



The Human Givens approach to emotional health and wellbeing.

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The Human Givens approach to emotional health and wellbeing

DECP conference
8 January 2009

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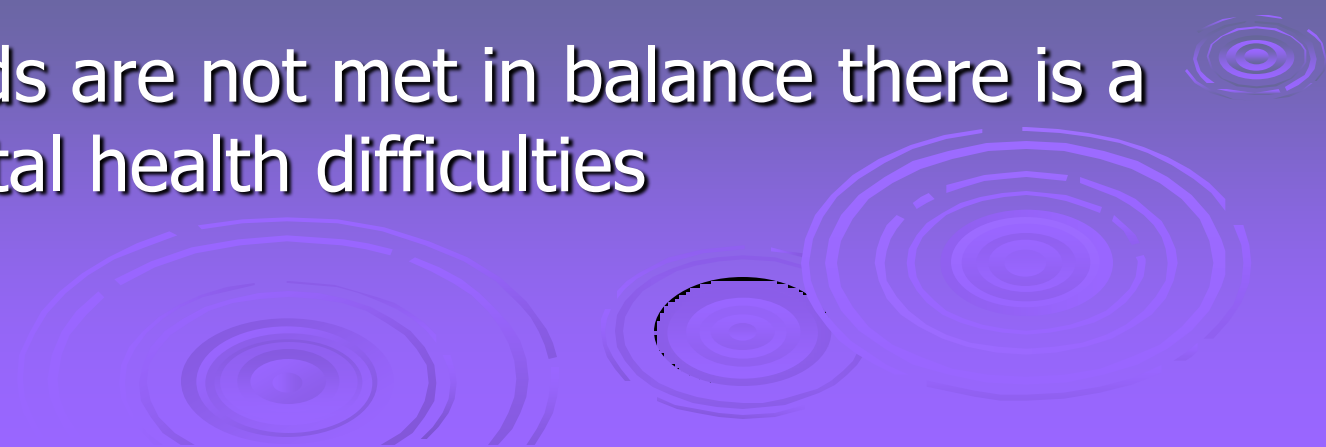


Human Givens

- Proposes a holistic and practical framework for understanding what individuals, families and societies require to be mentally healthy (Griffin and Tyrrell, 2004^[1]).
- Eclectic psychological and psychotherapeutic approach which draws on ideas from other counselling paradigms (e.g. Cognitive Behavioural Therapy; Neurolinguistic Processing; Solution Focused Therapy).

^[1] Griffin, J. and Tyrrell, I (2004). *Human Givens: a new approach to emotional health and clear thinking*. Chalvington: Human Givens Publishing Ltd.

Emotional needs

- Key organising idea of Human Givens therapy is that we have innate emotional needs and resources
 - These needs should be met in a fairly balanced way to ensure emotional wellbeing
 - Where needs are not met in balance there is a risk of mental health difficulties
- 

The Human Givens

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graph TD; A([The Human Givens]) --- B([Volition]); A --- C([Attention]); A --- D([Emotional connection to other people]); A --- E([Meaning]); A --- F([Being stretched]); A --- G([Sense of competence And achievement]); A --- H([Sense of status]); A --- I([Privacy]); A --- J([Connection to the wider community]); A --- K([Security]);
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Volition

Attention

Security

Emotional connection
to other people

Connection to the
wider community

Meaning

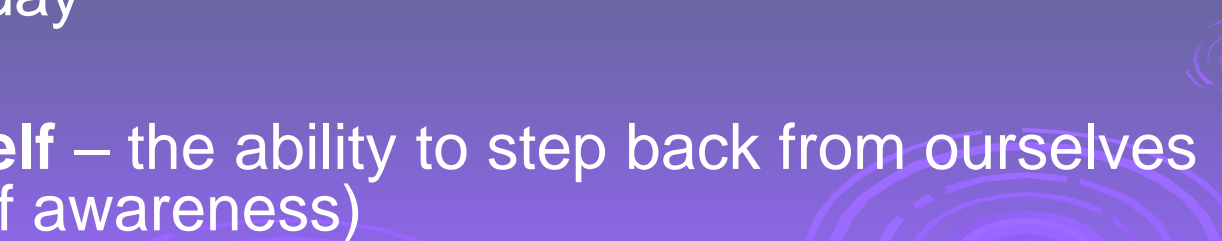
Privacy

Being
stretched

Sense of
status

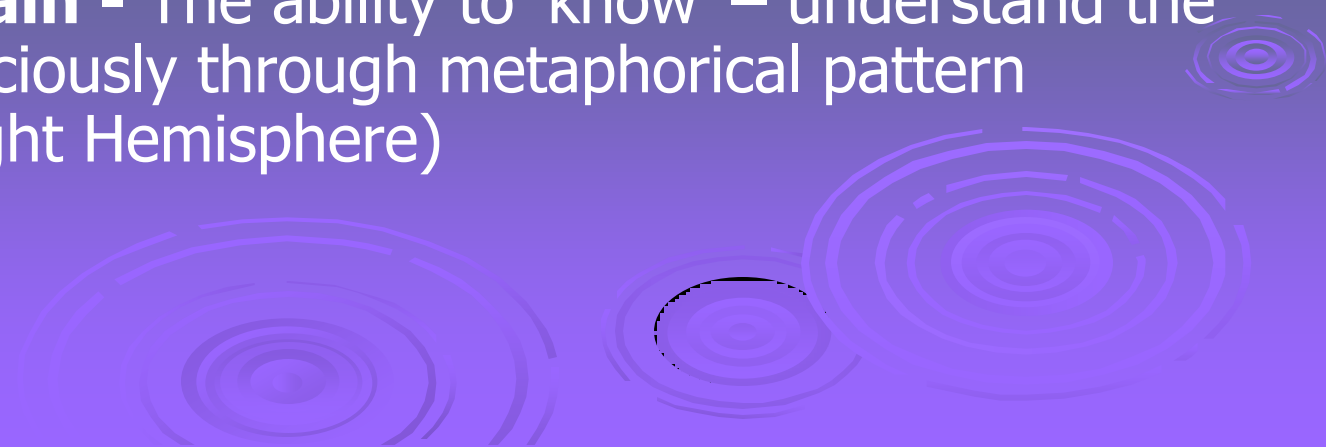
Sense of competence
And achievement

Resources

- **Empathy** - The ability to build rapport, empathise and connect with others
 - **Memory** - The ability to develop complex long term memory, which enables us to add to our innate knowledge and learn
 - **Dreaming** - A dreaming brain that metaphorically diffuses emotionally arousing expectations not acted out the previous day
 - **Observing self** – the ability to step back from ourselves (awareness of awareness)
- 

Resources (continued)

- **Imagination** - which enables us to focus our attention away from our emotions and problem solve creativity and objectively
- **Thinking brain** - A conscious rational mind that can check out emotions, question, analyse and plan (Left Hemisphere)
- **Knowing brain** - The ability to 'know' – understand the world unconsciously through metaphorical pattern matching (Right Hemisphere)



Evidence base for HG therapy

- At present, evidence-base limited as HG is new therapeutic intervention
- To date, research using Outcome Rating Scales (ORS) and Session Rating Scales (SRS)^[2] has suggested positive outcomes (N=432). CORE^[3] also being using to measure outcomes
- Details of ongoing research available at <http://www.hgiprn.org/index.html>

[2] Examples at <http://www.hgiprn.org/asures.html>

[3] Clinical Outcomes in Routine Evaluation <http://www.coreims.co.uk/>

The RIGAAR Framework for Intervention

Rapport Building

Information gathering

Goal Setting

Accessing Resources

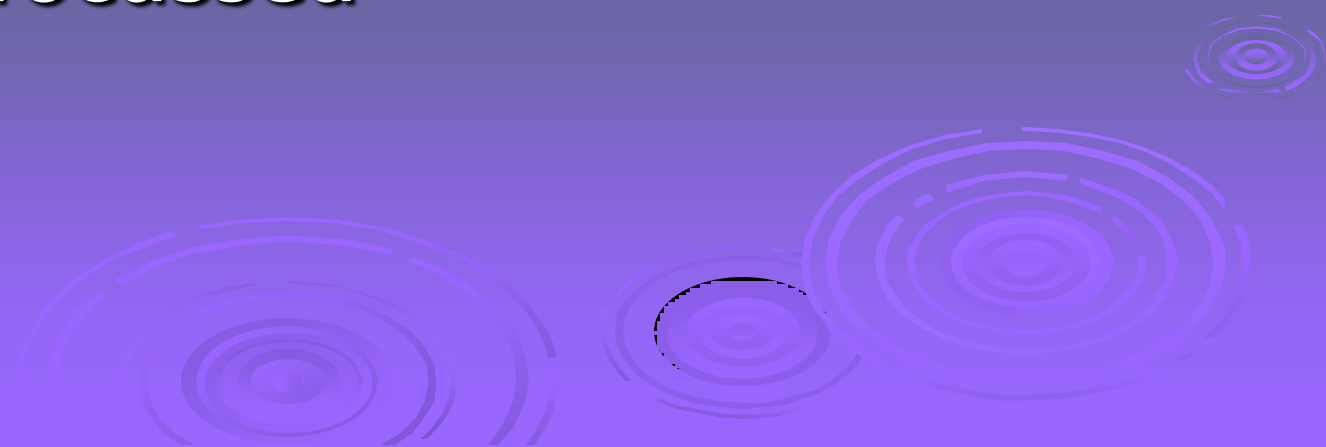
Agreeing Strategies for Change

Rehearsing the Strategy

Goal setting

Goals should be:

- Positive
- Achievable
- Needs focussed



Case study

Tegan (Year 6):

- Transition for high school. Vulnerable to exclusion
- Information gathering around anger outbursts
- Accessing resources – strengths; ambitions; preferences
- Agreed strategies – discussed current strategies and introduced others
- Rehearsal – role play (Broken record); relaxation and guided imagery. Use of story metaphor

Relaxation technique and guided imagery

- When relaxed you can't be anxious because you can't experience two contradictory states
- Strong emotional arousal (e.g. anger; depression) locks us in to a single view point and the neocortex cannot function properly (fight or flight; black and white thinking)
- Relaxation helps unlock the emotionally driven trance state allowing the higher cortex to function

