

## Human Givens Therapy

"Courage doesn't always roar.  
Sometimes courage is the quiet voice  
at the end of the day saying,  
"I will try again tomorrow."

Radmacher

### What is Human Givens?

"Human Givens" is a holistic therapeutic approach for emotional and psychological wellbeing, positive development and growth. It is based upon using all the psychological resources we are gifted with as humans to meet our innate emotional needs in a balanced and sustainable way.

It has proved effective in helping people experiencing depression, anxiety phobias, OCD, trauma/PTSD and addictions. It is used successfully in practice with adults and young people, but has also been applied to education, work with families and conflict resolution/mediation.

It incorporates both cognitive work (Psycho-education), insights into how the mind works from neuroscience, and creative approaches such as using metaphors, storytelling, guided imagery and visualisation.

### Human Givens Research Base

There are now a number of independent studies evaluating the human givens approach:

Human givens randomised controlled trial: There are no randomised-controlled trials (RCTs) to test the human givens approach. The first RCT is in process; The Bristol Randomised Controlled Trial Collaboration (a partnership between the University of Bristol and the National Health Service) has agreed to help design it.

A 12-month evaluation of the human givens approach in primary care (2011): Peer reviewed evidence for the effectiveness of human givens therapy, published in *Psychology and Psychotherapy: Theory, Research and Practice*, showed that, of 120 patients treated by HG therapists in a GP's surgery, more than three-quarters were either symptom-free or reliably improved as a result of the therapy. This was accomplished in an average of only 3.6 sessions. This compares favourably with the recovery rate for the UK Government's Improving Access to Psychological Therapies (IAPT) programme, which mainly uses therapists trained in cognitive-behavioural therapy (CBT) and expects therapy to take longer; less than half of its patients improve or recover.

Andrews, William; Twigg, Elspeth; Minami, Takuya; Johnson, Gina (Dec 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*. 84 (4): 389-405

"You are mistaken if you think we have to lower ourselves to communicate with children. On the contrary, we have to reach up to their feelings, stretch, stand on our tiptoes."

Janusz Korczak 1925



Using human givens therapy to support the wellbeing of adolescents (2011): An article for *Pastoral Care in Education: An International Journal of Personal, Social and Emotional Development* assessed the efficacy of an individual human givens intervention for three young people who reported high anxiety or depression and/or low self-concept. It found positive outcomes for the subjects which provided tentative evidence that human givens therapy might be useful to practitioners delivering therapeutic interventions in schools.

### **Research and Evidence Base**

Yates, Yvonne; Atkinson, Cathy (2011). "Using Human Givens therapy to support the well-being of adolescents: a case example". *Pastoral Care in Education*. 29 (1): 35–50

Assessing the effectiveness of the "human givens" approach in treating depression (2012): A peer-reviewed research paper, published in *Mental Health Review Journal* found that treating people with mild to moderate depressed mood (measured using HADS) with human givens therapy had quicker results than the treatment provided to people in a control group.

Tsaroucha, Anna; Kingston, Paul; Stewart, Tony; Walton, Ian; Corp, Nadia (2012). "Assessing the effectiveness of the "human givens" approach in treating depression: a quasi-experimental study in primary care". *Mental Health Review Journal*. 17 (2): 90–103

The Emotional Needs Audit: a report on its reliability and validity (2012): A peer-reviewed research paper published in the *Mental Health Review Journal* found that the Human Givens Institute's Emotional Needs Audit (ENA) was a valid and reliable instrument for measuring wellbeing, quality of life and emotional distress. It also concluded that the ENA allows insight into the causes of symptoms, dissatisfaction and distress, complementing standardised tools when used in clinical practice.

Tsaroucha, Anna; Kingston, Paul; Corp, Nadia; Stewart, Tony; Walton, Ian (2012). "The emotional needs audit (ENA): a report on its reliability and validity". *Mental Health Review Journal*. 17 (2): 81–89

A 5-year evaluation of the human givens therapy using a Practice Research Network (2012): A peer-reviewed research paper published in the *Mental Health Review Journal* (2012) evaluated five years' worth of practice-based evidence gleaned from a practice research network. The pre-post treatment effect size suggested that "clients treated using the HG approach experienced relief from psychological distress".

Swisher AK (2010). "Practice-based evidence". *Cardiopulm Phys Ther J*. 21 (2): 4

Peter Andrews, William; Peter Wislocki, Andrew; Short, Fay; Chow, Daryl; Minami, Takuya (23 September 2013). "A five-year evaluation of the Human Givens therapy using a practice research network". *Mental Health Review Journal*. 18 (3): 165–176

Evaluation of human givens 'rewind' treatment to treat trauma (2013): A poster presentation for a veteran lead research conference evaluated the effectiveness of a single human givens rewind treatment session to treat PTSD in the general psychiatric population and found that this treatment can be effective with severe, chronic and even multiple traumas in a single session, with some requiring no further treatment.

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Adams, Shona. "Evaluation of human givens 'rewind treatment' to treat trauma"

The Human Givens approach has been shown to have good outcomes in practice.  
<https://www.humangivenscollege.com/research/index.html#pilotstudy> links to a number of research studies

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