



GLASGOW ANXIETY & DEPRESSION  
COUNSELLING SERVICE

## **HUMAN GIVENS THERAPY**

### **What is Human Givens Therapy?**

Human Givens is an integrative approach to psychotherapy and counselling. The Human Givens approach is a set of organising ideas that provides a holistic, scientific framework for understanding the way that individuals and society work. This framework encompasses the latest scientific understandings from neurobiology and psychology, as well as ancient wisdom and original new insights.

According to the Human Givens Institute: 'The Human Givens framework enables us to see where a person's life is not working well and to tailor solutions for each individual client using a combination of effective psychological interventions, education and direct practical help, as appropriate. The insights the approach brings into what we all need to live fulfilled, satisfying lives also brings clarity to the much-used phrase 'wellbeing' and points to concrete ways of achieving and maintaining such a state'. Therefore, according to the Human Givens Institute, therapy:

- Is a truly integrative approach that takes each client's individual needs, requirements and goals into consideration and aims to tailor therapy accordingly.
- Involves, you, the client, and the therapist, work towards identifying why you are experiencing your current difficulties and what can be done about it.
- Applies current developments from neuroscience and psychological research
- Focuses on brief, solution-focused and practical psychological interventions have been proven (via research and practical experience) to reduce emotional distress and behavioural problems



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with the aiming to help you, the client, to regain control over their lives as quickly as possible.

- Uses a range effective psychotherapeutic techniques and strategies gathered from a various approaches and combines them into one highly effective and flexible 'tool-box' that is tailored to you and the concerns or difficulties you are experiencing and that target you own individual needs and requirements.
- Draws on knowledge from other disciplines and cultures and provides a highly practical, 'joined up' way of working that looks at at the bigger picture in order to see what's not working in a person's life and why
- Not only focuses on what's not working in clients' lives but also uses their strengths, skills and resources in order to effect self-generated change and enhance their sense of self-mastery and achievement.

*[Source: Human Givens Institute]*