



## 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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