

The IDHP is renewing itself

For some 35 years, the Institute for the Development of Human Potential (IDHP) has accredited, validated and supervised courses in Humanistic Psychology. The two-year post graduate Diploma, Facilitator Styles course, was run in several different parts of the country and was closely associated with the Human Potential Research Group at Surrey University for many years. The founding rationale was two-fold: to develop a training for facilitators that had clout and credibility in the then rapidly expanding world of personal growth and to delineate in some way what humanistic psychology was. The hallmark of an IDHP course has been that it is experiential and that accreditation of participants at the end was through a process of self and peer assessment.

In December 2011 a small and passionate band of members came together in London to look at the future of the IDHP and how it will reconfigure itself in a very different, risk-averse, competitive world to the one where it previously flourished. In the group itself we want to maintain a strong commitment to working collaboratively as peers. In the world we want to build a strong presence for training in humanistic psychology, to celebrate/assert its breadth and its values. We want to stand up and be counted, to offer an alternative to the highly regulated, academic trainings that abound. This will be an alternative where participants become self-directed learners, valuing both their previous experience and what is happening now in the group, where, working holistically, they gain a firm foundation of personal development. We will be training facilitators who are learning from their experience of being in a group, honing their skills in practice, discovering their authenticity, their integrity, and where real person to person contact takes place. Being a member of this kind of learning community can have a profound, often life-changing effect. We believe that working in this way with these values is still important, perhaps even more so now than in the past, when alienation and disconnection affect so many people.

We are meeting to explore how we can become a significant presence in the world as it is now. Our process at present feels very creative – a kind of melting pot of forming ideas. We would welcome your contribution if you would like to talk with us, please contact us on 0118 9662633 or by email: info@idhp.org.

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