



# IGA FOUNDATION COURSE IN GROUPWORK

## ONLINE COURSE

Information for applicants

Closing date for applications for the online course starting in  
October 2025: 30 June 2025

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



## 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 online course. There is a separate leaflet available which covers the in-person 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 also be 5 **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 (4.30pm – 5.45pm).

### 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

## Course Structure

The course is held online and will run on 26 Thursday evenings (**4.30pm – 7.45pm**) and 2 partial Saturdays (**10.00am – 3.15pm**) from October 2025 to April 2026. Both the online and in-person courses will share 5 large online groups during the academic year. These will be held on Thursday evenings in place of 5 of the seminar sessions.

## Interview and Induction Dates

Interview dates – online on Wednesday 19 June (6-7pm) or 17 July (6-7pm)

Induction session – online on Wednesday 11 September 2025 from 6 – 6.30pm

## Course Dates and Times

**Saturdays - 10.00am – 3.15pm**

**Thursdays - 4.30pm – 7.45pm**

Saturday 4 October 2025

Thursday October 9, 16, 23, 30

Thursday November 6, 13, 20, 27

Thursday December 4, 11, 18

Thursday January 2026, 8, 15, 22, 29

Thursday February 5, 12, 19, 26

Thursday March 5, 12, 19, 26

Thursday April 9, 16, 23

Saturday 25 April 2026

Graduation Evening on 11 July 2026 (Optional - 7.30pm until late)

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

6 November 2025, 11 December 2025, 15 January 2026, 19 February 2026, 26 March 2026.

## Course Timetables

Saturday 4 October 2025 and Saturday 25 April 2026

10.00 – 11.30	Experiential Group
11.30 – 12.00	Break (online zoom social room available)
12.00 – 1.15	Seminar
1.15 – 1.45	Break (online zoom social room available)
1.45 – 3.15	Experiential Group

Thursday Evenings

4.30 – 5.45	Seminar or Large Group
5.45 – 6.15	Break (online zoom social room available)
6.15 – 7.45	Experiential Group

## Course Fees

£1600 early bird rate for applications received by 30 May 2025, £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 2025 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 online course is 30 June 2025. (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)

## Group Interview

You will then be invited to take part in an online course interview 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 19 June (6-7pm) OR 17 July (6-7pm).

## Secure Your Place

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).

## 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 on a virtual library platform and students can download them in preparation for the seminars.

## Course Graduation

All students are invited to the training community Graduation Evening on Saturday 11 July 2026. 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. Certificates will be posted or emailed to those students who are unable to attend in person.

## Optional Work Reflection Group

An online work reflection group runs monthly on Friday evenings (4.45pm – 8.15pm) and it may include students from the IGA Diploma Course in Groupwork Practice. 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 £955 for self-funding and £1100 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 administrator beforehand.

## Want to know more?

Online open session with the Course Convenor, Richard Curtis:

Wednesday 12 March 2025, 6.00pm – 7.00pm

Wednesday 4 June 2025, 6.00pm – 7.00pm

Please contact Nadine Gregory to register 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.