

#BASf – Twenty Minutes that could Save Weeks of Counselling – Elizabeth S. Jones

Resource Guide

About Elizabeth S. Jones



MPhil. Dip PC.

BACP Senior Accredited Counsellor and Supervisor

BASF Practitioner & Trainer

A background in teaching, living in Tanzania in a needy expatriate community, bringing up a family along with experience of personal ill health contributed to my move into counselling. I have been counselling for over 30 years and supervising for 20: training with an eclectic mix of humanistic therapies with Human Social Functioning as a core training. During the last 30 years in addition to counselling and psychotherapy, with a particular interest in trauma and change, I have enjoyed a pioneering role within two organisations:

As co-founder of a holistic charity HealthLink360 (www.healthlink360.org) in 1983 where I successfully developed its psychological resources and, within that agency, trained and facilitated an innovative team who offered assessment, life mentoring and counselling to those whose work involved leadership, change or trauma; and

As chair of The **British Association for Social Functioning** (www.basf.org.uk), the organisation that represents Human Social Functioning (HSF) in the UK: HSF is a therapeutic approach incorporating a unique questionnaire the Heimler Scale of Social Functioning (HSSF) that assists individuals to make important life changes by understanding their current strengths and challenges in functioning. BASF is growing: training practitioners in the UK and Internationally.

I am now working as a private practitioner and supervisor.



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)?



British Association of
Social Functioning
www.basf.org.uk

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 For more information on
how this might work in therapy](#)**

**[CLICK HERE TO VIEW THE SCALE
\(Scroll to the bottom\)](#)**

Training in HSF



British Association of
Social Functioning

"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](#)

www.basf.org.uk

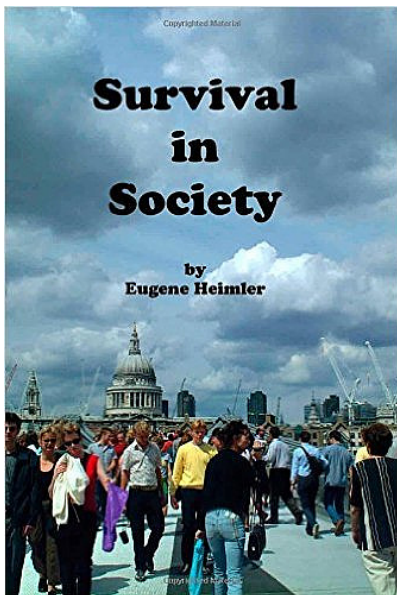
Resources

www.basf.org.uk

www.healthlink360.org

www.heimler-international.com

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](#)

Connect with Onlinevents

www.onlinevents.co.uk

 admin@onlinevents.co.uk

Click the icons below to connect with us



[@Onlinevents_saz](#)

[@onlinevents](#)

Join our FB group
CLICK HERE FOR DETAILS

Watch Again

Watch this event and all our other presentations in our [Online Library](#)

<p>Student Membership</p> <p>Free while training</p> <p>Register for events</p> <p>View events live</p> <p>View archived events</p> <p>SIGNUP</p>	<p>30 Days Access</p> <p>£9.99 1 Payment</p> <p>Register for events</p> <p>View events live</p> <p>View Archived Events</p> <p>CPD Certificates</p> <p>30 Days Access</p> <p>1 Payment Only</p> <p>SIGNUP</p>	<p>Monthly Membership</p> <p>£5.99 per month</p> <p>Register for events</p> <p>View events live</p> <p>View archived events</p> <p>CPD Certificates</p> <p>First Month Free</p> <p>No Contract</p> <p>Cancel Anytime</p> <p>SIGNUP</p>	<p>Annual Membership</p> <p>£49.99 per year</p> <p>Register for events</p> <p>View events live</p> <p>View archived events</p> <p>CPD Certificates</p> <p>12 months for less than the price of 10</p> <p>No Contract</p> <p>Cancel Anytime</p> <p>SIGNUP</p>
---	---	--	--

[CLICK HERE TO REGISTER AND START YOUR 30 DAY FREE TRIAL](#)

Sponsored by:

(Click on the logos for more info)



If you would like to advertise on our Resource Guide please
contact us at admin@onlineevents.co.uk