

**Depression? There is hope!**  
**A half-day (3 hour) course on Depression for GPs**

**Introduction**

Depression - whether overt or as part of a range of co-morbidity - represents a large part of GPs workload, and most depression is managed in Primary Care. Yet depression receives little attention in postgraduate education for GPs and what is provided is frequently delivered by specialists, and/or focuses on medication. This course introduces ideas and resources that many GPs in recent years have found an invaluable addition to their resources in this area. In addition to providing an opportunity to fill gaps in our knowledge, this course provides a detailed but practical overarching model within which GPs can integrate their pre-existing skills and knowledge. Overall it is intended to complement existing skills and create confidence in the non-pharmacological approaches to depression, which are often valued by patients. Feedback from attendees has been very positive. Feedback from the first course is provided in a separate pdf. A copy of the original flyer developed with BGPRT is also provided.

**Structure**

Three sessions of roughly 55 minutes each:

First session covers current approaches and models for managing Depression in primary care, and introduces the basic organising ideas of Innate Needs, Innate Resources and Environment. Special emphasis is placed on the integrated relationship between neocortical and emotional aspects of brain function.

The second session covers two related “cycles” of depression – the first relating to rumination and sleep disturbance, the second, linked cycle, relating to chronic stress responses, inflammation and sickness behaviour. Lastly the key elements in disrupting these cycles are identified.

The last session focuses on practical tips derived from GPs’ actual practice on how to manage and respond to depressed patients.

**Who is it for?**

This specific course has been designed for General Practitioners and assumes attendees are seeing patients for typical GP consultation times. It also relies on an ability to absorb a reasonably large number of ideas and technical information in a short time-frame! The seminar is intended to be interactive and numbers above 30 attendees on the day will tend to reduce interactivity.

**Venue requirements**

A room with flexible/portable seating, and space for attendees to move around is best. Tea and coffee will need to be provided prior to the course beginning and be available for at least the first, if not both breaks.

**Speaker.**

Dr Andrew Morrice, BSc MBBS MD MRCGP DipHGP  
General Practitioner and Human Givens Therapist.

Relevant experience:

21 years General Practice experience, 19 years partnership with responsibility for a personal list in a large teaching practice. Taught on the Whole Person Care course at University of Bristol Medical School as a small group facilitator and lecturer from 2002 to 2017. Attended Human Givens training days on Depression in 2003, and subsequently completed HG Diploma in 2012. Now a registered Human Givens therapist and non-principal GP.

**Course Development**

Devised in collaboration with 4 GP colleagues: Drs Melanie Macintosh, Adam Lake, Susan Beckers and Maarit Brook.

### Costs

Charitable funding for speakers' fee, room hire, and light refreshments have been made available by the Human Givens Foundation.

The suggested arrangement is that the organisation and publicity for the event are handled by a GP education organisation. As most GP education organisations charge an annual fee, to date, this organisational work has been undertaken on behalf of each organisations GP members, making the event free to attend, (with a small charge for non-members) and also free of pharmaceutical representatives, which many GPs value.

Funding/reimbursement is being administered through Human Givens College.

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### Background

The Human Givens approach was devised in the late 1990s by synthesising techniques from a wide variety of talking therapy disciplines, including CBT, with insights from neuroscience and a set of organising ideas about human wellbeing. Although the approach has yet to receive the degree of research attention it deserves, the current evidence base shows it is effective and highly acceptable to patients. Numerous GPs have attended HG training days, and many, including myself, have completed the full diploma training. This training, and the regulation of HG therapists, are recognised by the Professional Standards Authority.

The specific impetus behind this seminar was a charitable donation from a family bereaved of a daughter through suicide. Their wish is to raise the profile of a broader approach to depression.

### Key references:

- Adams, Shona, 'Human Givens Rewind Treatment for PTSD and Sub-Threshold Trauma' (unpublished Thesis, Department of Neuroscience, Psychology and Behaviour, 2017) <<https://ira.le.ac.uk/handle/2381/39978>> [accessed 4 November 2018]
- Andrews, William Peter, Andrew Peter Wislocki, Fay Short, Daryl Chow, and Takuya Minami, 'A Five-Year Evaluation of the Human Givens Therapy Using a Practice Research Network', *Mental Health Review Journal*, 18 (2013), 165–76 <<https://doi.org/10.1108/MHRJ-04-2013-0011>>
- Andrews, William, Elspeth Twigg, Takuya Minami, and Gina Johnson, 'Piloting a Practice Research Network: A 12-Month Evaluation of the Human Givens Approach in Primary Care at a General Medical Practice', *Psychology and Psychotherapy*, 84 (2011), 389–405 <<https://doi.org/10.1111/j.2044-8341.2010.02004.x>>
- Griffin, Joe, and Ivan Tyrrell, *Human Givens: The New Approach to Emotional Health and Clear Thinking*, 2nd Revised & enlarged edition (Chalvington: HG Publishing, 2013)
- , *Why We Dream: The Definitive Answer* (Chalvington, East Sussex, United Kingdom: Human Givens Publishing Ltd, 2014)
- Tsaroucha, Anna, Paul Kingston, Nadia Corp, Tony Stewart, and Ian Walton, 'The Emotional Needs Audit (ENA): A Report on Its Reliability and Validity', *Mental Health Review Journal*, 17 (2012), 81–89 <<https://doi.org/10.1108/13619321211270407>>
- Tsaroucha, Anna, Paul Kingston, Tony Stewart, Ian Walton, and Nadia Corp, 'Assessing the Effectiveness of the "Human Givens" Approach in Treating Depression: A Quasi Experimental Study in Primary Care', *Mental Health Review Journal*, 17 (2012), 90–103 <<https://doi.org/10.1108/13619321211270416>>