



HUMAN GIVENS COLLEGE

psychology • psychotherapy • education

"Practical and empowering – a genuine breath of fresh air in the world of psychology and therapy."
SENIOR MENTAL HEALTH PRACTITIONER



Human Givens Training

Making a difference and now being taught in Dublin at the Marino Institute on the following days:

- **Understanding anxiety and managing it without drugs**
Tuesday 30th April 2013
- **Effective anger management**
Tuesday 14th May 2013
- **Human givens foundation course 1: Effective counselling**
Wednesday 15th May 2013
- **Male and female minds: Making sense of the differences**
Tuesday 24th September 2013
- **Understanding the cycle of depression**
Tuesday 15th October 2013
- **How to lift depression – a practical skills-based day**
Tuesday 19th November 2013

(CPD recognised by the North Dublin IGC Group)

"Training in the HG methodology [should] be formally accepted as a mainstream option for CPD within the mental health community."

MENTAL HEALTH REVIEW

"Truly enlightening. So simple, yet so profound and brilliant." GP

"This is how training should be! Information you understand, take away and use immediately."

PSYCHOTHERAPIST

"I left the day with renewed motivation and a refreshed imagination."

SOCIAL WORKER

See full training programme online at:

www.humangivenscollege.com

Or call the booking hotline: **01323 811690**