

**Prices:**

Initial session £40.00

Further appointments £35.00



**Tarka Clinics Ltd**

Tarka Clinics Ltd is probably the largest osteopathic practice in North Devon, and has been in existence in some form for the past 26 years. It has five osteopaths and therapists using several allied healthcare modalities, including homoeopathy, sports therapy, Nutritional therapy, aromatherapy, massage, chiropody and a fully equipped rehabilitation Pilates studio. An experienced medical practitioner who is also one of the osteopaths supervises the medical aspects of the therapies.

The practice specialises in musculoskeletal problems, and the practitioners liaise extensively both with each other and with local medical practitioners, ensuring patient safety as well as comfort and effectiveness.

*Human Givens  
(Hypnotherapy and  
Psychotherapy)*

**AT THE  
TARKA CLINIC**

**Tarka Clinics Ltd.** **Tarka Clinics Ltd.**  
Incorporated in England (No: 4742170).  
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**Registered Office:** 47 Bouthport Street, Barnstaple,  
Devon EX31 1SQ. **Registered Office:** 47 Bouthport Street, Barnstaple,  
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**Directors:** Dr Peter Spencer, Mrs Gillian Spencer  
Dr Peter Spencer, Mrs Gillian Spencer,  
Miss Eleanor-Rose Spencer & Mr Matt Spencer  
**Clinic:** Paiges Lane, Barnstaple, Devon EX31 1EF  
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**[www.tarkaclinic.com](http://www.tarkaclinic.com)**

## Resolving emotional distress

*STRONG EMOTIONS* like depression, anxiety, and anger are at the root of why so many people seek help from GPs, counsellors, psychotherapists or clinical psychologists. At anyone time millions of people in the UK suffer from the negative effects of these emotions. Despite their training many professionals are not good at dealing with the disruption that out of control emotions cause their clients. Some common forms of counselling, for example, are known to make depression and anxiety disorders worse. Conversely, the right type of counselling is known to be more effective than drug treatments for all of these conditions. Human givens therapy is in this category of counselling.

## What are the human givens?

We all have basic emotional needs, such as the need for love, security, connection and control, and the self-esteem which arises from feeling competent in different areas of our lives. We also have the innate resources to help us meet these needs including: memory, imagination, problem solving abilities, self-awareness and a range of complementary thinking styles to employ in various different situations. It is these needs and resources together, which are built into our biology, that make up the human givens.

When emotional needs are not met or when our resources are used incorrectly, we suffer considerable distress. And so do those around us.

Human givens therapists focus on helping clients identify unmet emotional needs and empowering them to meet these needs by activating their own natural resources in new ways. To do this they use a variety of up-to-date, proven, brief solution-oriented techniques.

## Why is it effective?

Human givens counselling is effective because it draws on the findings from psychology and neurobiology about how people really function and international research studies that have established which counselling techniques are most effective.

There are hundreds of different counselling and psychotherapy models that people use to try to help others but it has only recently been realised that effective counselling always depends on how attuned the counsellor is to the givens of human nature. Most counsellors are members of a trade association like, for example, the British Association for Counselling and Psychotherapy (BACP). But membership of such an organisation is not a qualification and has no relationship to whether a counsellor is effective or not. This is confusing, especially for vulnerable people seeking help. It is no less confusing for GPs wishing to refer patients to an expert in dealing with emotional problems.

Human givens counsellors do not waste time just endlessly listening to you or attempting to dredge up real or imagined miserable memories from the past, since research shows this tends to confuse and upset vulnerable people. Nor do they deal in self-indulgent voyages of 'self-discovery'. Instead they offer practical help that deals with mental and emotional distress in the here and now. They are trained by MindFields College and accredited by ETSI for their competence. They have a reputable body of knowledge and the necessary skills to help people quickly with a wide variety of psychological difficulties.

## Human Givens Therapy can help:

- **reduce anxiety**

This can take the form of generalised anxiety, panic attacks, fears, phobias, lack of confidence or overwhelming stress and pressure. All can be treated swiftly by a human givens therapist.

- **break the cycle of depression**

Even chronic depression can often be lifted quickly and the meaning and joy returned to life.

- **resolve trauma**

Human givens therapists can treat post traumatic stress disorder effectively and quickly.

- **manage anger**

Anger disorders damage health, increase the likelihood of an early death and cause enormous misery among relatives, colleagues and innocent bystanders.

- **stop addictive behaviour**

All forms of addiction can be helped - alcohol, drugs, gambling, sex, TV, eating disorders providing the person wants to make the effort to stop.

- **relieve medical conditions**

Many conditions such as psoriasis, eczema, asthma, irritable bowel syndrome, chronic pain and migraine, have an emotional component. Stressful events often trigger an outbreak because emotions affect health - and vice versa.

- **harmonise relationships**

Relationship difficulties are often self-perpetuating because our beliefs and reactions to one another trigger patterns of behaviour which stop us solving them. When couples want to stay together but are having problems, human givens therapists can help.