



Human Givens Institute

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The Human Givens Institute (HGI) is the official membership body representing Human Givens Practitioners.

The HGI's [Professional Register](#) is independently accredited in the UK by the [Human Givens Institute - Accredited Registers | PSA \(professionalstandards.org.uk\)](#) (PSA). This is the same government authority that accredits and oversees BACP, UKCP, NCS and other similar membership organisations – thus the HGI is on a par with all of them. The PSA Mark of Quality assures the general public, service commissioners and employers that human givens practitioners belong to a register vetted and approved by an independent statutory body.



Accreditation with the PSA was achieved by the Institute following a rigorous process of evidence provision and demonstration of high standards in all of the measured areas. The HGI successfully met the PSA's high standards in: governance, education and training, managing the register, setting standards, providing information and complaints handling. Accreditation also offers practitioners working in counselling and psychotherapy a means, by joining the HGI, of demonstrating their personal commitment to meeting these high standards.

The NHS seeks counsellors on an Accredited Register, such as the HGI's. [NHS Choices](#) states that "reputable therapists will be registered with a professional organisation that's been accredited by the Professional Standards Authority (PSA) – this means they have met the PSA's required professional standards to practice" and [NHS Employers](#) lists the Human Givens Institute (HGI) as a provider of counselling services under details of the use and benefits of Accredited Registers, [view here](#). Health Education England, on the [NHS Health Careers website](#), also highlights the importance of Accredited Registers under 'Entry Requirements and Training' and lists the Human Givens Institute.

Human Givens (HG) Therapy

The [human givens approach](#) to psychotherapy and counselling is a brief, solution-focused approach, which helps people feel better and move on in their lives as quickly as possible.

Practical and flexible, it combines the latest insights from neuroscience and psychological research with proven therapeutic techniques from a wide range of approaches to provide highly effective interventions tailored to individual clients.^{1,2}

The principles behind the human givens approach grew out of the work of a group of psychologists and psychotherapists who wanted to bring greater clarity, understanding and consistency to the field of mental health – and to make the way children and adults are helped safer and much more reliably effective.

People find the psycho-educational component of HG therapy particularly helpful, and this in turn helps individuals build resilience.

“The HG approach is informed by NICE guidelines and the evidence upon which they are based ... the approach is a bona fide treatment that significantly contributes to assisting service users in primary care to move towards recovery.”²

Although the HG approach itself is not explicitly recommended within NICE guidelines, it uses many approaches and techniques which are, such as diaphragmatic breathing/ controlled breathing, structured relaxation, cognitive restructuring and cognitive reframing.

Clients of all ages find HG empowering – it gives them clear explanations about the causes of mental health and behavioural problems, as well as the ‘tools’ they need to manage their own wellbeing and cope with future setbacks. By helping people move on in their lives as quickly as possible and helping to prevent relapses, this effective approach has enormous cost-saving implications for our health and educational services, and beyond.

The HG approach is successfully being used by School Counsellors, University Wellbeing Services counsellors, teachers, educational psychologists, welfare officers and many more.

To gain entry to the HGI Professional Register all potential members are required to:

Successfully complete Parts 1, 2 and 3 of the Human Givens Diploma, gaining the award of HG Dip P.

Complete the Fitness to Practise Declaration stating whether the applicant has any criminal convictions or is subject to criminal proceeding

Notify of any pending or current complaints with regard to professional practice

Notify if subject to any legal, court or disciplinary proceedings

Advise if a member of any other professional registers

Advise if they have ever been struck off another professional register

Have a DBS Disclosure

Confirm they have and will maintain professional indemnity insurance with a minimum cover of £1million

Have the mental and physical capacity to practise safely as a human givens therapist

Have read and agreed to adhere to the latest published edition of the Human Givens Institute's Code of Ethics and Conduct see: <https://www.hgi.org.uk/about-hgi/ethics-and-conduct/hgi-ethics-conduct-policy/section>

Comply with HGI data protection guidelines

Comply with the current supervision requirements

Comply with the current CPD policies

If you have any questions or require further information please contact Sue Gray, Executive Chair HGI on chair@hgi.org.uk

References

1. Andrews, W., Twigg, E., Minami, T. and Johnson, G. (11 February 2011) 'Piloting a practice research network: A 12-month evaluation of the Human Givens approach in primary care at a general medical practice.' *Psychology and Psychotherapy: Theory, Research and Practice*.
2. Andrews, W. P., Wislocki, A. P., Short, F., Chow, 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.

TESTIMONIALS

Gareth Hughes, 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, their emotional 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.”

Pat Capel, Teacher and HG therapist

“When I heard about the Human Givens, it rang so true that, as well as using it in my day-to-day work as a teacher, I felt I had to study it with the idea of eventually becoming a therapist. The solution focused approach seemed so logical and the idea that it is short-term therapy seemed desirable and practical... Finding solutions quickly has been vital. Adolescents and children seem to thrive on this methodology. We all like a problem to solve and potential solutions that make themselves known quickly. I have found it so successful with anxiety, stress, depression and even severe PTSD.”

Katherine Vilnrotter, HG Practitioner

“The response to the HG approach has been overwhelmingly positive. I work with all ages, including children as young as six, and across the board everyone gets it. I love the fact that the framework and approach of Human Givens is just as accessible to a six year old as it is to a grown adult, and equally profound. One common thread that I have noticed is the response to the explanation of basic neuroscience regarding how the brain processes information, and how that process changes with emotional arousal.

“After the brief explanation, usually prompted by the client mentioning an experience where they felt out of control in some way or at the mercy of their emotions, there is generally a response such as... “YES! THAT IS EXACTLY HOW I FELT!!!” Hearing that they are experiencing this BECAUSE their brain is working properly, and trying to keep them safe, is generally such a relief for the people I work with.

“I love working with children and young adults of all ages. The Human Givens principles and techniques have been helpful when working with small children dealing with bullying – not only to help them gain perspective about why the bully might be acting out, but to rehearse feeling and acting in more positive and constructive ways when difficult situations arise.”

FIND OUT MORE

Further testimonials

<https://www.humangivens.com/human-givens/about/testimonials/>

What makes the human givens approach different

<https://www.humangivens.com/human-givens/human-givens-therapy/hg-approach-difference/>

What to expect from HG therapy

<https://www.humangivens.com/human-givens/human-givens-therapy/how-human-givens-helps/>

Examples of the HG approach in education

<https://www.hgi.org.uk/resources/delve-our-extensive-library/education/how-schools-are-using-human-givens-approach>

and

<https://www.hgi.org.uk/resources/delve-our-extensive-library/education>

Research into the efficacy of HG

<https://www.humangivens.com/human-givens/research/>

Note on Trainee therapists

The HGI requires that all trainee HG therapists and counsellors make their status clear and always use the designatory letters and description: "**HG.Dip.P (Trainee)**" after their name.

When human givens therapists are working towards full practitioner level qualification (HG.Dip.P.) they must become a Graduate Members of the HGI. This means that they can practise as a Trainee Status therapist (or counsellor) under supervision, in accordance with the Institute's supervision policy, and are subject to the HGI's ethics code and complaints procedure. They are not, however, yet eligible to appear on the HGI's official register of fully-qualified HG practitioners.

Graduate Members must always make it clear that they are working towards their final Practitioner Qualification (Part 3, which must be completed within two years of when they were awarded the HG Diploma, Part 2) and always describe themselves as a Trainee HG therapist, practitioner or counsellor.

Please Note: some of our Registered Members also appear on additional psychotherapy or counselling registers.