



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 2026/27

BRISTOL

How to Control Chronic Anxiety	Tues 14.4.26
How to Lift Depression	Wed 15.4.26
Dealing with Conflict	Mon 20.4.26
The Therapeutic Power of Language (2-day course)	Mon 13.7.26 & Tues 14.7.26
How to Tell Stories that Heal	Wed 15.7.26
Stopping Addictions	Thurs 16.7.26
Overcoming Self-harm	Fri 17.7.26
Guided Imagery and Visualisation	Mon 3.8.26
The Rewind Technique (2-day course)	Tues 4.8.26 & Wed 5.8.26
Guided Imagery II – essential techniques	Thurs 6.8.26
How to Control Chronic Anxiety	Mon 7.12.26
How to Lift Depression	Tues 8.12.26

LEEDS

The therapeutic Power of Language (2-day course)	Tues 10.2.26 & Wed 11.2.26
How to Tell Stories that Heal	Thurs 12.2.26
Dealing with Conflict	Mon 2.3.26
Guided Imagery and Visualisation	Fri 15.5.26
The Rewind Technique (2-day course)	Sat 16.5.26 & Sun 17.5.26
How to Control Chronic Anxiety	Tues 16.6.26
How to Lift Depression	Wed 17.6.26
Guided Imagery and Visualisation	Mon 23.11.26
The Rewind Technique (2-day course)	Tues 24.11.26 & Wed 25.11.26
Guided Imagery II – essential techniques	Thurs 26.11.26

LONDON

Guided Imagery and Visualisation	Mon 23.2.26
The Rewind Technique (2-day course)	Tues 24.2.26 & Wed 25.2.26
Guided Imagery II – essential techniques	Thurs 26.2.26
Stopping Addictions	Wed 22.4.26
Overcoming Self-harm	Thurs 23.4.26
The therapeutic Power of Language (2-day course)	Mon 18.5.26 & Tues 19.5.26
How to Tell Stories that Heal	Wed 20.5.26
Guided Imagery and Visualisation	Mon 22.6.26
Guided Imagery II – essential techniques	Tues 23.6.26
The Rewind Technique (2-day course)	Wed 24.6.26 & Thurs 25.6.26
Dealing with Conflict	Mon 29.6.26
How to Control Chronic Anxiety	Mon 28.9.26
How to Lift Depression	Tues 29.9.26
Guided Imagery and Visualisation	Mon 5.10.26
The Rewind Technique (2-day course)	Tues 6.10.26 & Wed 7.10.26
Guided Imagery II – essential techniques	Thurs 8.10.26
The therapeutic Power of Language (2-day course)	Tues 3.11.26 & Wed 4.11.26
How to Tell Stories that Heal	Thurs 5.11.26
Dealing with Conflict	Mon 16.11.26
Stopping Addictions	Wed 2.12.26
Overcoming Self-harm	Thurs 3.12.26

Part 2 dates – 2026 / 2027

These courses fill up very quickly, please contact us as soon as possible to let us know which Part 2 date you'd like to do, and apply for your Part 2 place as soon as possible while you're working through Part 1.



View Part 2 dates →

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).

humangivens.com/diploma

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

Quick booking links

To make booking multiple courses easier, visit the **fast track** page below and simply click the 'Add to basket' link beside each event you'd like to attend.

humangivens.com/part-1-fast-track/

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