

Course Programme

The following pages outline the various elements of the university-accredited programme in Human Givens Psychotherapy, including taught study days, distance learning, home study, assessments and reading lists.

HOW TO APPLY:

To apply for the new university-accredited programme, you need to complete the application form and send it to MindFields College with the enrolment fee of £500 plus vat*. This not only covers your registration with both the College and the University, but the two NTU study days, assessments and student handbooks associated with Modules 1 and 2 as well. We recommend that you attend at least two MindFields College events before applying so you can assess the true value of the course for yourself.

Fees:

The fee for the **Post-Graduate Certificate** (Modules 1 and 2) consists of the cost of attending the required eight MindFields College seminars and eight MindFields College workshops (as detailed overleaf), plus the enrolment fee mentioned above.

The fee for the **Post-Graduate Diploma** (Modules 3 and 4) is £3,500 plus vat*. This includes attendance at the two-week diploma course (with comprehensive manual, refreshments and a light lunch each day) and NTU study days 3 & 4, as well as all the assessments, course handbooks and supervision associated with Modules 3 and 4. The full fee for the Post-Graduate Diploma must be paid at least one month before the first of the two weeks begins; you will be sent an invoice for these fees.

The fee for the **Master's Degree** (Modules 5 and 6) is £2,700 plus vat*. This includes attendance at the NTU study days, the long-distance research methodology learning module, student handbooks, tutor research supervision and mentoring and assessments associated with its modules. The fee for the final two modules of the Master's Degree must be paid when applying to complete them.

**At the prevailing rate*

Typical student progression through the university-accredited programme in Human Givens Psychotherapy

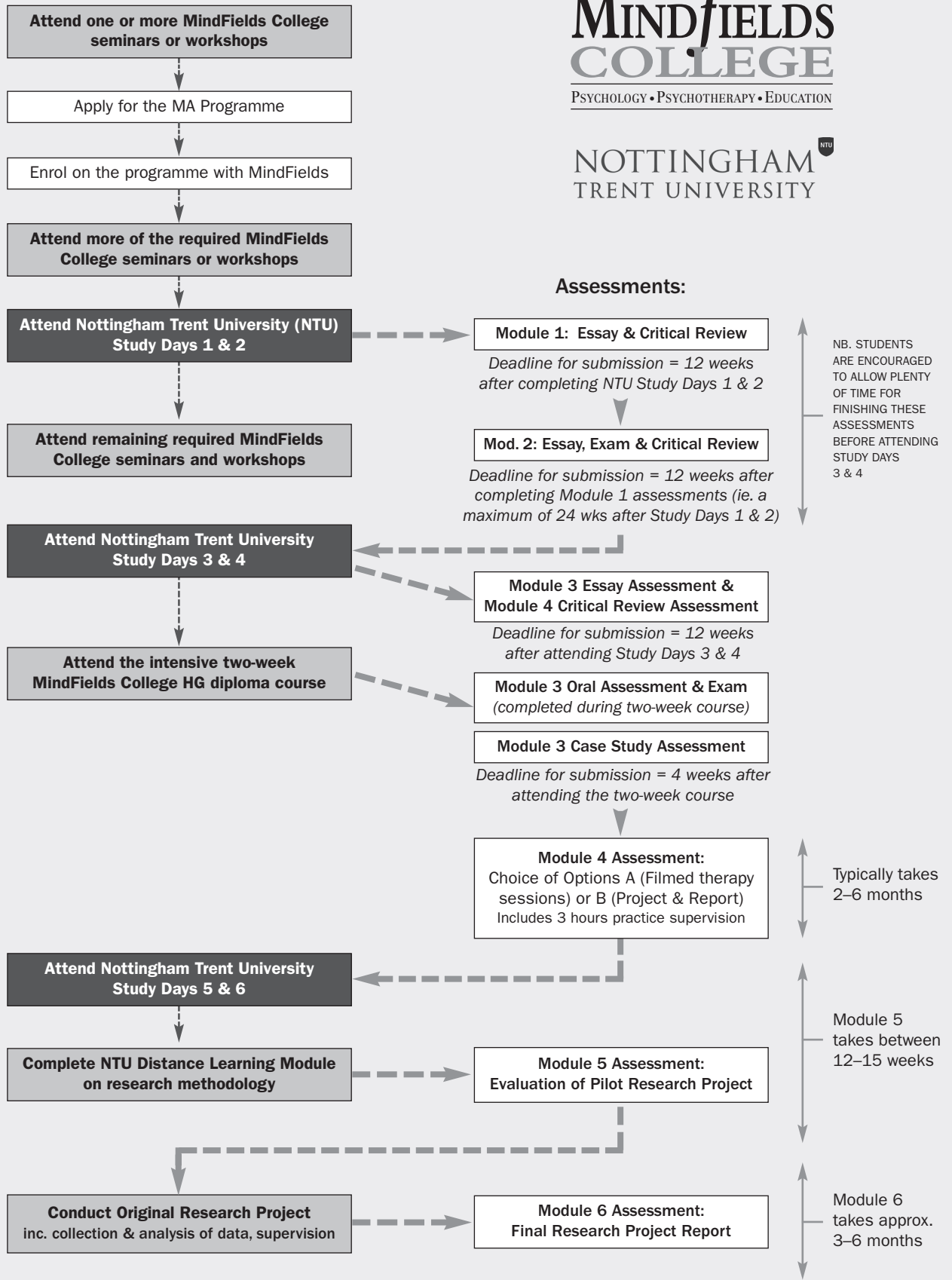


Modules 1 & 2
(Exit after passing Module 2 = Post-Graduate Certificate)

Modules 3 & 4
(Exit after passing Module 4 = Post-Graduate Diploma)

Module 5

Module 6



Please also see the explanatory chart on page 24 of the 2010 MindFields College Prospectus

(Note: The entire programme must be completed within 5 years of enrolling on it.)

Post-Graduate Certificate in Human Givens Psychotherapy (Modules 1 and 2)

Module 1: 'Concepts in psychological therapy'

(20 university credits)

Attendance at:

The following Mindfields College seminars (*which can be attended in any order*):

- How to do effective counselling
- Brief psychotherapy strategies
- How to break the cycle of depression
- Understanding anxiety and managing it without drugs

And: • **Nottingham Trent University (NTU) Study Days 1 and 2:**
Programme introduction, including: enrollment and access to virtual learning portal (online library/student resource which can be used to order research papers, books etc). Introductions to: contemporary themes in psychology and their relation to psychotherapy, and ethical practice within psychological therapy.

Home study: Reading list and keeping a reflective diary

Assessments: 2,000 word essay on the evaluation of contemporary psychology and its relationship to psychotherapy
2,000 word critical review of ethics as it relates to psychotherapeutic practice

Module 2: 'Critical issues in psychological therapy'

(40 university credits)

Attendance at:

The following Mindfields College seminars (*which can be attended in any order*):

- From stress to psychosis: a new look at the mental health continuum
- Understanding and stopping addictive behaviour
- Effective anger management
- A seminar of your choice from the remaining titles

The following Mindfields College workshops (*which can be attended in any order*):

- The essential brief therapy strategies
- Guided imagery and visualisation for therapeutic change
- The fast trauma and phobia cure
- How to lift depression
- Brief therapy skills for stopping addictions
- How to tell stories that heal
- A workshop of your choice from the remaining titles
- A workshop of your choice from the remaining titles

Home study: Reading list and keeping a reflective diary

Assessments: Short essay or case study on an aspect of brief therapy

(continued oveleaf)

A critical review of how psychotherapeutic approaches can be applied or extended to professional fields other than psychotherapy, for instance health, education, social work, diplomacy or business.

A formative examination, graded for your information (although the grade does not count in the overall mark for the module) in the form of a 10 question examination, taken at home, looking at the underpinning knowledge of psychopathologies, presenting symptoms and effective therapy approaches to treatment (100 word answers).

Once you have passed Modules 1 and 2, you are eligible to continue with Modules 3 and 4. If you decided to exit the programme at this stage you would be awarded the Post-Graduate Certificate in Human Givens Psychotherapy.

Post-Graduate Diploma in Human Givens Psychotherapy (Modules 3 and 4)

Module 3: *'Developing theory and practice from a human givens perspective'* *(30 university credits)*

- Attendance at:**
- **NTU Study Day 3:**
Overview of the course and its assessments, and ethical practice in research.
 - **MindFields College's two weeks of intensive teaching and practice,** skills development, live therapy demonstrations by the tutors and student practice sessions. (The two weeks are always held several weeks apart.)

Home study: Reading list and reflective diary (which is now being used in assessments.)

Assessments: Two hours examination on the last day of the two-week course, taken on site.
Short case study (based on work done in the second week of the course):
What would the student's proposed treatment plan (to consist of more than one session and include alternatives) be for the cases they have seen as live therapy sessions and assessed in peer groups
1,200–1,500 word essay critically appraising a seminal research study from a provided list showing how the findings have influenced therapeutic practice

Module 4: *'Implementing the human givens approach with individuals and groups'* *(30 university credits)*

- Attendance at:**
- **NTU Study Day 4:**
Evaluating practice – a critical look at outcome measurement.

Home study: Reading list and reflective diary (which is now being used in assessments).

Assessments: 1,500 word Critical Review – data collection & analysis: a critical assessment of the need for data collection and analysis in therapeutic or professional settings.

One of two practice assessments (to enable students to choose the one most relevant to their own profession or particular field of study), chosen from the following:

Choice A: *Case Study of Therapy Sessions – presentation and analysis of two submitted one-hour filmed therapy sessions, together with notes made in preparation for, and after, the sessions. There is the opportunity to discuss and analyse any arising issues during supervision (a minimum of 3 hours) of the student’s practice in the sessions and the accompanying case notes. The filmed sessions will be independently assessed as a pass or fail.*

(NB. Taking this option enables students to practice as a human givens psychotherapist in future.)

Choice B: *Design and execution of a project to enhance emotional health/practice/learning/staff performance etc. in a particular workplace setting and subsequent submission of a Project Report evaluating the application of the human givens approach and principles to achieve particular measurable outcomes. A supervisor (minimum 3 hours supervision) will work with the student to suggest potential alternative strategies for organisational change and address any conflicts or ethical issues.*

Once you have passed Modules 1, 2, 3 and 4, you are eligible to continue and complete the full MA programme with Modules 5 and 6. If you decided to exit at this stage you would be awarded the Post-Graduate Diploma in Human Givens Psychotherapy from MindFields College and Nottingham Trent University.

Masters Degree in Human Givens Psychotherapy (Modules 5 and 6)

Module 5: ‘Quantitative and qualitative research methodology’ (20 university credits)

Attendance at: • NTU Study Day 5:

Doing Social Sciences Research – outlining how to set up a testable hypothesis or other research questions, and different ways of collecting and analysing data to address this.

Study/

assessments:

A distance learning module provided by NTU to enhance the student’s ability and skills in preparation for the MA research project, resulting in a 4,000 word evaluation of a pilot empirical research project, with particular reference to methodology, and in the subject area the student will chose for the final MA Research Project.

Module 6: ‘Research Project’

(40 university credits)

Attendance at: • NTU Study Day 6:

Matching up students with the NTU or Mindfields College research supervisor, and mapping out the research project in finer detail.

Study/

assessment:

Completion of the research project on a topic based on the pilot conducted in Module 5, collection and analysis of data, and submission of final research project report up to 8,000 words. A research supervisor is available for advice throughout.

Once you have passed Modules 1, 2, 3, 4, 5 and 6 you will be awarded an MA in Human Givens Psychotherapy from MindFields College and Nottingham Trent University.

Reading Lists (Indicative)

Module 1: Concepts in psychological therapy

- BOND, T. (2000) *Standards and ethics for counselling in action*, 2nd edition, Sage.
- GRIFFIN, J. and TYRRELL, I. (2005) *How to Lift Depression...fast*, Chalvington: HG Publishing.
- GRIFFIN, J. and TYRRELL, I. (2006) *How to Master Anxiety*, Chalvington: HG Publishing.
- JOHNSON, M. (1999) On becoming non-judgemental: some difficulties for an ethics of counselling, *Journal of Medical Ethics*, Vol 25, Issue 6, 487–490.
- HUMAN GIVENS INSTITUTE (2008) *Ethical and professional conduct framework*, Chalvington: HG Publishing.
- NATIONAL OCCUPATIONAL STANDARDS FOR COUNSELLING (Sept 2007) ENTO.
- NORTHEGE, A. (2005) *The Good Study Guide*, Milton Keynes: The Open University.
- O'HANLON, W.H. and WEINER-DAVIS, M. (1989) *In Search of Solutions: A new direction in psychotherapy*, New York and London: WW Norton & Co.
- ROTH, A. and FONAGY, P. (1996) *What Works for Whom: A critical review of psychotherapy research*, New York and London: Sunderland Press.
- SLATER, L. (2005) *Opening Skinner's Box: Great Psychological Experiments of the Twentieth Century*, London: Bloomsbury Press PLC.
- YAPKO, M. (1989) *Brief Therapy Approaches to Treating Anxiety and Depression*, New York: Brunner/Mazel.

Selected chapters from:

- BUTLER, G. and Hope, T. (2007) *Manage Your Mind*, Oxford, 2nd Edition: Oxford University Press.
- EYSENCK, M. (2000) *Psychology: A student's handbook*, Hove: Psychology Press.
- GRIFFIN, J. and TYRRELL, I. (2004) *Human Givens: A new approach to emotional health and clear thinking*, Chalvington: HG Publishing.

Relevant journals

Module 2: Critical issues in psychological therapy

- GRIFFIN, J. and TYRRELL, I. (2005) *Freedom from addiction*, Chalvington: HG Publishing.
- LAWLEY, J. and Tompkins, P. (2000) *Metaphors in Mind: Transformation through Symbolic Modelling*, The Developing Company Press: (£2).
- MARLATT, G.A. (1998) *Harm Reduction: Pragmatic strategies for managing high risk behaviours* New York: Guilford Press: (£1).
- MARLATT, G.A., ed. (2005) *Relapse Prevention: Maintenance Strategies in the treatment of Addictive Behaviours*, New York: Guilford Press.
- RATEY, J. (2003) *A User's Guide to the Brain*, New York: Vintage.
- ROLLNICK, S. and MILLEER, W. (2002) *Motivational Interviewing: Preparing People for change*, Guilford Press: (£1).
- TAVRIS, C. (1989) *Anger: the misunderstood emotion*, New York: Touchstone, Simon & Schuster.
- BUTLER, G. and HOPE, T. (2007) *Manage Your Mind*, Oxford, 2nd ed: Oxford University Press.
- GRIFFIN, J. and TYRRELL, I. (2004) *Human Givens: A new approach to emotional health and clear thinking*, Chalvington: HG Publishing.
- GRIFFIN, J. and TYRRELL, I. (2008) *Release from Anger: Practical help for controlling unreasonable rage*, Chalvington: HG Publishing.

Relevant journals and the following Audio CDs:

- GRIFFIN, J. and TYRRELL, I. (2005) *The Therapeutic power of Guided Imagery*, HG Publishing.
- GRIFFIN, J. and TYRRELL, I. (2005) *Evolution and the Human Givens ... hope for the future*, HG Publishing.
- AUSTIN, A. and TYRRELL, I. (2008) *Demystifying Autism and Asperger's syndrome*, HG Publishing.
- WILLIAMS, P. (2006) *How Stories Heal*, HG Publishing.

Module 3: Developing theory and practice from a human givens perspective

- BUTLER, G. and HOPE, T. (2007) *Manage Your Mind*, Oxford, 2nd ed: Oxford University Press.
- DEIKMAN, A. (1982) *The Observing Self*, Boston: Beacon Press.
- GOLDACRE, B. (2008) *Bad Science*, London: Fourth Estate.
- GOLEMAN, D. (1996) *Emotional Intelligence*, London: Bloomsbury.
- GRIFFIN, J. and TYRRELL, I. (2004) *Human Givens: a new approach to emotional health and clear thinking*, Chalvington: HG Publishing.
- MARTIN, P. (1997) *The Sickening Mind: brain, behaviour, immunity & disease*, New York: Harper Collins.
- ROSEN, S., ed. (1991) *My Voice will go with You: the teaching tales of Milton Erickson*, New York: WW Norton & Co.
- SELIGMAN, M. (1995) *The Optimistic Child*, New York: Houghton, Mifflin Co.
- WHITAKER, R. (2003) *Mad in America: Bad science, bad medicine, and the enduring mistreatment of the mentally ill*, New York: Perseus Publishing.
- Regular consultation of journals e.g. *Journal of Psychotherapy Practice and Research*, *Psychotherapy Research*, *British Journal of Psychotherapy*, *Human Givens Journal*.

Module 4: Implementing the human givens approach with individuals and groups

- BARRETT-LENNARD, G. (1993) The phases and focus of empathy: *British Journal of Medical Psychology*, (66) 3–14.
- CORE system User Manual (2007) CORE IMS Ltd. www.coreims.co.uk
- HAY, J. (2007) *Reflective Practice and Supervision for Coaches*, OUP/McGraw Hill, (Chapter 2: Reflection in Action, pp 23–32).
- HENN, M. WEINSTEIN, M. and FOARD, N. (2004) *A short introduction to social research*: Sage.
- McLEOD, J. (2007) *Counselling Skill*, OUP/McGraw Hill, Chapter 8: Having a useful conversation: 'just talking', pp 135–169.
- McLEOD, J. (2003) *Doing counselling research*, 2nd ed. London.
- MOON, J. (1999) *Reflection in Learning and Professional Development: Theory and Practice*, London: Kogan Page. Chapter 7: The role of reflection in counselling, therapy and personal development, pp 78–90.
- TRINDER, L. and REYNOLDS, S., ed. (2000) *Evidence-Based Practice: A Critical Appraisal*, Oxford: Blackwell Science.
- ORNSTEIN, R. (1998) *The Right Mind: Making sense of the hemispheres*, New York & London: Harcourt Brace.
- YIN, R.K. (2003) *Case study research: design and methods*, 3rd ed. Sage.
- Regular consultation of journals e.g. *Journal of Psychotherapy Practice and Research*, *Psychotherapy Research*, *British Journal of Psychotherapy*, *Human Givens Journal*.

Module 5: Quantitative and qualitative research methodology

- BRYMAN, A. (1988) *Quantity and Quality in Social Research*, London: Unwin Hyman Ltd, pp. 11–44.
- BRYMAN, A. (2004) *Social Research Methods*, 2nd ed. Oxford: Oxford University Press.
- BURGESS, R. G. (1984) *In the Field: An Introduction to Field Research*, London: Routledge.
- HAMMERSLEY, M. ed. (1993) *Social Research: Philosophy, Politics and Practice*, London: Sage.
- HAMMERSLEY, M. (1995) *The Politics of Social Research*, London: Sage.
- HENN, M. WEINSTEIN, M. and FOARD, N. (2005) *A Short Introduction to Social Research*, London: Sage.
- TRINDER, L. and REYNOLDS, S. eds. (2000) *Evidence-Based Practice: A Critical Appraisal*, Oxford: Blackwell Science.

Nottingham Trent University (NTU) Study Days

These are held at Nottingham Trent University. Wherever possible the two relevant days for the Certificate Modules (Study Days 1 & 2), the Diploma Modules (Study Days 3 & 4) and the MA Modules (Study Days 5 & 6) will be held consecutively. Once you are booked on, you will be sent information about the study days (location, times, etc.) direct from Nottingham Trent University.

When deciding which dates to book onto, we would recommend that you allow yourself enough time between attending each pair of study days to finish and submit all the necessary assessments that you need to do to complete any previous modules (see the diagram on page 2).

Study Days 1 & 2 (for MODULES 1 & 2)

- NTU010 – Tuesday 19th & Wednesday 20th January 2010
- NTU013 – Tuesday 23rd & Wednesday 24th March 2010
- NTU015 – Tuesday 11th & Wednesday 12th May 2010
- NTU017 – Tuesday 22nd & Wednesday 23rd June 2010
- NTU020 – Tuesday 26th & Wednesday 27th October 2010

Study Days 3 & 4 (for MODULES 3 & 4)

- NTU011 – Thursday 21st & Friday 22nd January 2010
- NTU014 – Thursday 25th & Friday 26th March 2010
- NTU016 – Thursday 13th & Friday 14th May 2010
- NTU018 – Thursday 24th & Friday 25th June 2010
- NTU021 – Thursday 28th & Friday 29th October 2010

Study Days 5 & 6 (for MODULES 5 & 6)

- NTU012 – Monday 25th & Tuesday 26th January 2010
- NTU019 – Monday 27th & Tuesday 28th September 2010

NB The dates and locations of MindFields College's seminars, workshops and two-week diploma course (Module 3), can be found on the College's website at www.mindfields.org.uk/HGDip