

Guide to completing your application for **Accredited Membership of the HGI** (Column B - SCoPEd) for Registered Members

HGI Membership number

You can find this on your membership certificate

1. Relevant qualifications

Any qualifications relevant to your work as a HG practitioner - this should include the Human Givens Diploma and may also include:

- MA in Human Givens Psychotherapy
- Any qualifications in mental health, psychology, psychiatry or in a health profession relevant to your role and practice
- Any additional qualifications in relevant psychotherapeutic techniques
- Any qualifications relevant to the way in which you perform your role in the specific context in which you work - e.g. a teaching qualification if you work in schools.

2. Context and experience

Understanding the context(s) in which you have worked and your experience in the field will help our assessors more clearly judge your readiness for Accredited Membership of the HGI. The context in which you have worked may also help you demonstrate how you meet some of the competences, e.g., taking an active role within the profession.

3. Practice requirements

a) Therapy hours

Please detail the number of therapy hours you have undertaken since successfully passing Part 2 and in what circumstances (this includes hours between Parts 2 and 3 of the Diploma). You must have undertaken at least 450 hours of practice to be eligible to apply for Accredited Membership.

To support your claim please provide any evidence available. The following are examples of the types of evidence you could provide alone or in combination:

- confirmation from a service(s) or service manager for whom you have worked
- hours recorded on Pragmatic Tracker or other outcome measurement system
- anonymised counselling diary
- supervisor report (see below)
- accounts recording paid therapy hours.

b) Training hours

You must have completed 450 hours of relevant training to be eligible to apply for Accredited Membership. The HG Diploma counts as 302 hours. Training hours refers to tutor contact time – whether online or face to face.

Training must be provided by an appropriate training provider, at an appropriate level – usually aligned to a body accredited by the PSA – and relevant to your work as an HG therapist. This may be additional training on a specific specialism or necessary to work within a particular context.

- Students who completed the MA in Human Givens Psychotherapy at Nottingham Trent
- University have completed 450 hours of training
- HG supervision training pre-2023 is 28 hours of training. HG supervision training from 2023 onwards is 42 hours of training
- Facilitating Part 2 is equivalent to 65 hours of training
- Facilitating Part 3 is equivalent to 30 hours of training.

c) Supervision

Please describe how you have used supervision to inform and develop your practice, since qualifying as a Human Givens therapist.

d) Safe and effective practice

Describe how you ensure that your practice is safe and effective and provide relevant evidence to support this. To demonstrate safety and effectiveness you may use evidence from the following:

- Outcome measurement – this is preferable where available
- Evidence from any service in which you worked
- Evidence from other colleagues
- Evidence from follow ups
- Evidence from analyzing your own notes
- Evidence from supervision notes
- Reflections on your own practice
- Your supervisor's report.

e) Personal development

You are not required to undertake a set number of hours of personal therapy to become an Accredited or Senior Accredited Member of the HGI. If you notice any pattern matches or issues distracting you in therapy, you should seek to address these as soon as possible, through therapy if appropriate. Otherwise, there is no obligation to enter into therapy.

However, as a mental health practitioner, you are responsible for ensuring that you have the spare capacity to focus on your client and do not confuse your needs or model of reality with theirs. In this section, you should describe how you do this, any activity you have undertaken to ensure you were able to practise across your career as an HG therapist and how this activity supported your development.

There are many ways in which people develop their spare capacity and ability to name their 'animals' and we are not prescriptive about how you do this. You may wish to consider including the following examples of types of activity that can help but we recognise you may have taken your own path. Explain clearly how what you have done has helped your development and ability to maintain spare capacity as a Human Givens therapist.

- Any therapy you have undertaken since you completed Part 2 - you do not need to divulge the reasons for attending therapy or what you addressed with the therapist. You simply need to record when you attended and for how many sessions
- Activity you have undertaken to develop your life resources
- Engaging in contemplative practice – e.g. yoga or meditation
- Spiritual or religious activities, such as retreats
- Any additional learning that has helped you reflect on your own life and develop your ability to maintain spare capacity

f) Complaints

Please detail whether you have ever been subject to any complaints to the RPSG or other professional body, such as BACP, NMC, GMC etc. and the outcome of any such complaint.

4. Competences

In this section, you are asked to reflect on your practice and experience and to use this to demonstrate how you meet the core competences of a more experienced therapist and of Column B of the SCoPEd framework. We have highlighted the SCoPEd competences you should consider for each section, but you should not feel restrained by these. If any of the SCoPEd wording is not clear, please refer to the Glossary in the Scoped Framework Document and the HG Definitions document that should help explain key terms in HG language.

This application is not a test of academic writing. Nor do you have to alter your language or our theoretical model – you can write from an HG perspective, using HG terms and ideas. We are interested in how you work, the experience you have gained and how this has prepared you to become an Accredited HGI Member. Write in the way you feel most comfortable; it is ok to use bullet points, visual illustrations, examples from your work with clients etc.

Please do not write more than 500 words for each section – there is no minimum amount and you should not feel you need to use up the whole 500 words on each area.

A. The ability to work effectively in a multi-disciplinary team

When working in any service or when working with clients who have complex presentations, it is likely that you will have to work with other professionals, who are not HG trained, to provide the resources and support your clients' need. Being able to work with others, who may have a different way of understanding and speaking about mental health, can be a challenge. There is a balance between standing by the ideas that inform your work and still being able to maintain rapport and keep the clients' needs at the centre of everyone's work.

If you have worked in a multi-disciplinary team before, you can draw on that experience in your answer. If you have not worked in a multi-disciplinary team, you may want to describe how you have acquired the underlying skills that would make you able to work successfully with others, who are not HG trained. These skills include:

- an understanding of the different ways people may view or think about mental health
- an ability to find common ground with those who don't share your views
- an ability to build and maintain rapport, even when there are differences of opinion
- an ability to stay focused on the needs of the client, when working with others in providing their support.

B. The ability to work effectively with risk, suicidal ideation and self-harming behaviour

For this section, you should draw on your training and experiences in practice, to describe how you respond effectively and appropriately to presentations of suicidal ideation, risk and self-harming behaviour. It may be helpful to use one or two brief examples from your work or to describe your general approach. You should also consider how you use the resources available to you in responding to these presentations, such as supervision, other experienced colleagues, peer groups, CPD etc.

C. The ability to deliver therapy in technologically mediated environments (online, phone etc.)

In this section, you should describe how you work with clients via technology such as online platforms, over the phone etc. or, if you have not worked in this way before, demonstrate that you are sufficiently prepared to do so. You should demonstrate your awareness of the challenges and ethics around working through technology, any additional training you have undertaken to prepare you for this work and outline how you ensure that when working in this way, your practice remains safe and effective.

D. Ability to respond to client presentations and to developments during and within therapy

This section focuses on your ability to work with the process of therapy itself and with each client as an individual, with their own model of reality, pattern matches and responses. It may help you to think about how you use the structure of therapy, for example, to build and maintain rapport, to be aware if rapport is becoming strained and to repair rapport when necessary. You should consider in your answer how you respond to abreactions in therapy, how you use the client's own improvements and resources and how you respond when therapy is not helping the client move forward. It may also be useful to reflect on what you do to ensure the client is developing the ability to meet their own needs in healthy ways and in balance, to avoid the risk of them developing dependency on you or the therapy. It may help to use one or two brief examples to illustrate how you work.

E. Ability to work with 'out of awareness' processes and beliefs

In HG terms, 'out of awareness processes' include pattern matching, molar memories, emotional hijacking, trance states and dreaming. 'Out of awareness beliefs' are the underlying thoughts and beliefs someone may hold without really considering them or noticing they hold them – for our clients they often present as tyrannous thoughts. In this section, you should demonstrate that you understand how these processes and thoughts can shape the way a client thinks, feels and behaves and set out how you work with them to help clients get their needs met appropriately and in a healthy balance. You can discuss your work generally or use brief examples from your work.

F. Ability to manage yourself and your own development

In this section, you should reflect on your own development since qualifying as a HG practitioner. You should describe how you have ensured your practice remains up to date and how it has developed over time – it may help to discuss how you have adapted your techniques, approach or psycho-education in response to new evidence. You may also wish to reflect on how you ensure that you are aware of your own model of reality, maintain spare capacity and have developed the ability to ensure that you remain focused on the client's model and do not confuse their patterns or needs with your own.

5. Case studies

The case studies are designed to help you reflect on your learning and development and demonstrate your understanding, knowledge and competence. This is not a test of your academic writing ability – you can write in simple, clear language in a way that feels comfortable to you. You may use bullet points, lists and/or diagrams if you wish.

6. Supervisor report

Please provide this form to your supervisor to complete. If you have been with your current supervisor for less than two years, please also send this form to your previous supervisor.

Evidence of insurance

If you are renewing your HGI membership at the time of this application, we will also need you to provide the details of your insurer and submit your current certificate of insurance with the rest of your evidence and membership renewal paperwork as usual.

