



## Transform lives with Human Givens Psychotherapy Courses

### Coming to Edinburgh in April

Human Givens College provides effective psychotherapy training and courses about key mental health problem areas for anyone which to help improve the lives of individuals, couples, families and communities. Our practical, down-to-earth training gives you essential up-to-date knowledge and proven psychotherapeutic techniques.

You will gain a broad 'tool box' of the most effective psychotherapeutic skills (drawn from a wide range of proven, solution-focused approaches, including CBT and others **approved by NICE**) for helping people overcome all number of difficulties, along with a solid psychological understanding of their causes and the essentials that everyone needs to maintain their emotional health and wellbeing.

We are delighted to be bringing three of our most popular courses to Edinburgh:

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Tuesday 2<sup>nd</sup> April

### **How to Tell Stories That Heal – a master class in therapeutic storytelling**

Stories and metaphor are incredibly powerful and useful therapeutic tools. They help bypass rigid views about life, reawaken hope and enhance the listener's flexibility of thought and problem-solving capabilities. And by suspending ordinary constraints, they fuel people's imaginations with the energy necessary to attain goals. In the physically ill, they can also stimulate the immune system and speed recovery...

[view the course](#)

*1-day course – 9.30am - 4.00pm • CPD Certificate (6 hours) • [Book online](#)*

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Wednesday 3<sup>rd</sup> April

### **How to Control Chronic Anxiety – practical skills**

This highly practical course focuses on giving you the key information and practical skills you need to lower anxiety levels and help people manage their own anxiety

better. It concentrates on generalised anxiety (including generalised anxiety disorder – GAD), social anxiety and panic attacks, but also addresses how to handle anxiety that is a feature of conditions such as autistic spectrum disorder, ADHD and bipolar and borderline personality disorder... [view the course](#)

*1-day course – 9.30am - 4.00pm • CPD Certificate (6 hours) • [Book online](#)*

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Thursday 4<sup>th</sup> April

## **How to Lift Depression – the practical skills you need**

Join us to discover how it's possible to lift depression quickly – even in the severest cases. With the right skills and knowledge the rates of depression and suicide, and the suffering of thousands, *can* be successfully reduced. The information you will learn on this course has literally saved lives... [view the course](#)

*1-day course – 9.30am - 4.00pm • CPD Certificate (6 hours) • [Book online](#)*

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[View all courses](#)

**PRICES:** £192 per person, per course – includes lunch, refreshments, VAT and course notes.

**VENUE:** Holiday Inn Edinburgh, 132 Corstorphine Rd, Edinburgh EH12 6UA

**TUTOR:** Denise Winn

Denise started her career as a journalist, editor and author specialising in psychology and mental health, and has practised as a human givens therapist for nearly 20 years. She is also an experienced trainer, having taught courses on different topics for more than 30 years.

**BOOKING:** If you would like to book a place on our course(s), please use the links above, or visit our website at [www.humangivenscollege.com](http://www.humangivenscollege.com). Alternatively, you can book over the phone by calling our friendly team on **01323 811690**. Our office hours are Monday to Friday 9am to 5:30pm.

Online courses:

[www.hgonlinecourses.com](http://www.hgonlinecourses.com)