



Human Givens

Helping people thrive



**‘Human Givens’ is a practical, holistic and evidence-based approach focusing on what individuals need to live mentally healthy and fulfilling lives.**

The approach was developed over 20 years ago by two psychotherapists who wanted to bring greater clarity and understanding to the field of mental health and to make the way people are helped safer and much more reliably effective. Drawing on the latest neuroscientific and psychological research, plus new insights of its own, it combines this knowledge with proven therapeutic techniques from a wide range of approaches to provide highly effective interventions.<sup>1</sup>

At its heart is the understanding that we are all born with essential physical and emotional needs and, if we are born healthy, the innate ‘resources’ to help us get those needs met. These are the human ‘givens’ – the ingredients for wellbeing. If our needs aren’t being met well enough in our lives, or we are misusing our resources, we suffer considerable emotional distress and become vulnerable to developing mental health problems.

scan here



### Download your FREE ebook to find out more

Download your quick **FREE** guide to the approach that is revolutionising psychotherapy, mental health provision, education and much more — it explains why the approach was first developed, why it’s needed, and how people from different professions are using its insights and the HG framework for wellbeing to help others more effectively.

To get access to your **FREE** copy simply scan the QR Code or visit [humangivens.com/ebook](http://humangivens.com/ebook)

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### Mental Health Training

Human Givens College has been providing training in the best ways to treat mental health and behavioural problems for over twenty years. Our tutors are experts in their field, and provide practical, evidence-based training in clear, jargon-free language.

*Turn over for details of our accredited training and flexible, part-time Diploma in psychotherapy and counselling...*



### The Good Mental Health Podcast

Listen to inspiring interviews about ground-breaking initiatives, mental health and behavioural problems, overcoming adversity and more.

Each podcast covers important mental health issues, including:



- TRAUMA
- SLEEP AND DREAMING
- DEPRESSION
- PHYSICAL HEALTH
- ANXIETY
- and more...

To listen, visit: [hgi.org.uk/podcast](http://hgi.org.uk/podcast)

### Publications

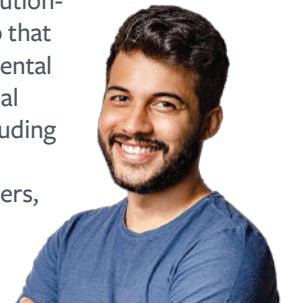
Explore our range of best-selling books, self-help titles, journals and MP3s/audio CDs – the ground-breaking theories and rich psychological insights they contain have helped 10,000s people successfully overcome a wide range of mental health conditions...



Find out more at: [humangivens.com/publications](http://humangivens.com/publications)

### Therapist Directory

Human Givens practitioners offer practical, solution-focused help that deals with mental and emotional distress, including anxiety and anger disorders, depression, stress, phobias, addiction, post traumatic stress disorder (PTSD), relationship problems and more...



For more information visit: [hgi.org.uk/find-therapist](http://hgi.org.uk/find-therapist)

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Email: [info@humangivens.com](mailto:info@humangivens.com)  
Call: +44 (0)1323 811690

<sup>1</sup> Andrews, W. P., Wislocki, A. P., Short, F., Crow, D., Minami, T. (2013) ‘A 5-year evaluation of the Human Givens therapy using a Practice Research Network’, *Mental Health Review Journal*, Vol. 18 Issue 3, 2013, pp. 165–176.



## Clear, practical and empowering

Our evidence-based mental health training gives you the essential information and skills you need to be able to help people more effectively. Suitable for CPD or personal interest, each course is jam-packed with essential information, tips and techniques – many also count towards our Diploma, and there are courses for your own needs too. Our highly experienced tutors work in their specialist fields and our courses are accredited by the CPD Standards Office.



### In-person training

In **London, Leeds** and **Bristol** – join our expert tutors. Our small group workshops are jam-packed with essential information, techniques and practical skills. Subjects include:

- Guided Imagery and visualisation **BEST-SELLER** for therapeutic change
- Guided Imagery II – 3 Essential techniques
- How to lift depression
- How to tell stories that heal **BEST-SELLER**
- Stopping Addictions: effective treatment and recovery
- Overcoming Self-harm
- The therapeutic power of language
- Conflict Resolution *new*
- The Rewind Technique - effective treatment for trauma (PTSD) and phobias **BEST-SELLER**
- How to control Chronic Anxiety
- Complex Trauma

### Online courses

Our on-demand courses come with lifelong access, so you can complete them at a time, place and pace that suits you.

- Grief and Bereavement **BEST-SELLER**
- How to make counselling more effective
- Treating Addictions
- Effective Brief Psychotherapy
- How to reduce and overcome self-harm
- Understanding Trauma **BEST-SELLER**
- From Stress to Psychosis
- How to break the cycle of depression
- Effective Anger Management
- Understanding anxiety .... *and more*

## Diploma in Psychotherapy / Counselling

A flexible, part-time qualification

The **HG Diploma** is a highly practical and accessible psychotherapy course that has been revolutionising the successful treatment, understanding and prevention of mental and emotional health issues for over 20 years – it also has wide-ranging applications outside the field and is a recognised part of the national **SCoPEd psychotherapy and counselling training framework**.



### Accredited Professional Register

Successful graduates of our Diploma are eligible to join the Human Givens Institute and be listed on its Professional Register of qualified HG therapists, which is accredited in the UK by the Professional Standards Authority for Health and Social Care (PSA).



[www.humangivens.com/diploma](http://www.humangivens.com/diploma)

## Live Online training (via Zoom)

A convenient live online learning experience with plenty of time for discussion with your expert tutor. Subjects include:

- Obsessive Compulsive Disorder
- Couples Therapy – a practical masterclass **BEST-SELLER**
- Effective Pain Management
- How to work effectively with Troubled Teenagers
- How to build a Successful Private Practice
- How to create healing stories for distressed children
- Trauma: Patterns of the past
- Developing Self-Compassion
- Online and phone therapy training
- Understanding Eating Difficulties **BEST-SELLER**
- How to reduce suicide risk
- How to avoid burnout

## View all our courses

We've got over 20 years experience in delivering effective mental health training – discover more on our website:  
[www.humangivens.com/all-courses](http://www.humangivens.com/all-courses)



Visit: [humangivens.com/college](http://humangivens.com/college)

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