



Welcome to the
British Association of
Social Functioning

#BASF

Hypnotherapy and the Heimler Method – David
Collingwood-Bell

Resource Guide

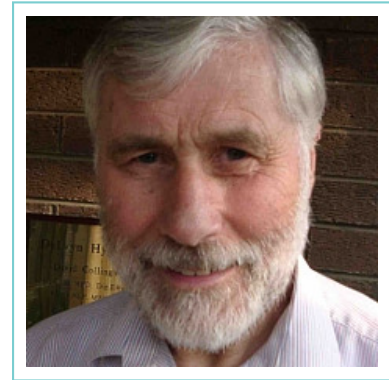
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About David Collingwood-Bell

Hypnotherapy Practitioner and Trainer

HSF Practitioner and Trainer



Following military National Service from 1953 until 1955 and Teacher Training College from 1955 to 1957 ----

1957 – 1970 : Local Education Teaching and Youth Officer Posts

1970 – 1974 : Youth and Community Service Training Officer, Cheshire LEA (incorporating also the training of teachers in counselling and social and personal education in schools)

1974 – 1977 : Principal Youth and Community Officer, Tameside LEA (responsible for the establishment of a new service created out of two districts transferred from the Cheshire and Lancashire LEAs as a result of Local Government re-organisation)

1977 – 1982 : Deputy Principal, Bramley College, Leeds (An in service professional development college for education staff for 9 LEAs in Yorkshire. At this time promoting a special interest, through in service training courses, in the development of personal and social education and the pastoral role of the Head of Year and Form Tutor posts in schools)

1982 - 1987 : Director, Leeds and North Yorkshire Accredited Training Centre (A Government Centre run by The Industrial Society and established for the training of managers and trainers of Youth Opportunities Schemes)

1987 – 1990 : Principal, Consultants for Effective Training (A private training provider set up to continue with the work of the Accredited Training Centre in Leeds and North Yorkshire, following the withdrawal of the Industrial Society from running this Scheme)

1990 – 2002 : Principal, The Delwyn Partnership (A private training provider, largely involved in providing management NVQs, levels 3 to 5, for companies and organisations, including major and long contracts with the British Army, Orange Communications and the UK Prison Service.)

2002 – present : Delwyn Hypnosis (As a sole trader, Incorporating the training of hypnotherapists and psychotherapists to qualified practitioner level as a trainer for the National College of Hypnosis and Psychotherapy, the UK Academy of Therapeutic Arts and Sciences and the British Association of Social Functioning.)



Welcome to the British Association of Social Functioning

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

www.basf.org.uk

What is the Scale (HSSF)?



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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 \(Scroll to the bottom\)](#)

Training in HSF



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"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](#)

Resources

www.basf.org.uk

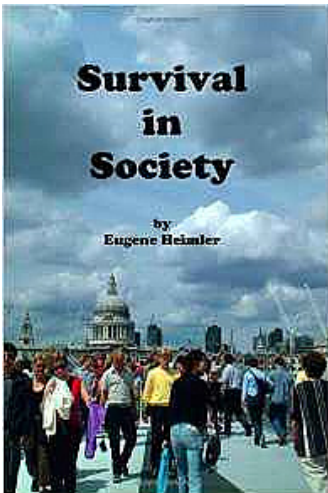
www.healthlink360.org

www.heimler-international.com

www.hypnotherapists.org.uk

Hypnotherapy Practitioner Diploma

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.....

[CLICK HERE FOR MORE DETAILS](#)



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