

Active Citizenship: Developing Group Dialogue

Programme for the day: UK Time

1.00 pm	Introduction by GAN Development Officer, Mandy Wildman
1.15 pm - 1.30 pm	Introduction to the Trilogy exercise – Gerard Fromm
1.30 pm – 2.30 pm	The Trilogy
2.30 pm– 2.45 pm	break
2.45 pm – 3.45 pm	Anna to present her research and work on developing reflective citizenship and dialogue in communities followed by a Q & A
3.45 pm – 4.00 pm	Break
4.00 pm – 5.00 pm	Large Group facilitated by Gerard Fromm
5.00 pm	Closing comments

The Trilogy

Richard Morgan-Jones (2022) describes the Trilogy as follows: “The Trilogy Matrix Event is a reflective practice design seeking to provide a managed container for learning from reflection on experience from different perspectives. It is called a “Trilogy Event” because the seating layout in an in-person event allows people to choose one of three concentric circles. Each circle has a specific task in developing learning.

The first inner circle invites members to reflect on their own experiences of whatever particular focus or theme is chosen for the event. Meanwhile the second and third circles observe and note the work of the inner circle.

Next, the second circle has the task of reflecting on the theme as presented through the experiences of the first circle, making links to the unfolding material and providing observations of the group dynamics.

Last, the third circle whose members have been observing the work of the other two circles has the task of reflecting on the theme of the event, making links to the processes of the other two groups and providing observations from the perspective of the wider context. In this way each circle works one at a time and may begin to formulate hypotheses about their reflections.

This event is described as a new practice for the way it seeks to gather and interlink perspectives familiar to the fields of group relations, group analysis and systems psychodynamics. Although the generalised procedure has been outlined above there are a variety of methods, each using different structures for managing the study task: to learn from how these three perspectives interact with each other. This is part of the introduction explained at each event.”

Instruction

We invite participants to form three circles (or, for online settings, three groups). One group will have their cameras on while speaking, while the other will have them off. The theme of the meeting will be an exploration of:

- **Inner Circle – "Experience Group"**: Participants in this circle will share their experiences of **what it means to be a group analyst and a socially engaged citizen (AZ: we may change it accordingly to your desire).**
- **Middle Circle – "Dynamics Group"**: This group will observe the Experience Group, share their emotional responses, and reflect on the dynamics unfolding within the discussion.
- **Outer Circle – "Observation Group"**: Participants in this circle will observe both the Experience and Dynamics Groups, analysing their discussions and exploring broader social dynamics emerging within the room.

During our project Poland on the couch this is how we define it: *"Trilogy – moderated by group analysts, a discussion in three circles on the following topics: What, for me, is it to be a Polish citizen now? (first circle); Reflections on the first discussion, as well as analysis of the revealed emotions and main themes (second circle); Placing both discussions in the social context: local and national (third circle)"* (Zajenkowska & Wyrzykowski 2019, <https://groupanalyticsociety.co.uk/contexts/issue-85/reports/poland-on-the-couch-project/>)

References

Morgan-Jones, R. (2022). The trilogy matrix event: A new practice for the study of group and organisational dynamics. *Socio-Analysis*, 23, 41-60.

Morgan-Jones, R. (2023), The Trilogy Matrix Event (TME) A setting for collective reflection on social system dynamics of the tripartite matrix, chapter 18 IN *The Tripartite Matrix in the Developing Theory and Expanding Practice of Group Analysis: The Social Unconscious in Persons, Groups and Societies: Volume 4*.

Presenter and facilitators

Anna Zajenkowska, PhD, is an associate professor at the University of Economics and Human Sciences in Warsaw. She holds a PhD from the Department of Psychology at the University of Warsaw and has also acquired psychological expertise at the University of Vienna. With her training as a group analyst, she serves as the head of the group section and a board member of the European Federation for Psychoanalytic Psychotherapy (EFPP). In addition to her academic work, Anna works in a clinic conducting individual and group psychodynamic psychotherapy.

Alongside her academic pursuits, Anna has a master's degree in International Commerce from the University of Korea and has completed postgraduate studies in monetary policy at the Polish Academy of Sciences. Her international experience in business spans Poland, Austria, and Korea. Anna has also conducted intercultural trainings with various groups, focusing on facilitating communication between different communities.

Anna combines her clinical and scientific experience and is one of the founders and main organizers of the "Poland on the Couch" Project. This initiative, originated by group analysts, aims to create a safe space for conversation, which serves as the foundation of social life. The project includes reflective citizens' workshops and publications, providing representatives from diverse environments an opportunity to contemplate and reflect upon social processes. These workshops have been held in various Polish cities since 2014 and continue to be ongoing. Anna is a board member and section chair of a group section in the European Federation for Psychoanalytic Psychotherapy (EFPP).

For more information about Anna's activities, you can visit her website at <https://www.healab.pl/>. She can also be contacted via email at zajenkowska@gmail.com.

Furthermore, information about the "Poland on the Couch" Project can be found on Facebook at the following link: <https://www.facebook.com/Polka-na-Kozetce-213210992206508/>

Zajenkowska, A., & Levin, U. (Eds.). (2019). A Psychoanalytic and Socio-cultural Exploration of a Continent: Europe on the Couch. Routledge.

Gerard Fromm, Ph.D., is the immediate Past President of the IDI and the co-editor of the IDI's recent book, *We Don't Speak of Fear: Large Group Identity, Societal Conflict and Collective Trauma*, published by Phoenix Publishing House in March, 2023.

He is Distinguished Faculty and former Director of the Erikson Institute for Education and Research of the Austen Riggs Center. He is also an Assistant Clinical Professor at the Yale Child Study Center, was a Visiting Fellow in the Psychotherapy Department of University College, London, and is a member of the Academy for Critical Incident Analysis in New York.

Dr. Fromm is Past President of the International Society for the Psychoanalytic Study of Organizations. For three years, he directed the residential Group Relations Conferences of the Center for the Study of Groups and Social Systems in Boston, served as that organization's president, and has been on the staff of Group Relations Conferences in various parts of the world.

He is a Fellow of the American Board and Academy of Psychoanalysis and has taught at and consulted to mental health organizations across the US, including several psychoanalytic institutes. His books include: *Lost in Transmission: Studies of Trauma across Generations*; *A Spirit That Impels: Play, Creativity and Psychoanalysis*; *Taking the Transference, Reaching toward Dreams: Clinical Studies in the Intermediate Area*; and *Traveling through Time: How Trauma Plays Itself out in Families, Organizations and Society*.

Organisers on behalf of Group Analysis North

Mandy Wildman, GAN Development Officer

Susanne Vosmer, GAN Academic & Development Co-ordinator

Group Analysis North (GAN) is a Registered Charity which works in partnership with the Institute of Group Analysis (IGA) to administer and deliver group analytic training at Foundation, Diploma and Qualifying levels.

GAN's charitable objectives are:

- To develop the theory and practice of group analysis;
- To develop and provide vocational training and education in group analysis among members of the medical, nursing and other related caring professionals and educationalists;
- To support the provision of group analysis as widely as possible for the general public especially to those groups disadvantaged by hardship or other adverse conditions.