

# *emotional support – more than listening*

When someone you care about needs your support, have you ever wanted to do more than listen? Here is your chance to be effective and feel the joy of making a difference.

This two-day workshop and online course is designed for people who want to build and maintain emotional buoyancy - people who want to stay afloat themselves and help others in the process.

About ten years ago, researchers in the UK decided to 'get back to basics' in understanding emotional health. They looked at what new insights the disciplines of neuroscience, sociology, and biology could offer. The search yielded amazing results - a series of 'givens' or bedrock truths that better explain what it means to be psychologically well, and what to do when things go wrong. Known as 'human givens', the approach offers new insights that everyone can understand, and strategies that work - simple and effective ways to build and maintain emotional health.

## **What you will gain ...**

Knowledge and skills in two days to make a difference for life. Plus, you take away:

- a comprehensive handbook (with session notes)
- access to online resources and step-by-step guides for implementing the strategies covered in the workshop.

## **Followed up with:**

After the workshop, you will gain confidence in a simulated training environment with the opportunity to experience using your new skills in a virtual practice. You will be treated as though you are qualified and professional, supported by online resources and individual supervision. You will be equipped with knowledge and skills to make a difference - to do more than listen.

## **Where & When ...**

(see website for schedule of events)

## **How much?**

\$396 per person - including course notes, online tuition, and ongoing assistance

## **Registration Essential**

[www.humangivens.com.au](http://www.humangivens.com.au)

## **Workshop Program**

In six sessions, using remarkable new insights and simple explanations into the role emotion plays in our thinking and behaviour, you will be able to apply some simple and effective techniques to deal with low mood, anxiety and stress.

## **You will learn how to:**

- **Get back to basics** - gaining new insights into emotional health
- **Manage emotions** - by understanding what they are and what they do
- **Understand depression** - what it is, what it isn't, and what you can do (including teen depression)
- **Get better sleep** - find out why we dream and why it matters
- **Deal with trauma** - using a UN endorsed approach
- **Build emotional resilience** - by overcoming reluctance, and learning coping strategies that work

## **Presented by ...**

Merv Edmunds is a teacher, trainer and therapist, and the first Australian to become qualified in the Human Givens approach to emotional health. He has run training seminars for health professionals and presented at many conferences here and overseas. Merv brings to the seminar room all the benefits of a life well-lived - he has built an aeroplane, several sports cars, and a yacht to his own design. You will be engaged, stimulated, and inspired by Merv's award-winning teaching, his experience in private practice, and the way he shares his passion for life.

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