



HOW TO RUN A GROUP

A SHORT ON-LINE COURSE ON GROUP ANALYTIC GROUPWORK SKILLS

An eight-week online introductory training course in group analytic groupwork skills

Course Dates: 8 Thursdays 4.00pm —7.00pm
with an induction session one week prior to the start of the course

Course Fee: £605 for places paid for by employers
£480 for those self-funding (£160 x 3 monthly payments)

INTRODUCTION

This Introduction to Group Analytic Groupwork Skills Course will be of interest to you if you are involved in developing and/or facilitating groups. This may be in your workplace, or you may be involved in groups of a voluntary nature. The Course is designed for those working with groups in a variety of settings, i.e. mental health and other health related services, criminal justice system, recovery services, therapy, counselling, social care, children's and young people's services and education providers. Group analytic skills are of value in all group contexts. The course will also be of benefit to those who wish to develop a greater understanding of team and organisational dynamics.

The course is designed to be accessible, supportive and encouraging and it offers practical knowledge and skills that are directly transferable into our everyday work and lives. Group analytic theory provides the framework for the course, which is designed to introduce you to the factors that underlie group dynamics.

Each course will be limited to a maximum of 10 participants.

COURSE OBJECTIVES

To provide:

- A practical and theoretical understanding of how to set up a group well.
- A basic understanding of group processes and how these can help or hinder the group outcomes.
- A better understanding of the role of the Group Facilitator, and how to look after yourself in this role.
- Awareness of the different roles that people take in groups and how to recognise and work effectively with these.
- Awareness of why boundaries are important in groups, how to establish them and work with them effectively.
- Awareness of difference and otherness in relation to groups.
- An understanding of the endings in groups and how to facilitate these positively.

COURSE STRUCTURE

Each of the 8 online sessions includes a 60-minute seminar and a 90-minute work reflection group (the work reflection group is an opportunity to look at ongoing groupwork and organisational issues that participants will bring to work with). There will be a half hour break between the two sessions:

4.00pm - 5.30pm Work Reflection Group

5.30pm - 6.00pm Break – online zoom social room made available to participants

6.00pm - 7.00pm Seminar

A certificate of attendance will be awarded at the end of the course

COURSE STRUCTURE

The course runs on 8 consecutive Thursdays from 4.00pm -7.00pm with an induction session held one week prior to the start of the course.

ONLINE PLATFORM ARRANGEMENTS

The course will be run via Zoom meeting rooms. Zoom invitations will be emailed to the course participants - they do not have to have a zoom account.

COURSE SEMINAR PROGRAMME

There will be a small amount of recommended reading for each seminar and participants will be expected to read these before each session, so that they can contribute to the dialogue within the seminars (references will be made available online for all course participants).

SEMINAR THEMES

- Session 1: An introduction to Group analytic theory and thinking.
- Session 2: Thinking about the group matrix.
- Session 3: What a group facilitator's role is.
- Session 4: Group boundaries: Creating, managing and maintaining.
- Session 5: Managing difficult situations in groups.
- Session 6: Working with transference and countertransference in the group (developing and understanding of how and why group members may relate to one another).
- Session 7: Thinking about difference and otherness in relation to groups.
- Session 8: Managing endings in groups.

COURSE FACILITATORS

Course Convenor and Seminar Facilitator – Mandy Wildman

The course is convened by **Mandy Wildman**, who works with GAN as its Development Officer. Whilst beginning her career in social work she began working in the NHS in 2000, working in both community and inpatient services as a clinician and manager. After working for 13 years in Secure Forensic Mental Health Services, Mandy took early retirement and now works in private practice. Her psychotherapy trainings include group, cognitive analytic and mentalization based therapy. She studied on the GAN Advanced Course in Groupwork. Alongside clinical practice her areas of interest include developing effective team working within an appreciative leadership framework. Mandy will also lead the seminars on the course.

Mandy will also be available in-between sessions should participants wish to discuss any aspect of the course or any issues/concerns they may have.

Work Reflection Group Supervisor – Chrysi Kariotoglou

Chrysi was born in Athens-Greece and is a qualified Group Analyst, member of IGA and UKCP. She has been working in the mental health field since 2001 and in the NHS between 2013 and 2021. She has studied Psychology and Psychodynamic Counselling at the University of Athens, the University of Oxford and the University of Basse Normandie. Chrysi has been trained in Mentalization Based Treatment and is a qualified Dynamic Interpersonal Therapy practitioner (Anna Freud Centre). She has a great experience of working with patients who have a diagnosis of Personality Disorder. Chrysi has also been working as an Experiential Group Conductor for the Oxford and Manchester IGA foundation Courses and has been offering supervision for group work in private practice.

PRIOR KNOWLEDGE

Prior knowledge of group work theory and skills is not required for the course.

IN-HOUSE TRAINING

This short course can also be offered as an in-house CPD session over 1 or 2 days, if required. Please contact the Group Analysis North Development Officer, Mandy Wildman, to discuss your Service or Departmental needs, email: mndywldmn@aol.com

Alternatively, contact GAN'S administrator Bethan Marreiros, administrator@groupanalysisnorth.com
Telephone: 07792 77 5301. Details are also on the GAN website: www.groupanalysisnorth.com

Group Analysis North is a small charity based in the North of England. Its remit is to provide training, support and knowledge of group analysis. GAN also offers support to voluntary organisations by providing fee-assisted places on its courses. Contact the GAN administrator or Mandy for more details. On behalf of the Institute of Group Analysis (London), Group Analysis North runs the following block weekend trainings:

- **IGA Foundation Course in Groupwork ***
1-year course providing an introduction to understanding group processes and skills in developing, leading and facilitating groups. The course offered online and in-person.
- **IGA Diploma in Groupwork Practice**
1-year in person course supports the development of specialist skills and competencies in group therapy.
- **IGA Qualifying Course Group Analysis**
3.5 to 4-year course providing specialist training in the practice of group analysis, leading to full membership of the IGA and UKCP registration.

Group Analysis North also provides:

- **Group supervision** - telephone and face to face in a small group.
- **Work reflection groups** - monthly sessions on a Friday evening (online).
- **Online Friday Seminars** - focussing on 'applied' Group Analysis.

Details of all Group Analysis North's activities and events can be found at www.groupanalysisnorth.com

* Groupwork skills course participants are eligible to 10% discount off the Manchester Foundation course fees.

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