

Human Givens

Description

After more than 30 years drawing on a wide range of development approaches and undergoing different trainings to acquire knowledge and skills, we have found Human Givens to have the most impact.

What makes Human Givens different is that it identifies what is missing, or being misused in clients' lives, with the aim of helping them find ways to better meet their needs and thus be more satisfied with life. Techniques include an evidence-based method for detraumatizing people and treating phobias which in most cases works in one session.

Rather than concentrating on what went wrong in the past, the Human Givens approach focusses on skills and understandings people can use to move on in their lives. This helps to make it fast and effective in helping people return to a healthy and sustainable psychological state and sense of wellness.

Drawing on findings from psychology, modern neuroscience and ancient wisdoms, Human Givens promotes emotional health, high quality problem solving and clear thinking. It is flexible, using techniques and approaches to best suit the person and situation.

Its success is evidenced by research findings that show that the Human Givens approach helps an unprecedented three out of four clients achieve significant improvement, usually in one to six sessions (1)

For further information:

<https://www.hgi.org.uk/human-givens/about-human-givens-approach>

(1). Andrews, WP, Wislocki AP, Short F, Chow D and Minami T (2013): A 5-year evaluation of human givens therapy using a practice research network, Mental Health Review Journal, 18, 3, 165-76

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Date Created

8 July 2022

Author

hkdv95