Free Human Givens Therapy – FAQ
Dr Francis Gilbert

Introduction

I believe that stories, imagination, and mindfulness can help us heal. Alongside my work as a writer and educator, I am a trained and accredited Breathworks Mindfulness Teacher and a Human Givens therapist in training. I integrate evidence-based psychological approaches with creative, compassionate practice.

I am Head of Education at Goldsmiths, University of London, where I lead a large team of teacher-educators and academics and have responsibility for over 600 students. Alongside this senior leadership role, I am completing the final stage of my Human Givens Diploma and, as part of this process, I will soon be offering free therapy sessions under professional supervision.

What is Human Givens therapy?

Human Givens (HG) is a practical, solution-focused, and evidence-based approach to emotional wellbeing. It draws on contemporary neuroscience, psychology, and an understanding of our innate emotional needs, such as security, connection, autonomy, and meaning.

Rather than focusing on problems in isolation, HG therapy helps people reduce emotional distress, identify unmet emotional needs, use natural internal resources, break unhelpful patterns, and move towards balance and fulfilment. The approach is typically brief and forward-looking, often lasting between two and six sessions.

Who am I?

I am Dr Francis Gilbert, a writer, educator, and therapist in training with extensive experience supporting adults, young people, parents, and professionals. I am Head of Education at Goldsmiths and author of several books on mindfulness, learning, and wellbeing.

My qualifications

Breathworks Mindfulness Teacher (Accredited)

I am fully accredited with Breathworks Mindfulness, an internationally respected organisation founded by Vidyamala Burch. The Breathworks approach combines modern

psychology with mindfulness traditions and focuses on managing stress, pain, and difficult emotions with awareness, kindness, and balance.

I have delivered mindfulness courses and one-to-one sessions that help people cultivate calm attention, resilience, and self-compassion. I should say though that my approach to integrating mindfulness into therapy is dependent upon the client; I fully recognize that mindfulness practices are not for everyone.

Human Givens Therapy Training

I have completed Part 2 of the Human Givens Diploma and am now preparing for Part 3, which involves supervised clinical practice. The Human Givens approach is practical, humane, and integrative, making use of guided imagery, relaxation, reframing, goal-setting, and emotional regulation strategies.

Supervision and insurance

All therapy work is carried out under formal supervision by a fully accredited Human Givens practitioner, in line with Human Givens Institute standards. I also hold professional indemnity, public liability, and legal protection insurance specifically covering Human Givens therapy practice.

Human Givens register

I am listed as a Human Givens trainee practitioner on the Human Givens Institute website and work in line with HGI ethical and professional standards.

Why are the sessions free?

As part of Part 3 of the Human Givens Diploma, trainees offer sessions free of charge while completing supervised practice. Despite being free, sessions are delivered with the same care, confidentiality, and ethical standards as paid therapy.

What issues can I help with?

Human Givens therapy is suitable for mild to moderate wellbeing concerns, including stress, anxiety, low mood, sleep difficulties, emotional overwhelm, confidence issues, life transitions, and work-related stress or burnout.

This service is not intended for crisis situations, high-risk presentations, or complex untreated trauma. In such cases, appropriate referral or signposting will be offered.

What happens in a session?

Sessions last 50 to 60 minutes and may take place online or in person. Sessions are collaborative and may include assessment, goal-setting, grounding or relaxation techniques, guided imagery, practical steps for change, and review.

Confidentiality

All sessions are confidential. Anonymised material may be discussed in supervision. Notes are stored securely in line with professional standards.

Contact

To express interest in a free therapy session or ask a question, please email: sir@francisgilbert.co.uk

I respond personally and in confidence.