

# Your route to a university-accredited qualification in Human Givens Psychotherapy

The Masters Programme in Human Givens Psychotherapy is a joint collaboration between MindFields College and Nottingham Trent University (NTU). For those not wishing to complete the full MA Degree, there are two 'exit' points and associated awards – a Post-Graduate Certificate and a Post-Graduate Diploma, each worth 60 university credits.

## Module 1: Concepts in psychological therapy

Attendance at:

### MindFields Seminars:

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

### NTU Study Days 1 & 2:

- Programme introduction and Ethical Practice within Psychological Therapy
- An introduction to contemporary themes in psychology and their relation to psychotherapy.

### Plus:

- Home study and assessments

20 university credits

## Module 2: Critical issues in psychological therapy

Attendance at:

### MindFields Seminars:

- 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*

### MindFields Workshops:

- The essential brief therapy strategies
- Guided imagery and visualisation
- 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*
- *A workshop of your choice*

### Plus:

- Home study, practice and assessments

40 university credits

## Module 3: Developing theory and practice from a human givens (HG) perspective

Attendance at:

### NTU Study Day 3:

- Diploma overview and ethics in research

### MindFields College diploma course:

- Two weeks of intensive teaching and practise, skills development, live therapy demonstrations by the tutors and student practice sessions

### Plus:

- Home study, practice and various assessments

30 university credits

## Module 4: Implementing the HG approach with individuals and groups

Attendance at:

### NTU Study Day 4:

- Evaluating practice – a critical look at outcome measurement (*NB This is held at same time as study day 3*)

### Plus a choice of either:

- a) Submission of therapy session videos, written case notes and analysis of what was done (inc. 3 hours mentoring and supervision with an HG supervisor). (*Passing this gives the right to practice as a human givens psychotherapist.*) **OR:**
- b) Design of project and submission of report showing how the HG approach has been implemented in a professional setting to enhance emotional health/practice/learning/performance etc. (inc. 3 hours mentoring and supervision with an HG supervisor).

30 university credits

## Module 5: Quantitative and qualitative research methodology

Attendance at:

### NTU Study Day 5:

- Doing social sciences research

### Plus:

- Completion of a distance learning research methodology module and assignments
- Continuing home study

20 university credits

## Module 6: Research Project

Attendance at:

### NTU Study Day 6:

- Writing a research report

### Plus:

- Discussion with and support from research supervisor regarding project design
- Completion of the research project, collection and analysis of data, and presentation of final research report

40 university credits

## MASTERS DEGREE in Human Givens Psychotherapy

**MIND FIELDS  
COLLEGE**  
PSYCHOLOGY • PSYCHOTHERAPY • EDUCATION

**NOTTINGHAM  
TRENT UNIVERSITY**

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