

**An Introduction to the
Human Givens Approach
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Summary

- Human Givens in a Nutshell
- Basic Needs and Resources
- Importance of Relaxation
- Glimpse into the Future
- Questions

Human Givens in a Nutshell

- An organising idea
- A way to understand mental health
- insight into what needs to happen in our lives for us to be emotionally healthy
- Developed by Joe Griffins and Ivan Tyrell in the early 90's
- <http://www.hgi.org.uk>

Human

Given

Open to new ideas and knowledge

Boosts confidence and self esteem

Adaptable, practical and holistic

Understands the role of REM states

Adopts proven approaches

Based on how the brain functions

Resources

Physical and Emotional Needs







Innate Emotional Needs

Security

Safe territory and an environment that allows us to develop fully

Emotional connection to others

Friendship, Fun, Laughter, Love, Intimacy

Attention

Giving attention, Receiving attention

Status

Happy in our social group

Privacy

Time to reflect, consolidating ideas / experience

Innate Emotional Needs

Sense of Autonomy

Healthy sense of control, Making choices / decisions

Sense of meaning and purpose

Competence and achievement,
Being stretched
– New learning, Physical activity
Doing something meaningful for others

Connection into the wider community

Resources

- Long term memory
- Ability to build rapport
- Imagination
- Conscious, rational mind
- Ability to understand the world through metaphorical pattern matching
- An observing self
- A dreaming brain

Emotional Needs Audit



The Emotional Needs Audit

How well are your innate emotional needs being met?

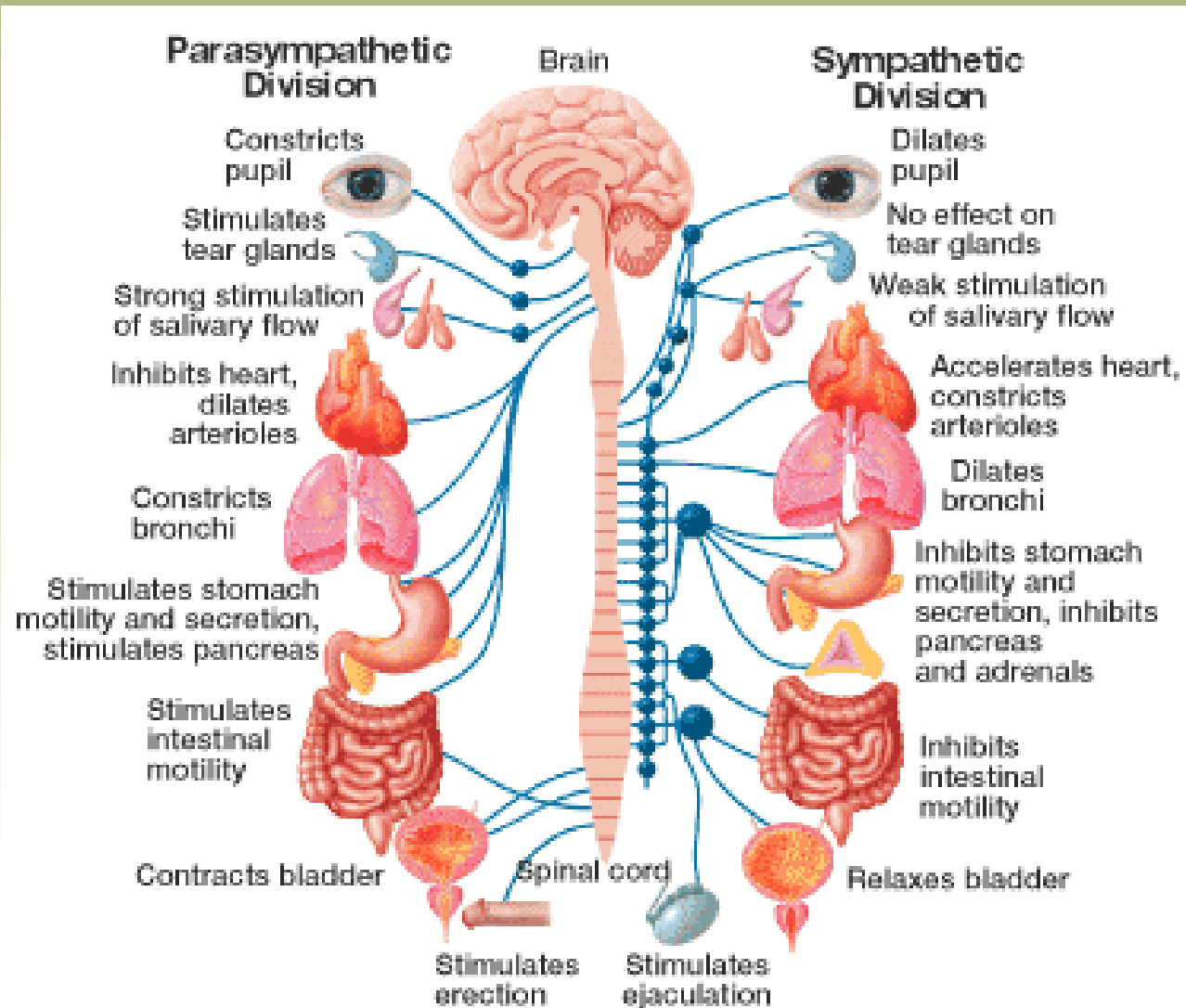
Nature has programmed all of us with physical and emotional needs. These are the 'human givens' that cannot be avoided. How stressed we are depends on how well they are being met now, and how well we deal with the situation when they are not. Rate, in your judgement, how well the following emotional needs are being met in your life now, on a scale of one to seven (where 1 means not met at all, and 7 means being very well met), by ticking the appropriate boxes.

	NO	SOMETIMES	YES
■ Do you feel secure in all major areas of your life (such as your home, work, environment)?	1	2 3 4 5 6 7	
■ Do you feel you receive enough attention?	1	2 3 4 5 6 7	
■ Do you think you give other people enough attention?	1	2 3 4 5 6 7	
■ Do you feel in control of your life most of the time?	1	2 3 4 5 6 7	
■ Do you feel part of the wider community?	1	2 3 4 5 6 7	
■ Can you obtain privacy when you need to?	1	2 3 4 5 6 7	
■ Do you have an intimate relationship in your life (one where you are totally physically and emotionally accepted for who you are by at least one person, this could be a close friend)?	1	2 3 4 5 6 7	
■ Do you feel an emotional connection to others?	1	2 3 4 5 6 7	
■ Do you feel you have status that is acknowledged?	1	2 3 4 5 6 7	
■ Are you achieving things and competent in at least one major area of your life?	1	2 3 4 5 6 7	
■ Are you mentally and/or physically stretched in ways which give you a sense of meaning and purpose?	1	2 3 4 5 6 7	

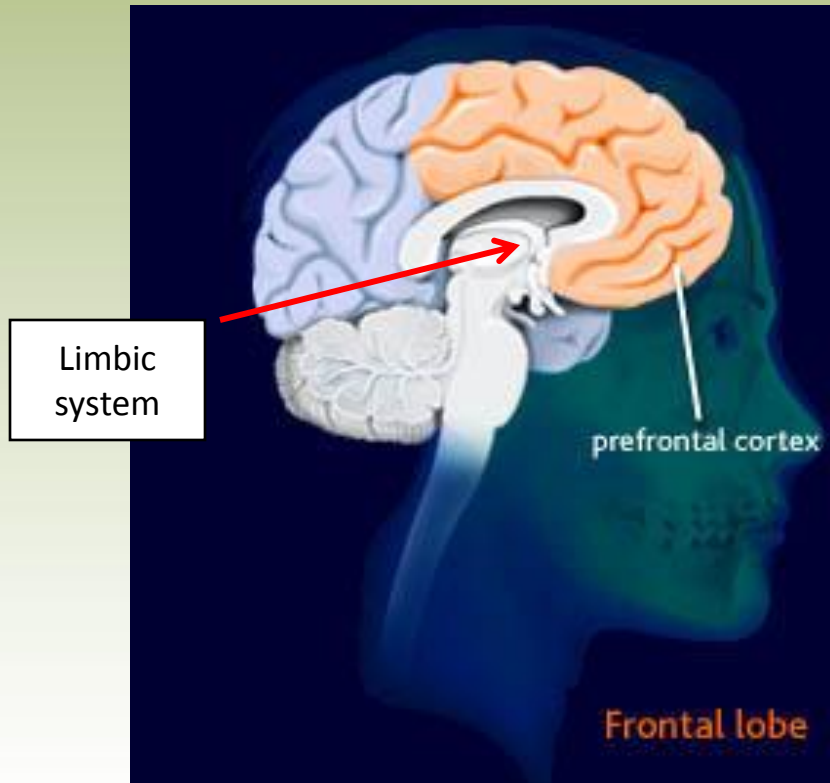
- If your scores are mostly low, you are more likely to be suffering stress symptoms.
- If any need is scored 3 or less this is likely to be a major stressor for you.
- Even if only one need is marked very low it can be enough of a problem to seriously effect your mental and emotional stability.

Stress, anxiety, anger, depression and addiction are the result of our innate needs not being met, either due to environmental factors, harmful conditioning or a misuse of imagination (worrying). People do not have mental health problems when their innate needs are being met in balanced, healthy ways. By highlighting areas in your life where your essential needs aren't being met as well as they could be, you can use this questionnaire to help you think constructively about how your life could be improved.

Thinking Clearly – Autonomic Nervous System



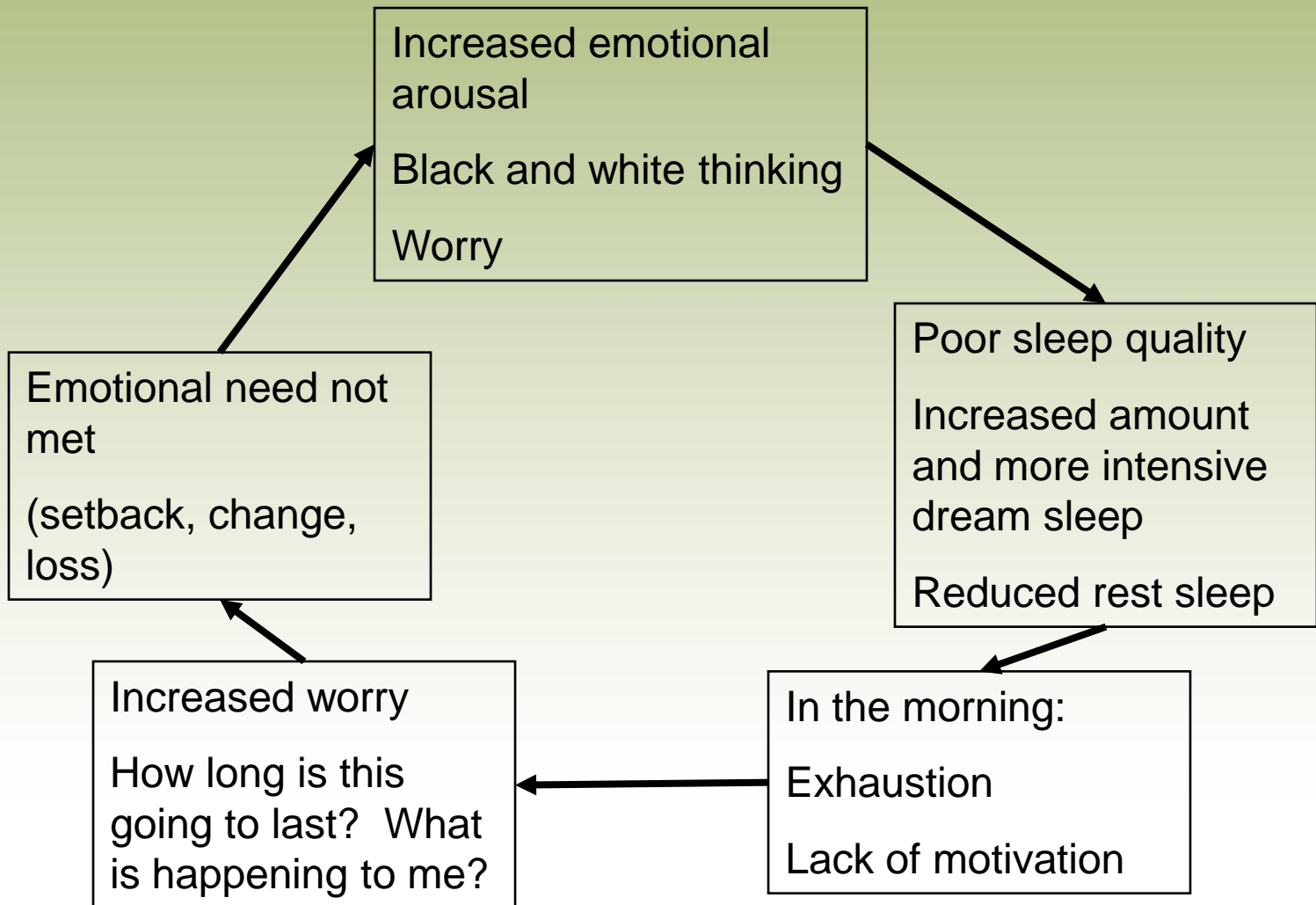
The Importance of Stimulating the Relaxation Response



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Breathing

Cycle of Depression



Future

- Training
- Research
- New concepts
- PCT adoption
- HG Trust Schools
- Parent Pods

Questions