



IGA FOUNDATION COURSE IN GROUPWORK: IN-PERSON AND ONLINE COURSES

Information for applicants

Closing date for applications for the in-person course starting in
September 2023: Friday 30th June 2023.

Closing date for applications for the on-line course starting in
November 2023: 1st September 2023.

(Late applications may be accepted if places are available.)



About the Course

Thank you for your interest in the IGA Foundation Course in Groupwork. Starting in 2023, GAN will be offering both an in-person and an on-line Foundation Course. This leaflet explains the core and shared components of the course and also outlines the structural differences.

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 course provides an overview of group analytic theory through a series of seminars and lectures. Students will also be a member of a small experiential 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 **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. All Foundation Course student will be expected to contribute to the running of the seminars. There are five online seminar sessions which are part of the online course which are also open to the in-person course, and in-person student can opt to join these they wish. (see page 6)

There will be three on-line large groups throughout the year, where members of both courses will come together to share the experience.

The foundation 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.

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.

Virtual Learning Environment (VLE)

Once a student is accepted on to the course, they will be given access to the Institute of Group Analysis' VLE. Seminar reading references are stored here and students can download them in preparation for the seminars. In addition students will have access to the resource area on the Group Analysis North website where the handbook and other course information is stored.

Graduation

All students are invited to the training community Graduation Evening. Certificates are presented to students on the Foundation and Diploma Courses as well as to those graduating from the IGA Qualifying Course in Group Analysis.

In-person Foundation Course – Structure

The course is held on 10 Saturdays at Newlands Estate, 315 Chorley New Road, Bolton, BL1 5BP. In addition to the 10 in-person course days, foundation course students will attend 3, online large groups which will also be attended by students and staff from the on-line Foundation Course. Students attending the in-person course have the option of joining five sessions of the on-line course (see page 6). Places must be booked in advance (there is no additional charge for these sessions).

In-person course dates

Induction session – online on Wednesday 6th September from 7.00p.m. – 7.30 p.m.

9 September 2023

7 October 2023

11 November 2023

9 December 2023

13 January 2024

10 February 2024

16 March 2024

11 May 2024

8 June 2024

13 July 2024 (including Graduation Evening)

In-person course timetable

9.00 – 10.30 Experiential Group

10.30 – 11.00 Break

11.00 – 12.30 Experiential Group

12.30 – 1.30 lunch

1.30 – 2.30 Seminar 1

2.30 – 2.45 break

2.45 – 3.45 Seminar 2

3.45 – 4.00 break

4.00 – 4.30 Reflective space

4.30 – 4.45 Break

4.45 - 6.15 Experiential Group

On-line Foundation Course – Structure

On-line course dates

Induction session – online on Wednesday 1st November 2023 from 7.00p.m. – 7.30 p.m.

Saturday 4th November 2023, 10.00 a.m. – 3.00 p.m.

Thursdays:

9, 16, 23, 30 November 2023

7, 14 December 2023

11, 18, 25 January 2024

1, 8, 15, 22, 29 February 2024

7, 14, 21 March 2024

18, 25 April 2024

2, 9, 16, 23 May 2024

6, 13, 20 June 2024

Saturday 29th June 2024 10.00 a.m. – 3.00 p.m.

In-person Graduation Evening in Bolton on **Saturday** 13 July 2024 (*optional*)

On-line course timetable

Saturday 4th November 2023 and Saturday 29th June 2024:

10.00 – 11.30	Experiential Group
11.30 – 12.00	Break
12.00 – 1.00	Seminar
1.00 – 1.30	Lunch (online zoom social room available)
1.30 – 3.00	Experiential Group

Thursday Evenings

5.15 – 6.15	Seminar or large group
6.15 – 6.45	Break (online zoom social room available)
6.45 – 8.15	Experiential Group

Course Fees

£1,769.00 **early bird** rate for applications received by **31st May 2023**, £1,869.00 thereafter and £1,999.00 for places which are funded by employers or organisations. There is an additional non-refundable recruitment and selection fee of £200.00 payable on application.

Options for paying fees

Full fees to be paid by 31st October 2023 or fees can be paid in monthly instalments.

Bursaries and Fee assisted places

Small bursaries are available for self-funding applications:

[BURSARIES & ASSISTED PLACES - Group Analysis North](#)

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

The IGA also offers small bursaries - details of which can be found on its website:

[The Institute of Group Analysis | Courses & Training](#)

Application Process

The closing date for applications for the in-person is Friday **30th June 2023**.

The closing date for applications for the on-line course is Friday **1st September 2023**

(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 £200 plus a passport size photograph to:

Nadine Gregory, Clerical Officer at Group Analysis North clerical@groupanalysisnorth.com

You will then be invited take part in an online course preparatory group session where you can ask questions and gather more of a sense of what the course entails.

The group session for the in-person course will be held online on **Friday 14th July 2023**, from 11.30 a.m. – 12.30 p.m.

The group session for the online course will be held online on Friday **13th October 2023**, from 11.30 a.m. – 12.30 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 in advance, to secure your place. You will also be asked to register with the Institute of Group Analysis (IGA).

Optional On-line Sessions for the In-person Course Participants:

Thursday 9 th May 2024, 5.15 p.m. – 6.15 p.m.	Seminar 19: Supervision
Thursday 16 th May 2024, 5.15 p.m. – 6.15 p.m.	Seminar 20: Online Group Therapy
Thursday 23 rd May 2024, 5.15 p.m. – 6.15 p.m.	Seminar 21: Group Analytic Thinking: Cinema
Thursday 6 th June 2024 5.15 p.m. – 6.15 p.m.	Seminar 22: Applications of Group Analysis
Thursday 13 th June 2024 5.15 p.m. – 6.15 p.m.	Seminar 23: Group Analytic Thinking: Cinema

Places must be booked in advance.

Work Reflection Group option

An online work reflection group runs monthly on Friday evenings (4.45 p.m. – 8.15 p.m.) and it includes students from the IGA Diploma Course. This group provides 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 the online work reflection group (**a further fee of £870 for self-funding and £920 for funded places applies**).

Want to know more?

We hold a free informal session to meet with the Courses Director, Chris MacGregor:

- Friday 19th May 2023, 7.00 p.m. – 8.00 p.m. (online)

Booking is required – contact, Nadine Gregory at clerical@groupanalysisnorth.com or phone 07792 775301.

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 over block weekends. Full details of both courses can be found on the Group Analysis North website www.groupanalysisnorth.com

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.**