



Use this list of our upcoming in-person Diploma-linked workshops to plan your journey through Part 1 of the Diploma – places fill fast, so book up in plenty of time to make sure you get the dates you'd like.

SAVE 10%
when you book 5
or more courses
at once

PLAN YOUR DIPLOMA JOURNEY – WORKSHOPS LISTED BY TOWN 2024/25

BRISTOL

Guided Imagery and Visualisation	Mon 23.09.24
The Rewind Technique (2-day course)	Tues 24.09.24 & Wed 25.09.24
Guided Imagery II – 3 Essential Techniques	Thurs 26.09.24
Dealing with Conflict	Mon 3.02.25
The Therapeutic Power of Language (2-day course)	Tues 4.02.25 & Wed 5.02.25
How to Tell Stories that Heal	Thurs 6.02.25
How to Control Chronic Anxiety	Mon 3.03.25
How to Lift Depression	Tues 4.03.25
Stopping Addictions	Wed 5.03.25
Overcoming Self-harm	Thurs 6.03.25
Guided Imagery and Visualisation	Mon 7.04.25
Guided Imagery II – 3 Essential Techniques	Tues 8.04.25
The Rewind Technique (2-day course)	Wed 9.04.25 & Thurs 10.04.25
The Therapeutic Power of Language (2-day course)	Mon 4.08.25 & Tues 5.08.25
How to Tell Stories that Heal	Wed 6.08.25
Stopping Addictions	Thurs 7.08.25
Overcoming Self-harm	Fri 8.08.25
Guided Imagery and Visualisation	Mon 18.08.25
The Rewind Technique (2-day course)	Tues 19.08.25 & Wed 20.08.25
How to Control Chronic Anxiety	Mon 29.09.25
How to Lift Depression	Tues 30.09.25
Guided Imagery and Visualisation	Mon 1.12.25
The Rewind Technique (2-day course)	Tues 2.12.25 & Wed 3.12.25
Guided Imagery II – 3 Essential Techniques	Thurs 4.12.25

LEEDS

Dealing with Conflict	Mon 16.09.24
How to Control Chronic Anxiety	Tues 17.09.24
How to Lift Depression	Wed 18.09.24

LONDON

The Therapeutic Power of Language (2-day course)	Tues 1.10.24 & Wed 2.10.24
How to Tell Stories that Heal	Thurs 3.10.24
Stopping Addictions	Tues 8.10.24
Overcoming Self-harm	Wed 9.10.24
How to Control Chronic Anxiety	Tues 5.11.24
How to Lift Depression	Wed 6.11.24
Guided Imagery and Visualisation	Mon 11.11.24
The Rewind Technique	Tues 12.11.24 & Wed 13.11.24
Guided Imagery II – 3 Essential Techniques	Thurs 14.11.24
Guided Imagery and Visualisation	Mon 10.02.25
The Rewind Technique	Tues 11.02.25 & Wed 12.02.25
Dealing with Conflict	Mon 12.05.25
Stopping Addictions	Tues 13.05.25
Overcoming Self-harm	Wed 14.05.25
The Therapeutic Power of Language (2-day course)	Mon 19.05.25 & Tues 20.05.25
How to Tell Stories that Heal	Wed 21.05.25
How to Control Chronic Anxiety	Mon 9.06.25
How to Lift Depression	Tues 10.06.25
Guided Imagery and Visualisation	Mon 16.06.25
Guided Imagery II – 3 Essential Techniques	Tues 17.06.25
The Rewind Technique (2-day course)	Wed 18.06.25 & Thurs 19.06.25
Guided Imagery and Visualisation	Mon 6.10.25
The Rewind Technique (2-day course)	Tues 7.10.25 & Wed 8.10.25
Guided Imagery II – 3 Essential Techniques	Thurs 9.10.25
Dealing with Conflict	Mon 13.10.25
The therapeutic Power of Language (2-day course)	Mon 3.11.25 & Tues 4.11.25
How to Tell Stories that Heal	Wed 5.11.25
How to Control Chronic Anxiety	Mon 17.11.25
How to Lift Depression	Tues 18.11.25
Stopping Addictions	Wed 19.11.25
Overcoming Self-harm	Thurs 20.11.25

The HG Diploma is a part-time, highly practical and accessible psychotherapy course – the skills and knowledge you will gain also have wide-ranging applications outside the field.



It is a recognised part of the national SCoPEd psychotherapy and counselling training framework. Graduates 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

For full details
of all Part 1
courses, visit:
www.humangivens.com/part-1/



view all courses
humangivens.com/college
info@humangivens.com
+44 (0)1323 811690