

Certificate of Applied Psychotherapy (Human Givens) - Course Outline

Unit One - Introduction to the Human Givens Approach

Recent discoveries and their implications:

- the role of environment in thinking
- spindle neurons
- mirror neurons
- the default network
- caetextia (context blindness)
- emotion before thought

The Human Givens:

- law of organic life – a 'given' from biology
- definition and explanation
- needs and resources
- principle one: all behaviour is needs driven
- principle two: the brain works through a pattern-matching process
- principle three: the higher the emotional arousal, the more primitive the pattern-matching
- principle four: needs met in a way that maintains a state or climate of high emotional arousal, will reduce the likelihood of other important needs being met

Assessment: Essay, assignments and multiple choice tests.

Unit Two – Understanding Emotions

Definition and application

- preparation for action
- expectation and anticipation
- action to meet need
- emotions and depression, anxiety, addiction, trauma
- emotion - feeling - mood: making the distinction

Emotional Well-being

- definitions of wellbeing
- Positive Psychology (Seligman) model
- NEF model
- The 'Six Steps' to emotional well-being

Assessment: practical exercise and multiple choice tests.

Unit Three – Dreaming (the function of REM sleep)

- definitions and application
- elimination of emotional arousal
- creation of storage and processing capacity
- preservation of innate patterns
- strategies for restorative sleep

Assessment: short report and multiple choice tests.

Unit Four – Depression, new insights, fresh hope

What depression is, and isn't

- definition and application
- insights from recent discoveries
- dispelling some myths

Breaking the cycle of Depression

- using the RIGAAR therapeutic model
- how to build and maintain rapport
- gathering information in a therapeutic way
- getting positive achievable and needs-oriented goals
- highlighting adequate client resources
- getting agreement on strategies for change
- using guided imagery for lifting depression and anxiety

Assessment: multiple choice test, case notes, and demonstration.

Unit Five – Dealing with Trauma and Anxiety

- a quick tour of the brain (the limbic system)
- the 're-wind' technique
- panic attacks - explanation and response
- post traumatic growth – identifying the factors

Assessment: multiple choice test, short report and demonstration

Unit Six – Therapeutic Storytelling

- why stories - an overview
- stories that heal - generic examples
- how stories define who we are – a personal metaphor
- the essentials of creative storytelling – stimulating hope
- building and using mind maps

Assessment: individual mind map, practical exercise and client report.

Unit Seven – Addictions

- addictive behaviour - a new perspective needed
- new model of thinking and behaviour
- effective intervention

Assessment: missing word test

Examination

Part One - Multiple Choice/Missing Word online test (1 hour)

Part Two - Short Answer Questions (1.5 hour)

Certificates of Completion

Human Givens Australia will issue a Certificate of Applied Psychotherapy (Human Givens) to participants who successfully complete course requirements.

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