



HABA Basis

Course description · the common entry point

HABA Basis is the common entry point to the five-level H.A.B.A.360™ programme. It introduces professionals with academic training — as well as professionals with demonstrably equivalent training — to the HABA philosophy and conveys the methodological foundations on which the subsequent levels build. The course has an international orientation. In terms of content, HABA Basis corresponds to the former Train-the-Trainer programme “Approaching Bullying Differently”.

FORMAT

**2 days online
synchronous**

+ mentoring

ON COMPLETION

**Confirmation of
participation**

(no certification)

FOR WHOM

**Teachers and school
professionals**

among others

PRICE REGION 1

CHF 810 Early Bird / 890

standard price

What this level enables

- ✓ In-depth, holistic foundations on bullying and cyberbullying
- ✓ Personal use in your own school and your own counselling context
- ✓ Especially for teachers and school social workers

1 Title and qualification

Course title	HABA Basis
Overarching framework	H.A.B.A.360™ — Holistic Anti-Bullying Approach
On completion	Confirmation of participation (no certification)
Function in the overall structure	Stand-alone entry format; at the same time a prerequisite for Level 1 — Facilitator

2 Target group and admission requirements

Target group	Professionals with academic training at Bachelor level (or higher) in Psychology, Education / Educational Sciences, Teaching, Speech and Language Therapy, Occupational Therapy, Special Needs Education, Social Work / Social Pedagogy and Medicine
Alternative pathway	Admission after individual assessment in the case of demonstrably equivalent training (e.g. counsellors with a recognised qualification in the counselling field)
Technical requirements	Stable internet connection, device with camera and microphone, quiet learning environment

3 Content axes

The two course days are structured into eleven consecutive thematic blocks. Concrete templates, tools and operationalisations are reserved for the live class and the HABA Toolbox.

Day 1 — Theory, dynamics, law and consequences

- Bullying as a group phenomenon — from the perspectives of social psychology, individual psychology and the systemic approach
- Roles: aggressor, affected person, followers, bystanders, defenders, facilitators
- Process: exploration, consolidation and manifestation phases
- Forms of (cyber)bullying — typology
- Legal foundations
- Consequences: short, medium and long term

Day 2 — Recognise, differentiate, act

- Structured perception and initial assessment
- Differentiation: conflict / teasing / micro-aggression / bullying
- Intervention options — what helps and what harms
- Prevention options — overview
- Adapting to contexts: preschool / primary / secondary / families

4 Format and structure

Teaching format	Online synchronous, in small groups of up to 20 participants
Synchronous contact time	2 course days (14 synchronous hours in total)
Accompanying formats	2 × 3 hours of group mentoring (group case mentoring) · 1 × 1 hour of individual mentoring · access to the HABA course platform

5 Assessment of learning

Mandatory attendance	Full participation in both days and the mentoring sessions
Assessment of learning	Active participation; no written assignment, no exam
Document on completion	HABA Basis confirmation of participation

6 Workload

Synchronous days	14 hours
Group mentoring	6 hours
Individual mentoring	1 hour
Preparation and review (recommended)	approx. 8-12 hours of self-study
Total workload (recommended)	approx. 30 hours

7 Notes

The course is structured in line with recognised quality standards; the corresponding recognitions are being prepared for each language region. A HABA Basis confirmation of participation documents the educational pathway; it does not constitute a certification and does not authorise the use of a HABA brand title. Use of the brand title, the HABA logo, the directory listing, and access to the HABA Toolbox and the HABA Community are tied to subsequent certification and an active HABA licence (from Level 1).

Prices and accessibility: the prices shown correspond to Region 1 (highest-price market) and are founding rates for the first cohorts; rates increase from 2027. H.A.B.A.360™ is offered internationally; the rate is determined by the participant's region of residence at the time of booking:

Region 1 · 100 % Highest-price market — Germany, Austria, Switzerland, Benelux, Scandinavia

Region 2 · approx. 75 % Mid-price market — Western Europe, North America, Australasia, Asia-Pacific, Gulf States and Israel

Region 3 · approx. 55 % Pioneer market — Eastern Europe, Latin America, Africa, rest of the Middle East and rest of Asia

The region is indicated at registration by self-declaration. Instalment payment is available at all levels; a tiered scholarship system also exists (details in the Scholarship Regulations).

Cancellation: the H.A.B.A.360™ General Terms and Conditions apply; cancellation, postponement and withdrawal are governed there.