



**2018-19**

## **Friday Seminar Series – Applied Group Analysis**

**“An opportunity for those  
with an interest in group  
analysis to develop their  
thinking alongside others in  
a creative group  
environment”**

Group Analysis North  
Institute of Group Analysis  
University of Manchester

## FRIDAY SEMINAR PROGRAMME

The **Friday Seminar/Post Graduate Seminars in Group Analysis Programme** is jointly hosted by Group Analysis North and The University of Manchester and is formally part of the IGA's Diploma and Qualifying Courses Curriculum. The Friday Seminars are also open to students and staff from the University of Manchester, members of GAN and those on other IGA Foundation, Qualifying and Diploma Courses as well as others with an interest in applied group analysis.

### Learning Aims

The aim of the programme is to introduce participants to the different ways in which group analytic theory has been applied and to the diverse contexts (and different client groups) with which group analysts work. The seminars aim to stimulate thinking about the use of theory and its application to group analytic practice as well as explore issues relating to the stance and technique of the group conductor. As such the seminars aim to be both theoretically rigorous as well as essentially practical – helping those attending to grapple with the integration of theory and practice as they develop their own understandings and style of conducting groups.

There are four Friday Seminars that take place each year. Each whole day seminar is led by an external speaker who is usually an experienced group analyst with particular expertise in working with a particular client group or work context.

### Method of Teaching

A variety of teaching methods will be used on the Friday Seminars – these are likely to include formal presentations or lectures, interactive teaching, small group discussions, experiential activities, role play, and large group discussions. Typically, the first session in the morning will focus on the theory relating to the client group or context. This may include particular theoretical models that are used in working with the client group (e.g. addictions, adolescents, trauma survivors) as well as thinking about the role of the group conductor, transference and counter-transference issues, issues of assessment and selection, the management of boundaries, therapeutic aims and the understanding of what leads to therapeutic change. Examples from people's practice will be used to illustrate these concepts. In the afternoon, there will typically be an opportunity to actively engage with the ideas raised in the morning via some form of experiential activity that encourages participants to explore the role of the conductor and how this role is taken up in different ways

### Typical Outline of Day

10.00 – 11.10	Introduction & Presentation 1
11.10 – 11.30	Break
11.30 – 12.30	Small Group
12.30 – 1.15	Lunch
1.15 – 2.15	Presentation 2
2.15 – 2.20	Stretch Break
2.20 – 3.00	Large Group discussion

Although this is the usual pattern, each Friday Seminar is a “stand alone” event facilitated by an external presenter. The actual programme will therefore be different on each occasion and the timings and balance between different activities will vary.

## **Friday 9 November 2018**

### **"Mentalisation Based Treatment and Group Analysis"**

#### **Presented by Malcolm Kay and Sue Wallace**

**Malcolm** recently retired from his post as Consultant Adult Psychotherapist in NHS Grampian after over 30 years in NHS Psychotherapy. With Sue Wallace, he was part of the original MBT Scotland Group who have been applying MBT Skills and teaching MBT skills courses throughout Scotland in association with The Anna Freud Centre. Since 2000, he has been part of a team of group analysts and MBT therapists running an NHS MBT Programme for patients with Borderline Personality Disorder, which has produced some useful research and improved access to psychological therapies in the NHS. He trained as a psychiatric nurse, psychodramatist and then group analyst and also completed the Diploma in Forensic Psychotherapy at the Portman clinic. He has conducted groups in a number of settings and currently works in private practice.

**Sue** is a Senior Psychotherapist and Group Analyst based in a Psychotherapy department in the North East of England. Previously, she worked with a specialist team in Glasgow with Homeless people living with Personality Disorders. Sue was introduced to MBT and immediately appreciated the relevance of this modality to her work. As a registered MBT practitioner and supervisor Sue was part of the first skills training team in Scotland delivering trainings in Aberdeen, Orkney and Shetland as well as to hospital ward teams and third sector organisations in Glasgow. She is currently working to integrate the MBT approach within her department and with MBT colleague and Consultant Psychologist Stuart Mitchell to bring MBT skills to her Trust. Prior to her training in Psychotherapy Sue worked as a lecturer in Management Development and Organisational Behaviour at the University of Northumbria in Newcastle.

## **Friday 7 December 2018**

### **"Gender - who defines our identity and what happens when we self determine gender outside the 'accepted' binary?"**

#### **Presented by Kay Young**

**Kay** is a Group Analyst within a specialist CAMHS team in the NHS, working as a clinician with young people questioning their gender identity and seeking to access further national gender identity services within the NHS. She has worked with children, young people and their families/ carers for over forty years in a wide variety of settings, most notably Looked After Children, young offenders and within acute crisis services for children and adolescents who self-harm and engage in dangerous behaviours. Her interest lies with marginalised sections of the community who find accessing services and engagement with services difficult either by 'choice' or lack of equality.

**Friday 22nd March 2019**

**"GP Stress - A group analytic approach to conceptualising and tackling the pressures general practitioners work under"**

**Presented by Cynthia Rogers**

**Cynthia** is a Training Group Analyst and supervisor, working with groups, couples and individuals in South London. She was a key staff member of the IGA Manchester Qualifying Course and is a highly respected international lecturer. She has an interest in how the Group Analytic theory and body of knowledge can inform work with institutional and colleague relationships, particularly where they reflect the client dynamics. She has undertaken qualitative research into her own occupational group, psychotherapists. The early results of her research, which focused on the difficulties therapists experienced in their working life, were published by Wiley as "Psychotherapy and Counselling a Professional Business." in 2004. This research informed her work with GPs at a local and national level, introducing GPs to a group analytic way of conceptualizing and managing their professional lives. Cynthia is publishing three chapters this year, two on reflective practice and one on countertransference.

**Friday 7th June 2019**

**"Dangerous Desire, Inanimate Attachment: Psychodynamics of Addiction"**

**Presented by Martin Weegmann**

**Martin** is a Clinical Psychologist and Group Analyst, working in the NHS & private practice. He is currently working as a group analyst at a London NHS Trust. He is also a well-known trainer, delivering workshops and lectures throughout the UK. Martin has edited Psychodynamics of Addiction (2002, Wiley) and Group Psychotherapy and Addiction (2004, Wiley), and published many book chapters and papers. His other books are The World within the Group (Karnac, 2014), Permission to Narrate (2016) and another edited book, Psychodynamics of Writing (Routledge, 2018).

**For further information and/or to book a place, contact:**

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**Seminar Venue**

University of Manchester, Ellen Wilkinson Building, Oxford Road,  
Manchester, M13 9DL

Each Seminar runs from 10.00 a.m.—3.00 p.m.

**Cost:**

£75 per seminar

(OR £30.00 per seminar for GAN members and students on IGA Courses -  
GAN annual membership available for a fee of £50.00).



**Group Analysis North**