



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 programme has an international focus. 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**

certification from Level 1

FOR WHOM

**Teachers & school
professionals**

among others

PRICE REGION 1*

**CHF 810 Early
Bird / 890**

standard price

What this level enables

- ✓ Assess bullying in a well-founded, holistic way – instead of reacting too quickly
- ✓ Know the typical mistakes that escalate a bullying situation – and what works instead
- ✓ Work constructively with parents, especially when things get difficult
- ✓ Act with more confidence in your own class, team and school building

1 Title and qualification

Course title	HABA Basis
Overarching framework	H.A.B.A.360™ — Holistic Anti-Bullying Approach
On completion	Confirmation of participation
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 ten consecutive thematic blocks.

Day 1 — Theory, dynamics, law & consequences

- Bullying as a group phenomenon — social, individual-psychological and systemic
- 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 settings: preschool / primary / secondary / parents

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

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

6 Workload

Synchronous course 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 programme 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. You gain your certification at Level 1.

Prices & accessibility: Effective bullying prevention should be possible everywhere — regardless of how different the economic conditions are across the world's regions. That is why the price depends on the country of residence: professionals in regions with lower purchasing power pay less, so that the programme stays fairly accessible both professionally and financially.

Region	Countries	Price
Region 1*	Germany, Austria, Switzerland, Benelux, Scandinavia	full price
Region 2	rest of Western Europe, North America, Australia/New Zealand, Asia-Pacific, Gulf States, Israel	– 25 %
Region 3	Eastern Europe, Latin America, Africa, rest of the Near/Middle East	– 45 %

* Region 1 = full price; for Region 2 and 3 the price is reduced accordingly (see table).

Instalment payment is available for all regions and courses. For special situations there are scholarship options (details in the Scholarship Regulations).

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