

Use this checklist* to protect yourself from harmful counselling and psychotherapy

An effective counsellor or psychotherapist:

- ✓ understands depression and how to lift it
- ✓ helps immediately with anxiety problems including trauma or fear related symptoms
- ✓ is prepared to give information and advice as needed
- ✓ will not use jargon or “psychobabble” or tell you that counselling or psychotherapy has to be “painful”
- ✓ will not dwell unduly on the past
- ✓ will be supportive when difficult feelings emerge, but will not encourage people to get emotional beyond the normal need to “let go” of any bottled up feelings
- ✓ may assist you to develop your social skills so that your needs for affection, friendship, pleasure, intimacy, connection to the wider community etc can be better fulfilled
- ✓ will help you to draw and build on your own resources (which may prove greater than you thought)
- ✓ will be considerate of the effects of counselling on the people close to you
- ✓ may teach you to relax deeply
- ✓ Will help you think about your problems in new and more empowering ways
- ✓ uses a wide range of techniques as appropriate
- ✓ may ask you to do things between sessions
- ✓ will take as few sessions as possible
- ✓ will increase your self confidence and independence and make sure you feel better after every consultation.



Depressed? Anxious? Angry?

How to feel better today

Where to find out more about the human givens:

United Kingdom

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References

1. Le Doux, J. *The Emotional Brain* (1998) Weidenfeld & Nicolson.
2. Source: MIND - National Association for Mental Health.
3. Danton, W., Antonuccio, D. and DeNelsky, G. (1995). Depression: Psychotherapy is the best medicine. *Professional Psychology Research and Practice*, 26, 574. See also: Danton, W., Antonuccio, D. and Rosenthal, Z. (1997). No need to panic. *The Therapist*, vol 4, no 4. Any form of counselling that encourages excessive emotional introspection can prolong depression and anxiety.
4. Griffin, J. and Tyrrell, I. (1999) *Psychotherapy and the Human Givens*. European Therapy Studies Institute.
5. Diagnosis, Vol 2 *Treatment Aspects*, United States Public Health, Service Agency
6. There is no meaningful difference between a counsellor and psychotherapist. They attempt to do exactly the same job and, whatever they call themselves, they should only be judged on how effective they are at relieving emotional disorders.
7. Mowbray, R. *The Case Against Psychotherapy Registration* (1995) Trans Marginal Press.
8. Griffin, J. and Tyrrell, I. (2000) *The APET model: Patterns in the brain*. HG Publishing. This new model, developed in the UK and Ireland, brings cognitive behavioural therapy (CBT) and solution focused brief therapy (SFBT) into line with the latest findings about brain functioning.
9. The European Therapy Studies Institute (ETSI) was founded in 1992. It is a multi-disciplinary body set up to study, research and inform the public on what constitutes effective counselling and psychotherapy.
10. Griffin, J. and Tyrrell, I. (2000) *Breaking the cycle of depression*. European Therapy Studies Institute.
11. Griffin, J. and Tyrrell, I. (2000) *The Shackled Brain*. European Therapy Studies Institute.

ESSENTIAL PUBLIC INFORMATION

Published by MindFields College to help improve the quality of counselling, particularly in regard to what the public should expect from counselling and psychotherapy services, given current knowledge about psychology and human behaviour.

Human givens brief counselling

Human givens therapy offers effective, practical and fast help for people who are depressed, anxious, phobic, or suffering from trauma, addiction, anger disorders or relationship problems.

Resolving emotional distress

STRONG EMOTIONS like depression, anxiety, and anger are at the root of why so many people seek help from GP's, counsellors, psychotherapists or clinical psychologists.¹ At any one time millions of people in the UK suffer from the negative effects of these emotions.² Despite their training many professionals are not good at dealing with the disruption that out of control emotions cause their clients. Some common forms of counselling, for example, are known to make depression and anxiety disorders worse.³ Conversely, the *right* type of counselling is known to be more effective than drug treatments for all of these conditions. Human givens therapy is in this category of counselling.

What are the human givens?

We all have basic physical and emotional needs such as the need for attention, love, security, connection and control, and the self-esteem which arises from competence and being stretched in our lives. Nature also gave us the resources to help us meet such needs including: memory, imagination, problem solving abilities, self-awareness and a range of different thinking styles to use in various changing situations. It is these needs and resources together, which are built into our biology, that make up the human givens.⁴

When emotional needs are not met or when our resources are used incorrectly, we suffer considerable distress. And so do those around us.

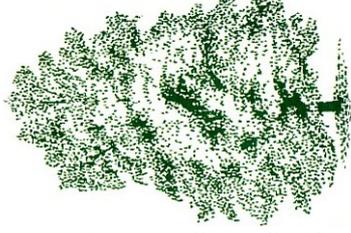
Human givens therapists focus on helping clients identify unmet emotional needs and empowering them to meet these needs by activating their own natural resources in new ways. To do this they use a variety of up-to-date, proven techniques aimed at problem solving.

Why is it effective?

Human givens counselling is effective because it draws on both findings from psychology and neurobiology about how people really function and international research studies that have established which counselling techniques are most effective.⁵

There are hundreds of different counselling and psychotherapy models⁶ that people use and this is confusing, especially for vulnerable people seeking help. It is no less confusing for GPs wishing to refer patients to an expert in dealing with emotional problems. It has only recently been realised that effective counselling *always* depends on how attuned the counsellor is to the givens of human nature so, although most counsellors are accredited by their various professional bodies, this is no guarantee for the effectiveness.⁷ By contrast, human givens counsellors have been rigorously assessed for their effectiveness in helping people.

Human givens counsellors do *not* waste time just endlessly listening to you or attempting to dredge up real or imagined miserable memories from the past, since research shows this tends to confuse and upset vulnerable people.⁸ Nor do they deal in time wasting, prolonged so-called voyages of "self-discovery". Instead they offer practical help that deals with mental and emotional distress in the here and now. Their training programme is approved by ETSI⁹ and they are accredited members of the Human Givens Institute (HGI) which *ensures* that they have a sound body of knowledge and the skills to help people quickly with a wide variety of emotional and behavioural difficulties.



Human givens counsellors and therapists can help...

- **reduce anxiety**

This can take the form of generalised anxiety, panic attacks, fears, phobias, lack of confidence or overwhelming stress and pressure. All can be treated swiftly by a human givens therapist.

- **break the cycle of depression**

Even chronic depression can often be lifted quickly and the meaning and joy returned to life.¹⁰

- **resolve trauma**

Human givens therapists can treat post traumatic stress disorder effectively and quickly.¹¹

- **manage anger**

Anger disorders damage health, increase the likelihood of an early death and cause enormous misery among relatives, colleagues and innocent bystanders.

- **stop addictive behaviour**

All forms of addiction can be helped - alcohol, drugs, gambling, sex, TV and computer games, eating disorders - providing the person wants to make the effort to stop.

- **relieve medical conditions**

Many conditions such as psoriasis, eczema, asthma, irritable bowel syndrome, chronic pain and migraine, have an emotional component. Stressful events often trigger an outbreak because emotions affect health - and vice versa.

- **harmonise relationships**

Relationship difficulties are often self-perpetuating because our beliefs and reactions to one another trigger patterns of behaviour which stop us solving them. When couples want to stay together but are having problems, human givens therapists can help.