



# IGA FOUNDATION COURSE IN GROUPWORK

Information for Applicants

Closing date for applications for September 2021 entry:  
Wednesday 30<sup>th</sup> June 2021  
(late applications may be accepted if places are available)

***Covid19 Statement:*** *We are planning to run the course in person, but there is a contingency plan in place for running online until that is possible. Currently all GAN/IGA courses are running on-line and will be until it is safe for the whole training community to do otherwise. Should you have any particular queries about the impact of this, please do contact us.*



## About the Course

Thank you for your interest in the IGA Foundation Course in Groupwork.

The Foundation course is a recognised professional qualification in Groupwork and Group dynamics. It is a one-year standalone course, providing a comprehensive introduction to group dynamics alongside building your practical skills to manage groups confidently.

The Foundation Course provides a comprehensive introduction to group analytic theory through a series of seminars, lecture and experiential groups. You will be a member of a small experiential group and a large group throughout the course year.

The **experiential group** will be conducted by an experienced group analyst and will determine its own therapeutic level and goals. Experiential groups provide containment and support in addition to facilitating learning. Experiential groups can also be experienced by some students as emotionally demanding.

The **large group** will also be conducted by an experienced group analyst and will include the students and staff from the IGA Diploma in Groupwork Practice, the IGA Qualifying Course in Group Analysis and those who attend the weekend solely for therapy.

The **theoretical sessions** lead to increased understanding of the dynamic processes which occur in the experiential group. Learning occurs partly through integrating across the boundary the experience of being a member of both an experiential group and a seminar group. Seminars are facilitated by Group Analysts. In addition, all Foundation Course student will be expected to contribute to the running of the seminars.

The course will:

- Give you the knowledge and skills to set up and run groups with greater confidence.
- Help you work with an increasingly complex world: complex clients, complex workloads, complex teams and complex organisations.
- Provide you with a learning community that promotes personal and professional development.
- Support you in developing and sustaining resilience at a personal and organisational level.
- Build your capacity to develop and maintain good working relationships with colleagues and others using an awareness of organisational dynamics and a greater understanding of how you relate to others in a group.

The course curriculum includes:

- fundamentals of unconscious processes;
- general principals of group analytic psychotherapy;
- applying group analysis to organisations;
- setting up and running a group;
- the importance of boundaries;

- therapeutic factors;
- leadership styles;
- attachment theory;
- groups in arts and culture.

The course provides 75 hours of CPD (20 hours of seminars/lectures, 45 hours of experiential groups and 10 hours of large group experience).

An IGA Certificate is awarded at the end of the course. There is a minimum attendance requirement of 80%.

The course is open to those from a wide range of disciplines including health, education and prison services; the clergy; social services; voluntary services, business and organisational consultants; counselling and psychotherapy services and anyone who is interested in the dynamics of groups.

The course is held on 10 Saturdays in Bolton. In addition to the 10 course days, Foundation Course students will attend 1, three-hour online seminar held on a Friday afternoon. There will be choice of 5 dates and topics to select from (details will be available at the group interview). The seminars will also be attended by students from the Diploma and Qualifying Courses.

### **Course dates 2021-22**

11th September 2021

9th October 2021

13th November 2021

11th December 2021

15th January 2022

12th February 2022

19th March 2022

7th May 2022

11th June 2022

16th July 2022

## Saturday Course Timetable

9.00 – 9.10	Plenary
9.10 – 10.40	Experiential Group
10.40 – 11.00	Break
11.00 – 12.00	Large Group
12.00 – 12.45	lunch
12.45 – 2.15	Experiential Group
2.15 – 2.40	break
2.40 – 3.30	Seminar
3.30 – 3.50	break
3.50 – 4.40	Seminar
4.40– 5.00	Break
5.00 – 6.30	Experiential Group

### Fees

£1,595 **early bird** rate for applications received by **31<sup>st</sup> May 2021**, £1,695 thereafter. Organisation fee of £1,780. There is an additional non-refundable selection fee of £150 payable on application.

### Options for paying fees

Full fees to be paid by 31<sup>st</sup> October 2021 or fees can be paid in 11 monthly instalments of £146 (early bird) or £155 from September 2021 to July 2022.

### Bursaries

Small bursaries are available for self-funding applications:

[www.groupanalysis.org/training/bursaryscheme.aspx](http://www.groupanalysis.org/training/bursaryscheme.aspx)

[www.groupanalysisnorth.com/training.php](http://www.groupanalysisnorth.com/training.php)

### Fee Assisted Places

GAN offers fee assisted places on the Foundation Course to voluntary organisations to help fulfil its charitable objectives. Anyone interested in applying for a fee assisted place should contact the GAN Development Officer, Mandy Wildman at [mndywldmn@aol.com](mailto:mndywldmn@aol.com)

## Application Process

The closing date for applications is **Wednesday 30<sup>th</sup> June 2021** (late applications may be considered if places are available).

To apply for the course: Complete the application form and send it with the non-refundable selection fee of £150 plus a passport size photograph to:

The administrator, Group Analysis North

Newlands Estate

315 Chorley New Road

Bolton, BL1 5BP

[administrator@groupanalysisnorth.com](mailto:administrator@groupanalysisnorth.com)

You will then be invited to visit us and take part in a group discussion/interview where you can ask questions and gather more of a sense of what the course entails. The group interview will be held on **Friday 16<sup>th</sup> July 2021 from 1.00 p.m. – 2.00 p.m.**

Once you are offered a place on the course you will be asked to complete an acceptance form and pay the first month's fees by 31<sup>st</sup> July 2021. You will also be asked to register with the Institute of Group Analysis (IGA).

## Work Reflection Group option

Work reflection groups run on Friday evenings (4.45 p.m. – 8.15 p.m.) prior to the Saturday course and include students from the IGA Diploma Course. These groups provide further opportunity for you to think about your work using group analytic ideas. As a student on the Foundation Course you can apply for a place in a work reflection group (**a further fee of £810 applies**).

## Want to know more?

We hold free informal sessions to meet with the Convenor at the training weekend:

- Friday 19<sup>th</sup> March 2021, 2.00pm - 3.00pm (online)
- Saturday 8<sup>th</sup> May 2021, 2.00pm - 3.00pm (format to be confirmed)

Booking is required – contact [administraor@groupanlaysisnorth.com](mailto:administraor@groupanlaysisnorth.com) or phone 01204 84 0909.

## Further training beyond the Foundation Course

For students who wish to do further training in groupwork and group analysis, the Foundation Course also serves as the first year of a two-year Diploma in Groupwork Practice. Students wishing to continue beyond the Diploma are then eligible to apply to the IGA Qualifying Course in Group Analysis. Both courses are available in Manchester.

## More information

Here is a short reading list that might be of interest to you.

### Books by Foulkes, the founder of group analysis:

Foulkes, S.H. (1983) *Introduction to Group Analytic Psychotherapy*, London: Karnac Books.

Foulkes, S.H. (1964) *Therapeutic Group Analysis*. London: George Allen & Unwin.

Foulkes, S.H. (1990) *Selected Papers*. London: Karnac Books.

Foulkes, S.H. and Anthony, E.J. (1957) *Group Psychotherapy - the Psychoanalytic Approach*, London: Karnac Books.

### A modern account of the practice of group analysis, written by two senior group analysts:

Behr, H. and Hearst, L. (2005) *Group-Analytic Psychotherapy: A meeting of minds*. London: Whurr. \*

### An introduction to using group analysis in a variety of settings:

Barnes, B, Ernst, S. & Hyde, K. (1999) *An Introduction to Groupwork: A Group-analytic perspective* London: Pallgrave Macmillan \*

### Group Therapy - in theory and in practice

Barwick N & Weegmann M., (2018) *Group Therapy A Group-Analytic Approach*. Routledge \*

### A theoretical/philosophical critique and extension of group analysis:

Dalal, F. (1998) *Taking the Group Seriously* London: Jessica Kingsley

### Group theory from a Kleinian/Tavistock perspective:

Bion, W.R. (1961) *Experiences in Groups* London: Tavistock/Routledge

### A group analytic theory of difference; specifically race and racism:

Dalal, F. (2002) *Race, Colour and the Processes of Racialization* Hove: Brunner-Routledge

### Group Analysis

A journal is published four times a year by Sage. Membership of the Group Analytic Society (which has an international membership) includes a subscription to the journal.

**\* Core Textbook – students on the Foundation Course are advised to purchase this book.**