

BENJAMINFRY'S happyhour

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Happy Hour Training

Summary

The training is based on Benjamin Fry's own method which follows the ideas in his book "What's Wrong With You" and his practical application of these ideas in his TV series "Spendaholics".

Benjamin's approach relies on three stages: Learning, Diagnosis and Action. These stages are repeated a number of times, with correspondingly greater depth of understanding and healing. The emphasis is on sound theory, a disciplined brief intervention and creative ways to take action derived from that brief intervention.

Courses are held over a three day weekend from a Friday to Sunday in London.

You will be taught by Benjamin Fry and under the supervision of the Director of Training Mary MacCallum-Sullivan. The teacher student ratio is about four to one.

You will learn how to apply Benjamin's techniques to individuals in one-on-one sessions. You must already have some experience of working with people on a one-on-one basis and have a passion for helping people achieve their goals.

If you pass the course you will be certified as a Happy Hour Practitioner and given the opportunity to add your personal profile to the network as advertised on the Happy Hour website. You will also benefit from a supervised private forum providing both professional and personal support.

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Happy Hour Methodology

Overview

Happy Hour has a simple aim: to be an umbrella organization for communicating the benefits of personal awareness beyond the current limits of psychotherapy and counselling.

Ideology

The ideology is built on the simple ideas in Benjamin Fry's book "What's Wrong With You". These ideas are themselves a simple distillation of established concepts from science, philosophy, psychotherapy and spirituality. Their presentation and the argument they make is unique.

Application

Happy Hour applies its ideology in the same way that Benjamin Fry works on TV. The first stage is a diagnosis of the presenting problem. Then an action plan is drawn up to help the individual to mitigate some of the root causes of the presenting problem. The lessons learned from the completed exercises are then revised in connection with the underlying theory. This starts another cycle of learning, diagnosis and action. The tone is kept light and entertaining, but the themes remain deep and universal.

The Spiral Staircase

The Happy Hour system is the application of these ideas within these techniques. It takes the participant on a spiraling journey through many revolutions of learning, diagnosis and action. In doing so, the participant's personal awareness climbs as if on a spiral staircase, and in doing so the participant's life is automatically changed.

Each of the disciplines of the Happy Hour requires a cycle between two opposites

Learning:	Fact vs. Theory
Diagnosis:	Reality vs. Projection
Action:	Action vs. Reaction

Learning

For example, when learning, our minds take in information – 'facts' - and use these to formulate theories about their experience. These theories are refined or modified as further information is absorbed. And so on. This creates a learning spiral. This is a hard spiral to climb – especially in isolation.

Diagnosis

When forming a diagnosis, we rely on the 'facts' – the client's 'reality' - as presented to us by the client. The client's reality is shaped by the projections that are the result of the client's theories, the client's 'world-view', based on her/his experience. We use the client's own account and her/his 'language' (based on her own unique world-view) to understand the projections, that are in play and then use this understanding to reveal the individual's 'reality'. And so on. Again the spiral is hard to climb.

Action

Acting on our theories brings about consequences, which may inform the choices that we make, or the manner in which we take, future action plans. Thus we refine our actions based on what they achieve. This is yet another spiral and it aspires to achieve efficacy, where we achieve what is desired - no more, no less. Again this is hard to reach.

Results

These three disciplines must themselves be taken in order. Each level on each discipline is itself a stepping stone to a higher level on its neighboring discipline. Thus a cycle through the three disciplines returns the individual to a higher point on the first spiral, but more easily.

Standing still, looking upwards at this peak achieves nothing. If you want to climb the spiral staircase, first you have to get on, and then you have to keep moving...

Happy Hour Practitioner Training

A New Paradigm

This training will enable participants to gain a theoretical understanding with experiential knowledge and skills necessary to offer a form of brief counseling intervention broadly referred to as coaching, but also bringing into play a well grounded psychodynamic understanding of individuals. Happy Hour is about working collaboratively with individuals, in terms of their own world-view, to assist them in understanding the root causes of unhelpful attitudes or behaviour, and to develop strategies to attain their stated goal. This might be a new direction, resolving a problem, improving performance or perhaps looking for more from life.

Happy Hour is a national (UK) network of psychological coaches trained in a particularly individual and innovative model, to make it accessible to clients nationwide. "Happy Hour Practitioners" benefit from a supervised private forum providing both personal and professional support.

Course Content

The theory and practice of Happy Hour will be taught under the expert guidance of a psychotherapist and a psychological coach over a three day period. Tutorials, case studies, role play, group relationship work and self reflection will form the core elements of the course. Participants should come prepared to use their own experience as part of the learning on the course. Learning support will be provided throughout the programme with evaluation of practice during and upon completion of the training.

Core Aims

The course aims to provide an opportunity to:

- Gain insight into the underlying philosophy of Happy Hour one-to-one personal training
- Develop a range of practical skills required to listen to individuals
- Develop awareness and knowledge of the different types of clients and their problems
- Understand and practice the full range of Happy Hour skills
- Recognition of the unique contribution that each individual can bring to their training

Key Objectives

By the end of the course, it is anticipated that participants will:

- Understand the nature of the Happy Hour concept
- Have gained skills in solution focused problem solving derived from a psychodynamic perspective
- Have experience as Happy Hour trainer, observer and client
- Be proficient in the use of Happy Hour intervention skills
- Be ready to undertake practice as a Happy Hour Practitioner

Curriculum Modules

3 day training programme (weekends – Friday, Saturday, Sunday)

Friday: Introduction to the ideas and the approach: the Book, Underpinning Philosophy, and the focus on listening and language.
Saturday: The Happy Hour: Structure, Collecting the Data, Making Connections (Diagnosis), and Recommendations
Sunday: Ethics, Frame Issues; Practice and Evaluation

Structure (each day)

Session 1	9.00-11.00
Session 2	11.15-13.15
Session 3	14.30-16.30
'Circle time'	16.45-17.30

Coursework

Essay/Case study: principles and practice of Happy Hour

Review and Certification

Individual tutorials and/or additional work may be required to meet the Happy Hour Practitioner criteria. Certification is dependent on performance and is not guaranteed.

The Next Step

Inevitably you will have lots of questions.

We are committed to answering each and every one. Check the FAQ section on the web site and feel free to contact us as often as you like (see header). Benjamin will personally try to answer as many of your queries as possible.