



**"It was the down-to-earth practicality that first attracted me to the human givens approach to mental health and wellbeing."**

*Julia Welstead*



## Why I'd like to tell you about the human givens

### **About Julia Welstead**

*Further to her nursing career and a degree in Biology, Julia undertook the post-graduate Human Givens Diploma and now helps people suffering emotional distress in all its forms – including as part of a team de-traumatising survivors of major incidents. She also trains staff within organisations in how they can apply the human givens principles to all aspects of their working day, including team cohesion.*

Nursing and sheep farming have taught me to be practical and pragmatic: there's no time to indulge in intellectual navel gazing, bureaucratic box ticking, or highbrow philosophical exchange when faced with a patient in cardiac arrest or a sheep stuck on its back in freezing mud (a good analogy for some forms of depression!) but there is a vital need for efficient, focussed logic and intelligent, practical strategy.

It was this very same down-to-earth practicality that first attracted me to the human givens (HG) approach to mental health and wellbeing.

A few years ago I was working in a busy hospital Day Surgery Unit, nursing a conveyor belt system of patients through their minor operations and investigations, and I couldn't help but notice the high stress levels of both patients and staff. One day I was having a calming conversation with a nervous patient when the nurse in charge strode past asserting 'there's no time for that!'

Thus began my search for an antidote to our world's ever increasing stress levels, a career change, and a way that I could better help people to maintain their emotional health.

## How can we stay sane in our frantic world?

“ It has become unavoidably obvious that something is not right. But what? To answer these rather big questions, we need to go back to what it means to be human... ”

Despite an increase in government funding being allocated to mental health, and huge investments in drug treatments, rates of mental illness continue to rise. Ever increasing numbers fall prey to stress related illnesses: depression, anxiety disorders and addictions.

You are almost bound to know someone who is suffering.

Much of our workforce risks burn-out from stress and more people are depressed than ever before. Our children and university students suffer anxiety borne of the media-led pressures of perfectionist expectation and a lack of life skills, and increasingly resort to self-harm. Suicide rates among our young – especially young men – are rising alarmingly.

We face a huge mental health crisis – and it's getting personal. It has become unavoidably obvious that something is not right. But what? What's going on?

Are we finding it hard to keep up with our own innovations in our fast-paced and ever-changing world? Have we somehow lost the flexibility and resilience required to stay in tune with our surroundings? Or is our cohesion as a species, our instinctive drive to care for each other, being eroded in the rush for individual gain?

## What do we need in order to survive and thrive?

To answer these rather big questions, let's get back to the basics of what it means to be human. What does every single one of us need in order to survive and thrive?

The fundamental imperative for all organisms, including human beings is, of course, to survive. To do this we must take nourishment from whatever environment we find ourselves in, in order to continually maintain, grow and rebuild ourselves.

Like all animals we need air to breathe, water to drink, nutritious food and sufficient amounts of the right quality of sleep. These physical needs are obvious because, if they are not met, we quickly die – as many people sadly do in those parts of the world where clean water is scarce and food in short supply.

We also seek, or create, shelter where we can protect ourselves from the elements and surrounding dangers, so that we can grow, reproduce ourselves and bring up our young.

We all understand these basic and vital physical needs and take it as a 'given' that we must get them met in order to survive.

But that isn't the whole story. Psychologists throughout the ages have also determined that there are other nutritional needs – emotional rather than physical – which are equally crucial for our wellbeing, and sometimes vital for our very survival.

## Our vital emotional needs

The human givens model identifies the following specific emotional needs as core drivers of our behaviour:

**SECURITY** – a safe territory and environment that allows us to live without undue fear, develop fully and have space to grow. When we don't feel safe in our environment our emotional brain can take over, dominating our thinking and behaviour, in effect making us less able to use our rational human brain, and more likely to be fearful and aggressive or become anxious and stressed. This can be clearly seen on a grand scale in countries torn apart by war, but occurs wherever security and safety are compromised, within families, at work, at school and within our communities.

“ The core drivers of all human behaviour ”

**AUTONOMY** – a sense of control over what happens to us and around us, the freedom to make our own decisions and choices, which helps us to feel in charge of ourselves rather than overwhelmed by life.

**ATTENTION** – giving and receiving it are both vital forms of nutrition that fuel our development. If we didn't immediately seek attention as newborn babies, we might starve. Paying attention to each other forms part of our group bond as a gregarious species and helps us maintain a shared sense of reality.

**INTIMACY** – emotional connection to others through friendships and loving relationships. We all need at least one person who accepts us for who we are, 'warts and all', who is biased in our favour and will support and defend us. This need not be the more obvious parents, siblings, partners or spouses, but may be a grandparent, a teacher, a good friend, a neighbour or a colleague.

**COMMUNITY** – connection to people outside our immediate family, through work, hobbies, sport, geographical and cultural communities. We have evolved as group animals because our survival in harsh conditions depended on being part of a collaborative team – traditionally our tribe. This harks right back to our hunter-gatherer era, and even before that our ancestors would have owed their existence to being part of a primate group. Those who got separated or ostracized were very likely to be eaten by predators or die of starvation. Even in today's world, where we are unlikely to be eaten by hyenas, we still feel the mortal fear of likely death if we are outcasts. We therefore have a very ingrained need to belong to a group of some sort. Do today's 'virtual' communities, gathered together and joined through the technology of social media, give us the same sense of safety?

**STATUS** – within our communities. A sense that we are accepted, valued and have status within the groups to which we belong (work, family, town, sporting etc); being respected for who we are and what we can do (how we can be useful within the group) by at least some people. We need to feel that we are respected and valued by the groups, or communities, to which we belong so that we don't feel in danger of being thrown out or left behind.

**ACHIEVEMENT & COMPETENCE** – a sense of our own competence and abilities, knowledge and skills, without which we may feel inadequate, lack confidence and develop 'low self-esteem', and may even withdraw ourselves from our own communities if we don't feel useful enough. Genuine confidence, built through competence, gives us resilience to cope with life's difficulties.

**PRIVACY** – enough time and space to reflect on, learn from, and consolidate our experiences. In our frantic, attention-grabbing world such privacy is an increasingly scarce commodity and must sometimes be deliberately sought so that our minds don't become overloaded with a chaos of information.

**MEANING & PURPOSE** – which comes from being stretched, mentally or physically, and having purpose in what we do, being helpful within our communities, or being connected to ideas or beliefs greater than ourselves (being interested in the bigger picture).

As you will have noticed, our emotional needs are not hierarchical, they overlap and interconnect – we need all of them to be met in balance to keep us well.

For example we all need a certain amount of attention, but an attention seeker can be a nuisance whom we all try to avoid (thus reducing his or her ability to attain community or intimate connection). We all need security, and yet sometimes we need to take risks to progress; being too risk averse, therefore, can be counterproductive. Too much privacy can mean we are not around people enough and not connecting with our community. Control and volition is good, yet control freaks can cause havoc with other people's needs within families, work situations and at country and global levels, as is all too obvious in our daily news reports.

In short, our emotional needs are best met in balance, on what a colleague of mine has termed the Goldilocks scale: "not too much, not too little, just the right amount".

**Having our innate emotional needs met in balance is best regarded as a form of nutrition, not too little, not too much, just as a balanced diet of healthy food nourishes our body, but too much, too little or the wrong type of food is bad for us.**

## Our inbuilt human resources

In order to get our needs met, we have an inbuilt set of human resources with which we can understand and interact with our environment. The human givens approach identifies our key resources as:

- **Emotions and Instincts:** which help us to understand what's happening around us and respond accordingly. Our emotions drive us to act, quite literally to move (hence the word), for instance the emotion of fear will prompt us to retreat from the cause. Our emotions all have a vital purpose in our drive to survive
- **Empathy:** the ability to build rapport, empathize and connect with others, so we can care for each other and share as a group
- **Memory:** the ability to develop complex, long-term memory, which enables us to add to our innate knowledge, remember experiences and learn
- **Imagination:** with which to focus away from emotions and problem solve creatively by trying out ideas in our mind
- **Intuition:** the ability to 'know', to perceive and understand the world unconsciously through a subtle metaphorical pattern-matching process; a fundamental way in which our brains work
- **Reason:** a conscious, rational mind that can check out emotions, analyse, plan, fine tune, question
- **Enhanced Awareness:** the potential to develop an 'Observing Self', that part of us which can step back, be more objective and recognize itself as a unique centre of awareness separate from intellect, emotion and conditioning
- **Dreaming:** our brain's way of both preserving our instincts and defusing uncompleted, unresolved or unfulfilled emotional arousals (including worries and ruminations) to create spare mental capacity for the next day

These inbuilt resources are our tools: designed, developed and honed to match and meet our needs.

## A practical framework for achieving emotional health and clear thinking

The human givens model, therefore, clearly defines what it means to be a human being: what we need in order to be healthy (innate needs) and what nature has given us by design to get those needs met (innate resources). These are the 'human givens'.

With the basic elements of our needs and our resources described like this, a framework for wellbeing becomes clear.

Just as a lack of one of our physical needs (water for instance) can make us ill and threaten our life, so a missing element of our emotional needs can cause us emotional difficulties that can lead to mental and physical ill health. Conversely, with all of our needs met in balance we will thrive and flourish.

The implications of these essential principles of human nature are what you will learn about in this short ebook.

### THE RECIPE FOR WELLBEING

With these core 'givens' of human nature (our needs and resources) clearly understood, we can define the fundamental principles of human survival:

- If our needs are being met well and in balance, we will be thriving and in good emotional health: we cannot be mentally unhealthy.
- When our needs are not well met, we struggle with emotional difficulties and can suffer mental and physical illness.
- The way we use our innate resources to meet our needs determines our physical and emotional health: individually and also within our family, work, cultural and global contexts.

## Putting HG theory into practice

When I learned and absorbed the HG overarching idea it transformed the way I approached everything in all aspects of my life.

Whatever occurred, and whoever I met, I could now see and assess the situation from the perspective of 'which needs are not being met in balance here?' and 'what can I do that will help to clear away the obstacles, or re-balance the situation, so that everyone can begin to get their needs met?'

If, for instance, you are suffering from depression, finding out about the cycle of depression and how all the symptoms spring from an imbalance in your emotional and physical needs, is a huge step forward in being able to plan and execute a route out of your difficulties. (Peer-reviewed research into why the HG approach is so effective concludes that its emphasis on psychoeducation is a significant factor in helping a speedy recovery from depression.)

Similarly, if you have ongoing anxieties or recurring panic attacks, knowing the evolutionary basis for these, and learning how to overcome your symptoms, clear your mind and look to your unmet needs, helps enormously with figuring out how to deal with them and reduce their impact on your life.

To show you what I mean, here are a couple of examples from my own life and work.

A colleague of mine put it this way:

***"No matter who comes through my door, I know that I can enable that person to help themselves.***

***Together we can take a step back from whatever the problem is and use the HG framework to look at the situation and find solutions."***

## Lifting Depression

Last year I successfully treated a client who had suffered recurrent bouts of depression for many years and was at his wits' end, not by using inflexible prescriptive cognitive work, nor with analytical gazing into his past (he had tried both of those methods), but by looking at his life in its current context and helping him to see where his needs were not being met, and why.

In the first session we identified an underlying trauma that had been diminishing his ability to connect with people, and unhooked it from his emotional 'fight or flight' survival brain using a technique developed through the human givens approach (all human givens therapists are taught how to remove phobic responses and PTSD symptoms). In a few subsequent sessions we worked on strategies for getting his needs met, especially those of attention, emotional connection and status within his community.

Using the HG approach, this man went from having a concrete plan to permanently solve his difficulties – by jumping off a bridge – to having a clear set of positive, achievable and needs-oriented goals, based on ideas that he had had at the back of his mind for many years, and drawing on his own forgotten resources.

He has since let me know how full and busy his life has become and how vital the HG intervention was in changing the course of his life for the better.

“ His life is now full and busy – and he thanks HG therapy for changing the course of his life for the better. ”

## Being a parent

To take a very different example, from my personal life, recently my son, who had just passed his driving test, bashed into an oncoming vehicle when turning right out of a narrow street. No one was physically hurt, but damage to both cars required attention.

My immediate instinct was to take over, make all the necessary arrangements and protect my boy from 'the big bad world' whilst also admonishing him for not looking properly! But with an HG focus I could see that allowing him

to take the metaphorical 'back seat' was effectively treating him like a dependant child and thus doing him no favours at all in terms of his emotional needs for control, volition, competence and status, and his ongoing development of confidence and resilience as a young adult within our culture.

Instead, I taught him how to calm down, think clearly and work out what needed to be done to rectify the situation. I also made sure he got 'back in the saddle' by driving the car the next day and successfully making the same right hand turn, so that the incident did not become embedded as a debilitating trauma. And of course taking these measures also helped me, his mum, to calm down!

Time and again, in all aspects of my life, I am being shown afresh how effective the human givens approach is, with its clear, simple yet robust framework for understanding human nature and the foundations of health in individuals, teams and communities.

For instance, as I write, I have just completed three teaching days for staff who work with volunteers in outdoor settings, conservation and wildlife projects. Teaching them about our innate needs and resources helps them to identify where needs might not be being met for both volunteers and staff, what to do about it and how to make the working environment and team spirit better for everyone.

**“ Time and again  
I am shown how  
effective the human  
givens approach is. ”**

## Why was the human givens approach developed?

If you could read a potted history of psychotherapy you would see an evolution of break-neck speed from the birth of the field to the chaotic situation of today, where we have at least 650 models of counselling and psychotherapy. Although many of these offer some effective techniques and useful insights, overall we have an uncoordinated disarray of theories, terminology and methods, which causes confusion among both health professionals and those in need of help.

Mature sciences like chemistry, physics and engineering are built on a broad common ground of understanding. Despite the wealth of psychological and neuroscientific knowledge available to us, this is currently lacking in psychotherapy. It was to address this lack that the human givens overarching idea was first proposed.

Psychologists Joe Griffin and Ivan Tyrrell, co-founders of the human givens approach, looked to the fundamental principles of what it means to be human (as explained in this ebook) to develop a simple, robust, scientifically up-to-date, coordinated and agreed bio-psycho-social model of healthy human functioning: a shared language and a practical framework upon which to build an effective, integrative approach to emotional health which truly understands us as human beings with human needs.

**HG Psychotherapy is a comprehensive integrative approach derived from psychology, neuroscience and human behaviour**

Taking this scientific approach to psychology and psychotherapy has enabled development of many revolutionary new insights, knowledge and understanding of how we 'tick' as humans, including:

- A comprehensive understanding of the crucial roles of dreaming and the REM state that is compatible with latest scientific research
- The first comprehensive scientific explanation of clinical depression, how depression is manufactured in the brain and its cyclical progression
- A new understanding of what hypnosis is and why hypnotherapy is often so powerfully effective
- A realistic model of psychosis and how to treat it
- A scientifically compatible model of how trauma is processed in the brain which has enabled PTSD treatment to be refined such that it is swifter and more consistently effective
- An effective approach for treating addictions based on a scientific understanding of the common biological path in the brain underlying all addictions and the addictive process, which helps control cravings
- Original insights into how autism is generated in the brain, and the concept of caetextia (context blindness)
- The discovery of molar memories (a memory with two connected emotional roots, one 'positive' and one 'negative') which drives much compulsive and seemingly irrational behaviour.

“ Griffin and Tyrrell's contribution advances psychology as much as the introduction of the Arabic numeric system, with its zero digit, advanced mathematics. *Washington Times\** ”

"Harnessed between these pages are scientific insights and practical techniques of sufficient power to completely revolutionise our approach to parenting, teaching and the caring professions. I wholeheartedly recommend Human Givens to any individual with a burning interest in how life works and can be adapted to work better."

*Dr Nick Baylis, Lecturer in Positive Psychology, Cambridge University*

\* These quotes are from the many reviews received for 'Human Givens: A new approach to emotional health and clear thinking' by Joe Griffin and Ivan Tyrrell.

## How does the HG approach help us to treat mental illness?

On a practical level I, and many other therapists, have found that the HG approach is effective, efficient and consistent in treating a broad range of conditions including:

- **Stress**
- **Anxiety**
- **Depression, including post-natal depression**
- **Addiction in all its forms**
- **Phobias**
- **Anger problems**
- **PTSD (post-traumatic stress disorder)**
- **OCD (obsessive compulsive disorder)**
- **Self-harming in all its forms**
- **Psychosis**

As well as helping with life changes, good and bad, including bereavement, physical ill health, persistent pain, relationship and work challenges or changes, childbirth and parenting.

The HG framework allows us to effectively help people through their difficulties because, if you look at their needs (which ones are not being met or are out of balance) and their resources (which ones are not being used correctly), then you can clearly see how to help them, and how to get them back on their feet and in charge of their own lives once more. HG simplifies and focuses all aspects of therapy by encouraging constant reference to the fundamentals of what makes us tick.

Thus HG helps all of us to better understand ourselves as well as those around us.

## Why does this approach work?

Speaking from personal experience as a practising psychotherapist, I can say with an open heart that the human givens approach has proved to be an extremely effective way to help the wide range of people that I see.

Here are some of the reasons this approach works so well:

- It is in tune with how we feel. This is what an HG trained GP colleague of mine calls the 'nodding patient test', so called because when he shares the human givens ideas with a patient, they nod a lot. It not only explains the symptoms they are experiencing, but on some inner, more intuitive level they recognise the explanation and their whole being sighs with the relief of that recognition
- Therapy sessions have a precise and efficient structure, which helps people to understand quickly what they can do to make things better for themselves
- It takes into account that we are all different: it is not a 'therapy-by-numbers' prescriptive solution, but looks at everyone as an individual who will devise unique solutions to their difficulties: it is not about the patient fitting the therapy but about us tailoring the therapy to fit the patient
- It emphasises that circumstances always alter cases. In other words, it takes into account the context of any difficulties
- Human givens therapists work in tune with how the brain works, because we know that when something happens to us the brain does a pattern match to what it means and that arouses emotions in us. Emotions power thoughts and behaviours which we may or may not become aware of, and emotion always comes before thought

“ I would recommend HG to anybody, for anything, anywhere, anytime – it's a lifeline. ”

*Sue Hanisch*

**You will probably find, as I did, that in learning about the human givens approach you discover not only how best to help others, but how to take care of your own mental and emotional health and be more resourceful and resilient through difficult times – I have certainly become much better equipped for dealing with my own life's ups and downs as well as learning how to help others.**

- It gives us clear, scientifically-based explanations of what is happening in our brains when we become traumatised, addicted, depressed, overly anxious, stressed, phobic etc. thus demystifying the symptoms and clarifying exactly what needs to be done to help
- It leads us to set positive, achievable and needs-oriented goals, making problem solving easier
- HG therapists are trained to use a wide range of proven and reliably effective psychological techniques – which further enhances our ability to tailor therapeutic interventions to the individuals we see
- It uses a technique for mentally rehearsing any changes or actions needed to overcome obstacles that may be in the way, and to imagine them as a reality in our lives
- It gives professionals and the public alike a clear, easily-understood language with which to talk about mental health and wellbeing
- It defines, in concrete terms, what causes the majority of mental health and behavioural difficulties. This provides a clear framework for improving matters through precisely targeted interventions – whether for individuals, families, organisations or whole societies
- It gives people the opportunity to own their own recovery and be in charge of their own life choices, independent of any therapeutic help they may receive, thus building their own sustainable resilience into the future. Patients should never become dependent on their therapists, as so often happens when people go into psychoanalysis.

## Where's the evidence?

The HG approach draws on research findings from psychology and neurobiology about what people need to function well, and on international research studies that have established which psychotherapeutic techniques are most effective. Decades of social and health psychology research now supports the reality of human emotional needs and the importance of meeting them if we are to be mentally healthy.

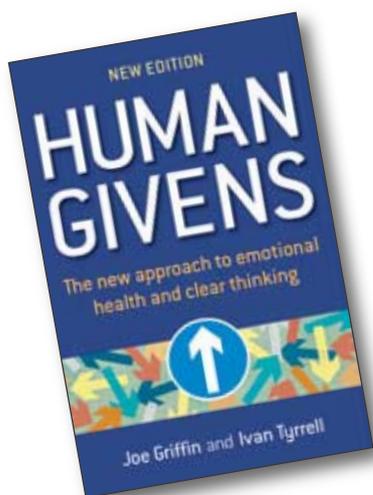
The evidence-based efficacy of human givens therapy itself is also well established (all HG trained professionals are encouraged to work in an outcome-informed way and collect data on their results) and research already points to a wide range of different areas where the human givens approach is not only useful, but can help people quickly and can save time and money.

The approach is being extensively used in Holland, Ireland and the UK, and by individual practitioners in many other countries across the world (and global interest continues to grow; the seminal book '*Human Givens: the new approach to emotional health and clear thinking*' was recently translated into Chinese.)

More evidence is emerging regularly through study of the ongoing work of HG trained professionals. For instance, the development of a randomised-controlled trial (RCT) to test the human givens approach is currently in process, in a collaboration between the University of Bristol and the National Health Service.

If you would like to see the academic evidence for why this approach is so effective visit:

[www.humangivenscollege.com/research/](http://www.humangivenscollege.com/research/)



## Ongoing development of the model

Scientific research is, by its very nature, always moving forward, developing and discovering, and one of the great strengths of the human givens approach – which I heartily applaud – is that it is an open-minded, dynamic, forward-looking discipline, which has always made good use of the wealth of psychological and scientific knowledge available to us and is able to take on board and respond to new scientific discoveries as they emerge.

## Who is using the HG approach?

Because of its universal applicability, the human givens approach is not only used by psychotherapists and counsellors. It is being applied across the wider landscape of health and education and within professions as varied as business managers, organisational leaders, police workers, fire fighters, airline cabin crew, strategists, journalists, politicians, diplomats, lawyers and magistrates.

Wherever it is implemented, the people involved find that their work is made easier and more rewarding and they see great improvements in people's lives.

To give you a flavour of this, whilst writing this book I decided to ask a few people who use the HG approach in their work to tell me what it provides for them, how it helps and what aspects of it stand out.

Following are some excerpts from a few of the many responses I received, which I'm currently compiling into another ebook which will be available soon.

“ Human givens is constantly engaging in new learning and adapting according to new findings. It is not a static model, it's something that is growing constantly and has not been allowed to become fixed, dogmatic or set in its ways. I feel that's really important, that it's a living understanding that is growing all the time. ”

Gail Rhodes,  
HG Psychotherapist



## **Dr Andrew Morrice**

**GP**

"I would unhesitatingly recommend the human givens approach to GPs, and I know a lot of doctors who have attended human givens courses or completed the diploma, as I did in 2012.

The HG approach informs all the ways in which I explain about mental and emotional health problems. I use it most of all as an explanatory framework because patients find it an extremely useful frame of reference. Whenever I describe their problem from the human givens perspective they are more likely to understand what's happening – and I get the sense that they recognise what I'm saying is true.

The human givens approach is completely and seamlessly integrated into the way I work as a GP, and I would certainly feel lost and disabled without it.

There is no doubt that the information on issues like depression, anxiety, anger, addiction is invaluable, as well as the general model, which I use multiple times a day in my work, probably in some respect with every patient I see, even if only to calm them down if they are anxious or agitated about coming to see the doctor!

Because of the human givens techniques, I find I can manage a lot of the anxiety and depression cases myself, and I don't have to refer people on to the overstretched NHS mental health services. If needs be, I refer patients to HG practitioners for further treatment."



## **John Bell**

***Diplomat and Middle East conflict resolution specialist***

"The HG approach has provided me with a concrete list of human needs that are frankly directly applicable to many, many situations whether it is status, legitimacy or autonomy. With the human givens idea in place we can look at any conflict and see what's lacking and why they are fighting over those exact things. Joe Griffin and Ivan Tyrrell gave me this framework that's crystal clear as opposed to the

more vague one I previously had in my head. They really pinned it down, which was the crucial gain that they provided.

The way I use the HG approach is fourfold. Primarily, and probably most keenly, it informs me in my daily work, in that I now assess a situation according to the human needs underlying it. Secondly, the HG approach can be a term of reference for actual negotiations: getting these concepts from the abstract level to living reality is tricky, but I'm promoting this through my teaching, which is the third way I use HG.

I teach HG within my intensive course on diplomacy. Human givens underlies all my teaching because if people's needs are being met, cult thinking or nationalistic ardour or extremism are far less likely to prevail. Fourthly, HG is significantly influencing a book I am writing about the current Middle East situation and how it provides an example that can help us to envision a new human politics, one that has as its foundation stone an understanding of how our innate human needs have to be met by all sides in a conflict if we are to avoid the violence produced by extreme cult thinking."



## **Sue Hanisch**

***Medico-legal consultant, former NHS occupational therapist***

"I would recommend HG to anybody for anything, anywhere anytime any place, because it's a lifeline.

As well as my medico-legal work, I have worked in Bosnia with the women victims of war, those who have been in the rape camps. I also work with the IRA, and with amputees. Helping people to adapt to whatever situation they find themselves in has been running through my whole professional and personal life.

HG is hugely beneficial wherever we go with it as it gives us the ability to go into any situation and help effectively. Knowledge of the human givens approach allows us to understand what's going on internally, whatever the external circumstances, and therefore have the capacity to stay with difficult conversations and situations and find solutions.

As well as being vital within my professional work, HG has been hugely influential in my personal life. In February 1991 I was in Victoria Station, London, and I lost my leg in an IRA bomb.

Quite apart from the physical loss, I was emotionally traumatised for ten years, through the negative impact of solicitors (who put everything in terms of loss) and of a series of very harmful forms of counselling (going over and over the negative impacts without ever finding solutions). It was only the human givens approach that helped me, that de-traumatised me and quite literally rescued me.

My own life experiences and the HG training have woven together to give me the capacity to help others, and myself, that I have now."



**Dr Declan Lyons**  
*Consultant Psychiatrist*

"HG is a solution focussed approach that does not dwell unnecessarily on the past and has a strong focus on lowering emotional arousal. Patients relate well to the therapeutic explanations and language, which promotes insight and engagement and sets the scene for rapid behavioural change and breaking of patterns. Meeting of wider emotional needs and not just removal of symptoms may enhance functional recovery and reduce relapses.

The HG training is flexible, with core subjects on a range of topics from tackling addiction to fast trauma cure given in stand-alone training days suitable for busy professionals from a range of backgrounds, especially for a wide variety of clinicians e.g. higher specialist trainees in Psychiatry can fulfil their psychotherapy training requirement with this.

There are plentiful opportunities for the use of HG therapy within conventional mental health care. The therapy environment could be anywhere from an inpatient ward to A&E (Accident and Emergency). Nursing staff, social workers and paramedics are all ideally positioned to utilise HG principles in acute settings and outpatient facilities where significant steps to recovery can be built using HG methods, which recognise the value of immediate rapport building

and support and therefore effectively engage and educate patients even when in crisis.

The HG principles can be used as a guide for a daily wellbeing routine, as a template for problem solving (using resources) and to audit the needs of people in relationships. If we accept that we all have to have our needs met in balance, it promotes a no-blame culture – within families, work-teams, organisations and society at large.

Psychiatry's expertise arises from its background in biological sciences (internal focus) but is enhanced by its ability to understand and work within the social environment (external focus) and this maps well onto the HG principle."



## **Veronique Chown**

***Teacher, psychotherapy trainer***

"Having the HG organising idea in your head is like having a brilliant road map to inform what you do and how you do it. It gives me a baseline from which to operate and direct my work.

The diploma course was succinct and targeted and left no stone unturned. The training meant that I immediately had a bigger pattern from which to operate. Once I had internalised the knowledge and those firm foundations were in place, I was then free to use my creativity to expand and enrich those new patterns of understanding. I found this hugely empowering.

For me it was the practical flexibility of HG, its effectiveness and its emphasis on common sense that I found most attractive; things which to my mind are sorely lacking in our day and age. I like the flexibility of it and its immediate application – and also how you can use it to work with anyone because it applies to every member of the human race. It is based upon innate human needs, and no one is excluded from those.

The overarching framework of HG and the practicality go hand in hand because without the bigger framework and the context you lose the practicality. For me it's this connection to the bigger picture that gives HG the flexibility that I really like and that makes my therapeutic work more effective."



## **Gareth Hughes**

***Counsellor within the Student Wellbeing Service,  
University of Derby***

"The human givens approach is a comprehensively built model, very well researched and very well built, with a simple, strong framework that I can plug tools and strategies into all the time. It is flexible and non-prescriptive, I can adapt it to whatever situation I am in really easily.

I have found the approach to be particularly well suited to students because they are open to the education aspect of it: they are primed for learning so that whole aspect of 'so why are we feeling like this, what's going on?', the emotional arousal and what you can do about it, the needs and so on, all of that is just learning, and they are used to learning, so you just plug in to all of that and it works well and swiftly.

With HG based interventions, we are seeing more students staying, and also a spike in the number of students coming to see us. More students are willing to access support than were before: we've helped to make it more acceptable and normal. The feedback from the students and the lecturers is very good."



## **Miriam Chachamu**

***Family and Child Psychotherapist***

"The most fundamental insight that the HG approach gave me was seeing problem behaviour as an inappropriate attempt to meet valid needs in the child. Being able to identify these needs and look at how the child can learn to meet these needs in a way that's more acceptable gave me the roadmap that I needed. Before my HG training, my thinking had been more, 'OK he's doing this challenging behaviour, you can use all these skills to calm him down and help him behave better', but I didn't have a clear enough understanding of why the behaviour was happening in the first place.

When teachers and parents who are really frustrated by behaviour that can be really horrible, it can be violent, understand that children

behave like that to meet needs, it is easier for them to keep calm and not take things personally. They become less resentful and more sympathetic.

To me, the HG approach provides a framework that organises and helps make sense of the things that I already knew. It provides a much more positive way to think about children, teachers and parents.

HG is like the background canvas for my own painting. The canvas is always there in the background, and it allows me to paint my skills and ideas onto it.”



### **Jenny Moss**

***Retired Head Teacher of a special school***

“I think it is critical to get the human givens approach recognised in schools and in the health service and to incorporate it into all health and education training.

For me, coming across the human givens approach was a lightning moment, when I thought ‘oh my goodness me yes’. In a nutshell, the human givens organising idea gave me an umbrella, one defining idea for so many things that actually make us human.

The school staff really engaged with the HG approach as it provided an environment where everyone (staff, pupils and parents) was valued and accepted, felt safe and secure, and felt they belonged.

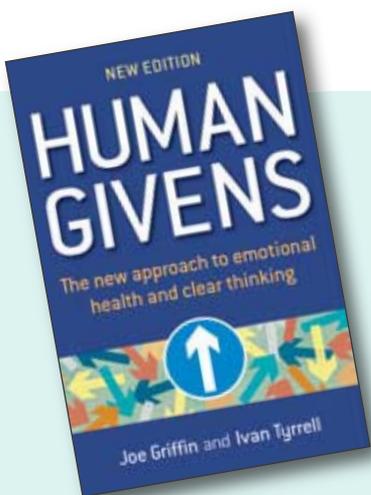
By internalising the human givens principles, you can apply it to anything. You can find ways through any situation by using the HG philosophies and practice.”

## Find out more

The intention of this short ebook was to give you a clearer appreciation of why this bio-psycho-social model is being adopted by – and is proving invaluable to – such a wide range of professionals, and how, with this approach, hundreds of thousands of patients and clients have learnt how to maintain their own mental and emotional health in a simple yet effective way.

But this was just the 'essentials'.

For lots more information about all things HG: more in-depth discussions about the causes of, and treatments for, a wide range of mental health conditions, details of all the HG courses including the diploma, the scientific evidence for the HG model, the efficacy of the therapeutic approach, and a list of registered therapists throughout the world, please see the links below.



*This seminal book on the human givens approach goes into much more detail than I have been able to here in my short ebook and is well worth reading if you would like to find out more.*

*It includes all the relevant references, including the research that has led to the many useful ideas and concepts found within the human givens approach.*

### **The Human Givens Institute**

**[www.hgi.org.uk](http://www.hgi.org.uk)**

### **Human Givens College**

**[www.humangivenscollege.com](http://www.humangivenscollege.com)**

### **Online Courses**

**[www.hgonlinecourses.com](http://www.hgonlinecourses.com)**

### **Human Givens Diploma**

**[www.humangivenscollege.com/diploma/index.html](http://www.humangivenscollege.com/diploma/index.html)**

### **Graduate feedback**

**[www.humangivenscollege.com/diploma/testimonials.html](http://www.humangivenscollege.com/diploma/testimonials.html)**

### **Research – into the efficacy of human givens therapy**

**[www.humangivenscollege.com/research/index.html](http://www.humangivenscollege.com/research/index.html)**

### **The Human Givens Foundation**

**[www.hgfoundation.com](http://www.hgfoundation.com)**

**Human Givens Blog**

<http://blog.humangivens.com/>

**Wikipedia**

[http://en.wikipedia.org/wiki/Human\\_givens](http://en.wikipedia.org/wiki/Human_givens)

**Human Givens Publishing**

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

Home to a range of useful books and CDs  
and the Human Givens Journal

**Online Register of Therapists**

[www.hgi.org.uk/find-therapist](http://www.hgi.org.uk/find-therapist)

**More related websites:**

[www.lift-depression.com](http://www.lift-depression.com)

[www.caetextia.com](http://www.caetextia.com)

[www.why-we-dream.com](http://www.why-we-dream.com)

[www.humangivensnederland.nl](http://www.humangivensnederland.nl)



This ebook has been produced by Human Givens College.

Human Givens College, Chalvington,  
East Sussex, BN27 3TD, UK

Tel: +44 (0)1323 811690

Email: [info@hgcollege.net](mailto:info@hgcollege.net)

[www.humangivenscollege.com](http://www.humangivenscollege.com)

[www.hgonlinecourses.com](http://www.hgonlinecourses.com)