



The British Association of Social Functioning

Human Social Functioning in Rural Practice

Bruce Llewellyn

RESOURCE GUIDE



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About Bruce Llewellyn

While completing his undergraduate degree, Bruce took a course in Human Social Functioning and became a certified practitioner of the Heimler Scale of Social Functioning. After graduating with his Bachelor of Social Work degree at the University of Calgary, Bruce began a career in corrections. During the first half of his career, he worked in various rural locations. His training in Social Functioning proved to be one of the greatest assets in his career.



Upon returning to Calgary, Bruce had the desire to further his own education. While carrying a specialized caseload involving domestic violence, he completed his Master of Social Work degree with a clinical specialization. After completing his MSW, he worked with the high risk domestic violence offenders. Finally, he worked with high risk offenders with concurrent disorders prior to retiring.

As a social worker working in corrections, Bruce acquired a unique set of skills. Rather than ``retire``, Bruce decided to ``retread``. He is now part of the management team with the Alberta College of Social Workers. He works part time at the Manager of Regulatory Practice / Complaints Director. In 2014, he fulfilled one of his lifelong dreams and became a trainer in Social Functioning.



The British Association of Social Functioning

www.basf.org.uk

BASF was established in 1975 to share the method and insights of John Heimler within the United Kingdom as a resource for the unique approach of HSF within UK and for UK trained practitioners.

BASF exists to:

serve individuals at their levels of experienced need by offering a unique counselling therapy and assessment tool train and accredit practitioners and trainers support those practitioners who are trained in HSF by: giving them a network of contacts arranging CPD opportunities undertaking research Offering consultative supervision Supplying HSSF scales and other resources BASF uses the therapeutic methodology called the Heimler Method of Human Social Functioning (HSF), a unique blend of methods and includes a psychometric tool the Heimler Scale of Social Functioning – the HSF Scale.

It offers training in Human Social Functioning and supports HSF Practitioners.

BASF is a non-discriminatory charitable organisation.

Who does BASF serve in 2015?

Members/practitioners

those seeking therapy

those who want to train in the HSF method



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What is the Scale (HSSF)?

A brief description of Heimler Scale of Social Functioning (HSSF); also known as the HSF scale

Potted History:

Heimler devised this HSF Scale early in the development of his method in the late 1960s. His personal history in the concentration camps of WWII and his process of recovery from that trauma, along with his work in London with unemployed people in the aftermath of the war highlighted some important factors that appeared to affect human health and well-being. He found that encouraging an individual to see themselves as a whole person with their positive experiences set alongside the more negative ones, (Satisfaction vs Frustration), that may be dragging them down, enabled them to gain a new perspective on their lives, make their own choices for their future and regain a sense of control and autonomy. As he worked alongside a GP, he noticed that particular issues recurred and he distilled these into 5 common areas where humans need satisfaction and later, in discussion with colleagues, 5 areas where frustration may be experienced. Later still, a final 5 questions were added that gave the opportunity for an existential overview. These 3 sections then make up the scale as we have it today.

Structure:

This questionnaire is divided into three sections: Satisfaction, Frustration and Overall view of Life. Within each one, these, there are 5 broad areas each consisting of 5 questions. Within Satisfaction: Work, Finance, Friends, Family, Personal; while Frustration includes Energy, Health, Circumstances, Moods and Escape Routes. The last section has questions that relate to Ambition, Future, Life's meaning, Self Expression and experienced Struggle.

An easy scoring method gives both a numerical value for these areas and a diagram represents the individual's experience of Satisfaction and Frustration (Positives and Negatives) that enables them to 'see' their feeling experience. This feedback allows people to take control of their lives in a way that facilitates healthy decision making and can act as a reference point during the process of therapy.

[CLICK HERE TO VIEW THE SCALE how this might work in therapy](#)
(Scroll to the bottom)



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Training in HSF

"We are delighted that you have found our training page and do hope that you are interested in training in HSF – to be a Practitioner in Heimler's Human Social Functioning.

Although this method was never intended to become another psychotherapy or counselling qualification but rather to be a useful tool, that will help you to become even more effective with your clients or patients, we are rigorous in maintaining a very high standard of competence.

To this end, only those with a certain type of professional qualification and experience are accepted on our courses. If your qualification and experience, or membership of a professional body, is not included in the following list, however, please do not hesitate to contact us, as it is not necessarily exhaustive"

[CLICK HERE FOR MORE DETAILS](#)



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Resources

www.basf.org.uk

www.healthlink360.org

www.heimler-international.com

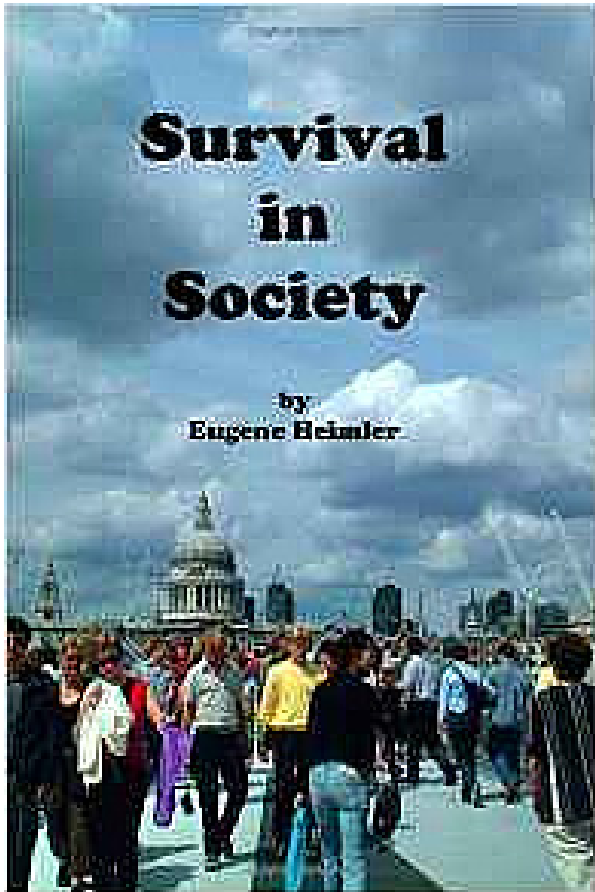
www.hypnotherapists.org.uk

Hypnotherapy Practitioner Diploma



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Recommended Reading



Eugene Heimler's self-help method of social functioning has been developed and tested – and proved extraordinarily successful – for over forty years. Here he describes in detailed theory and through cases his interviewing and therapeutic techniques, in which a relationship of equality between 'helper' and 'helped' is paramount. His aim has been to help people as individuals and in groups to make the most of their abilities, however latent, and to use positively their inner resources and past experience. He sees not only the past as influencing the present but present actions determining what we select from the past. Success or failure to function within ourselves and in society depends on the balance between satisfaction, defined as the ability to use one's potential, and frustration, defined as one's inability to use it. Too little frustration can be as damaging as too much: to function normally we constantly transform frustration into satisfaction. In other words, success is one's ability to transform the unacceptable – to oneself and to society – into the acceptable. Throughout the book emphasis is placed on the importance for the individual of making his own decisions. Here he is helped by Heimler's decision-making tool – his scale of social functioning – which enables him to understand his life situation and to act accordingly.....

[CLICK HERE FOR MORE DETAILS](#)

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