

Guidelines for submitting filmed therapy sessions for additional assessment as a condition of passing Part 3 of the Diploma

Following a conditional pass at Part 3, students may be asked to submit filmed therapy sessions to demonstrate further improvement or to address specific conditions identified in their Part 3 assessment.

You should work with your supervisor to develop your therapeutic practice and any specific skills that have been identified before you get to the stage of filming and submitting sessions to the College. Your filmed therapy sessions should demonstrate safe, effective and ethical therapy, using the RIGAAR structure and appropriate techniques and interventions from your HG training. Please ensure that the sessions submitted also address any specific requirements issued as part of your conditional pass.

Finding a suitable client/clients for filming:

As a trainee you should not work with complex cases (unless you have a previous relevant qualification and/or are already in a professional mental health role, within an appropriate organisation, in which you already engage with this type of work). Trainees who have not held mental health roles or qualifications before should work with:

- a) Mild to moderate anxiety
- b) Mild to moderate depression
- c) Mild phobias

Your filmed session should adhere to these conditions. The client should also be someone who is not personally known to you. Please note that even as a trainee you have ethical responsibilities towards your client. If their presentation requires further therapy or referral to other services, you must ensure this is addressed.

Equally, you must shape the session to the needs of your client, rather than towards your assessment. This may require you to film more than one session before having one that is appropriate to submit. Even the most experienced therapists occasionally get clients who make it hard to demonstrate use of the whole of RIGAAR in a single session. There are some clients whose need for a slower pace for explaining their problems, for example, means that it may take more than one session before you can really plan and deliver an effective intervention (albeit without sacrificing the critical goal of ensuring the client leaves a session with more hope of a resolution of their problem than they had before the session). Nevertheless, we should always strive to work as quickly as is reasonable, for ethical reasons.

As part of your ethical responsibilities you must ensure that your client has given signed consent to allow you to film the session, that they are clear on the purposes for which it will be used and that you store and submit the film securely. A Film Consent Form for each client, to be completed by both the patient and you are available to download here: <https://www.humangivens.com/wp-content/uploads/2019/02/Filming-consent-form-HG-Part3.pdf>

Quality of the filming

We do understand that you have trained to become a counsellor/therapist and not a film producer, so please don't worry if your technical expertise is not 100%. The important thing is that we can see both you and the client in the shot and that the sound quality is good throughout. (There may be people in your peer group who can help you with this.)

Do not remove sections of video footage for any reason. The assessor cannot discriminate between material removed for a legitimate reason and the discrete removal of an error. The entire session should be submitted 'warts and all'. (If the footage is not continuous from the start to the very end of the session, be sure to explain the reasons for this in accompanying notes.)

Length of films

Ideally each filmed therapy session should be no more than 1 hour long. However if you do go slightly over the allotted time by a few minutes, this is not a problem. If your sessions are much longer than this, however, please contact the College Registrar to enquire about their suitability for submission.

How to submit your films

You can send your films in to the HG College main office on a USB stick or via WeTransfer. Please liaise with Fiona Heffernan on +44 (0)1323 811690 or via email: admin@humangivens.com to arrange.

What to send to HG College when you are ready to submit:

- Your filmed sessions, as per your individual requirements sent by the College
- A signed Film Consent Form for each client
- If your supervisor has been asked to provide additional evidence of your progress this should also be submitted.
- Assessment fee (see below)

Assessment Fee

There is a fee for assessing your filmed therapy sessions. This varies depending on the exact requirements of a conditional pass, so you will be advised of this separately. Your payment should accompany your submission of the video footage.

How long will the assessment take?

You will normally receive the results of your filmed therapy assessment within 28 days of the College receiving it. Your supervisor will also be advised of the result.

What you will receive back from the College

Once your submission has been assessed, you will receive a report from the assessor commenting on your filmed therapy sessions. You will be awarded a pass, a fail, or a pass conditional upon your attendance at further training and/or successful assessment of a single further filmed session.

If your submission passes

Upon successful completion of Part 3, you will be awarded the Human Givens Practitioner Level Diploma and your HG Practitioner's Certificate will be issued.

At that point you will be invited to upgrade your HGI Membership to Registered Member level (MHGI) so that you can be entered on to the HGI's Professional Register of fully-qualified Human Givens Practitioners, which is accredited in the UK by the Professional Standards Authority for Health and Social Care (PSA).

If your submission does not pass

If your filmed therapy still does not meet the assessment requirements, you will be allowed one further submission. You should take time to work with your supervisor on developing your skills and understanding to address those areas that were not satisfactory. You may re-attend Part 1 training days at half price to address any areas you have not fully absorbed and understood. To give you the time to develop, you should not normally resubmit within six months of receiving the results of your first filmed therapy.

Timescales:

You have 24 months from the date you originally passed Part 2 of the Human Givens Diploma within which to take your Part 3. If when you have taken Part 3 you are awarded a conditional pass, you have a further 12 months in which to complete the conditions you have been sent. (Please contact the office if you need any help clarifying your own specific deadline.) If you fail your first attempt at Part 3, you may be allowed to retake it after 1 year of further training and development work.

Please note: Students are only allowed a total of two attempts at taking Part 3.

For further information about Part 3, see: [Part 3 - Information and Guidance for Students](#)

Essential Checklist overleaf...

Essential checklist

| ITEM | DESCRIPTION | CHECKED |
|------|---|---------|
| 1 | Filmed footage of therapy sessions as requested by the College | |
| 2 | Films should not contain any edits or have sections removed | |
| 3 | Films show both the therapist and the client in shot so that non-verbal rapport can be fully assessed | |
| 4 | Filming consent forms signed by each client | |
| 5 | Sound quality needs to be good enough to clearly hear the therapist during the quietest parts (usually during guided imagery). If any dialogue cannot be clearly discerned then you should transcribe it and send it to the College with the footage. | |
| 6 | Does each session demonstrate good use of specific language skills? (For example, yes sets, presuppositions, embedded suggestions, truism suggestions, binds, double binds, positive nominalisations, etc.) | |
| 7 | Does each session demonstrate that the therapist has worked with metaphor, story or an appreciation of pattern-matching aspects of the brain as well as addressing the more rational side with explanations? | |
| 8 | Does each session contain evidence of rapid rapport building? | |
| 9 | Does each session show detailed gathering of information about both symptoms and individual client resources? | |
| 10 | Does each session show the client and the therapist agreeing a specific goal, which meets the criteria of PAN? And is the agreed goal clearly described in the notes? | |
| 11 | Does each session show an agreement between the client and the therapist of a strategy designed to ensure a successful outcome | |
| 12 | Does each session show the therapist accessing and utilising specific client resources? | |
| 13 | Does each session show the therapist rehearsing a specific future situation with a successful outcome? | |
| 14 | Do the filmed sessions address the issues raised by the tutors on Part 3 and in their report? | |
| 15 | Do the filmed sessions use appropriate interventions as taught on the HG Diploma? | |
| 16 | Have you informed your supervisor as to when you are planning to submit your films? | |
| 17 | Payment of assessment fee. | |