Friday 23rd March 2018

VENUE: Bristol [HG80]

Week 1: Monday 23rd – Friday 27th April 2018

Week 2: Monday 28th May – Friday 1st June 2018

VENUE: Bristol [HG81]

Week 1: Monday 10th – Friday 14th September 2018

Week 2: Monday 15th – Friday 19th October 2018

More information online:

For more detailed information about the diploma course and what it covers, please visit: 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

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 and click on the ‘How to apply’ link, or call the College office on **01323 811690**. Please either email the completed form to us at markthomas@humangivenscollege.com 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 for further information.)

Book online, or by phone, or post!

How to book our one and two-day courses

Booking is easy - whether online, by phone 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, 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, 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. 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

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