

Thinking Space

Enhancing the creative potential of relationships in the workplace, organisations and the community

We live in times of rapid pace and change that impact on our values, beliefs and our sense of identity. The pressures that we work and live with compromise our capacity for creative, collaborative thinking and for compassionate relationships.

The Median Group is a space where people from different spheres of life meet regularly to explore their relationships with their colleagues, organisations and the wider society and find support and understanding through open dialogue.

GROUP ANALYSIS NORTH

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MEDIAN GROUP



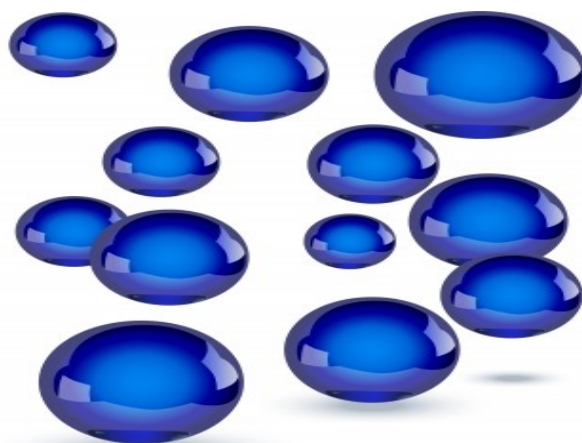
The median group provides an opportunity to reclaim our sense of identity and connectedness in order to find fulfilment as individuals and as members of our community.

It is a time to catch one's breath away from the rigours of everyday demands to 'sit with' oneself and with others, and to think actively and collectively in a safe and confidential setting. It holds at its heart that developing the art of dialogue with others is crucial for the individual to remain thinking and creative in the context of uncertainty and chaos.

Quotes from previous members:

"The Median Group provided a much needed reflective oasis in a hectic world. I was often surprised at how simply taking the time to stop and think, together with like-minded people, could lead to different perspectives on the seemingly intractable problems I grapple with in work."

"I valued the median group as a place where I could talk about things that were going on at work with people who understood something of the unconscious motivations we all bring to the groups we work in. Our conversations touched on the not-so-easily-reached things that go on between people at work. It was a great relief to air these things and to explore the things below the surface that influence our behaviour."



How will joining a median group help me?

It will provide:

- An opportunity to belong and be understood.
- A space to think and reflect.

It will also help you:

- Develop and maintain a capacity to think in increasingly complex situations.
- Develop resilience through support and communication.
- Find a voice that can negotiate complex interpersonal and power relationships.
- Challenge your own beliefs and assumptions.
- Address issues of isolation and marginalisation.
- Explore barriers to creative thinking.
- Explore difference and address conflict effectively.

Who would benefit from a median group?

The median group is suitable for anyone who is curious about and interested in understanding how we make sense of the world and manage ourselves in the presence of others.

People from all organisations, including the NHS, public, religious, private business and voluntary sectors, would be welcome.



Details of the group

Day: 3rd Tuesday of the month

Time: 7.15p.m. to 8.45 p.m.

Venue: Newlands Medical Centre, 315 Chorley New Road, Bolton, BL1 5BP, Greater Manchester

Convener: Shireen Gaur (Group Analyst and Clinical Psychologist)

Shireen Gaur is a Group Analyst and Clinical Psychologist currently working within mental health teams in the NHS. Besides individual and group psychotherapy, she also provides consultation and supervision to individual clinicians and to teams. She worked for several years in hospitals in India before she moved to the UK in 2003, and is particularly interested in issues of difference, belongingness and marginalisation across a range of areas such as race, class, gender, sexuality etc.

Fee: £20 per session (1.5 hours), payable in advance for 6 months. GAN members £15 per session. Group meets every month except August.

(Bar-Restaurant "The Retreat" next door—why not call in for food or drink before the group—alternatively hot and cold drinks and biscuits available in Newlands available from 6.30 p.m.)

