



# IGA FOUNDATION COURSE IN GROUPWORK

## IN-PERSON COURSE

Information for applicants

Closing date for applications for the in-person course  
starting in September 2024: Saturday 31 August 2024

(Late applications may be accepted if places are available)



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

Group Analysis North, Newlands Estate, 315 Chorley New Road  
Bolton BL1 5BP

## About the Course

Thank you for your interest in the IGA Foundation Course in Groupwork. GAN offers both an in-person and an online Foundation Course. This leaflet provides information about the in-person course. There is a separate leaflet available which covers the online course.

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 students will be expected to contribute to the running of the seminars. There is required reading for all seminars and students are advised to purchase the core text books.

There will be 6 online **large groups** throughout the year, where members of both the online and in-person courses will come together to share the experience. These will be held on Thursday evenings.

### 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.

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.

## 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

## 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.

## Course Graduation

All students are invited to the training community Graduation Evening on Saturday 12 July 2025. 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.

## 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 6, online large groups which will also be attended by students and staff from the online Foundation Course.

## Course Dates

Induction Session – online on Wednesday 11 September 2024 from 7.00pm – 7.30pm

### **Saturday Course Dates - 9am - 6.30pm**

- 14 September 2024
- 12 October 2024
- 9 November 2024
- 7 December 2024
- 18 January 2025
- 15 February 2025
- 22 March 2025
- 12 May 2025
- 14 June 2025
- 12 July 2025 (including Graduation Evening)

### **Online Large Groups - Thursdays 4.30pm - 5.45pm**

- 5 December 2024
- 16 January 2025
- 13 February 2025
- 20 March 2025
- 8 May 2025
- 12 June 2025

## Course Timetable

Saturday	
09.00 - 10.30	Experiential Group 1
10.30 - 11.00	Break
11.00 - 12.15	Seminar 1
12.15 - 13.15	Lunch
13.15 - 14.30	Seminar 2
14.30 - 15.00	Break
15.00 - 16.30	Experiential Group 2
16.30 - 17.00	Break
17.00 - 18.30	Experiential Group 3

## Course Fees

£1800 early bird rate for applications received by 31 May 2024, £1950 thereafter and £2100 for places which are funded by employers or organisations. There is an additional non-refundable recruitment and selection fee of £200 payable on application.

## Options for Paying Fees

Full fees to be paid by 31 October 2024 or fees can be paid in monthly instalments.

## Bursaries and Fee Assisted Places

Small bursaries are available for self-funding applications [BURSARIES & 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)

## Course Application Process

The closing date for applications for the in-person is Saturday 31 August 2024. (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 with a photograph to Nadine Gregory, Clerical Officer at Group Analysis North [clerical@groupanalysisnorth.com](mailto: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. This group session will be held online on Wednesday 4 September, from 11.30am – 12.30pm

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).

## Work Reflection Group Option

An online Work Reflection Group runs monthly on Friday evenings (4.45pm – 8.15pm) and it may include 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 £910 for self-funding and £950 for funded places applies).

## Optional Online Friday Seminars

As part of the theoretical component of the Diploma and Qualifying Courses, GAN runs 5 online Friday afternoon seminars from 1.30pm - 4.30pm which cover topics on "applications of Group Analysis". Again, students on the Foundation Course can opt to attend any of these online seminars at no extra charge but they must register with the training administration manager beforehand.

## Want to know more?

Please contact Nadine Gregory at [clerical@groupanalysisnorth.com](mailto: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 who wish to continue beyond the diploma are then eligible to apply for 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 GAN website [www.groupanalysisnorth.com](http://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. Student membership of the Group Analytic Society (GASi) is included in the Foundation Course fees. Students can therefore access the journal online and are able to search for articles which may interest them from back publications.

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