



IGA FOUNDATION COURSE IN GROUPWORK

ONLINE COURSE

Information for applicants

Closing date for applications for the online course starting in
September 2026: 30 June 2026

(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 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 (4.30pm – 5.45pm in place of one of the seminars).

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 September 2026 to April 2027. Both the online and in-person courses will share 6 large online groups during the academic year. These will be held on Thursday evenings in place of 6 of the seminar sessions and will be followed by the experiential group.

Interview and Induction Dates

Interview dates – online on Wednesday 1 July 2026 (6-7pm) or Thursday 30 July 2026 (11am-12noon)

Induction session – online on Thursday 17 September 2026 from 6 – 6.30pm

Course Dates and Times

Saturdays - 10.00am – 3.15pm

Thursdays - 4.30pm – 7.45pm

Course starts – Saturday 26 September 2026

Thursdays October -1, 8, 15, 22, 29

Thursdays November - 5, 12, 19, 26

Thursdays December - 3, 10, 17

Thursdays January 2027 - 7, 14, 21, 28

Thursdays February - 4, 11, 18, 25

Thursdays March – 4, 11, 18, (Easter 26-29 March)

Thursdays April - 8, 15, 22

Saturday April 24 2027 – Final course day

Course Timetables

Saturday 26 September 2026 and Saturday 24 April 2027

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

£1,650 early bird rate for applications received by 31 May 2026, £2,013 thereafter and £2,400 for places which are funded by employers or organisations. For self-funding applicants there is an additional non-refundable recruitment and selection fee of £200 payable on application. This has already been added to the organisational fee.

Options for Paying Fees

Full fees to be paid by 31 October 2026 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 also 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 Course Convenor, Richard Curtis fcconvenor@groupanalysisnorth.com

Course Application Process

The closing date for applications for the online course is 30 June 2026. (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 (if you are self-funding) with a photograph to Bethan Marreiros, Operations and Finance Manager at Group Analysis North bethan@groupanalysisnorth.com

Group Interview

You will then be invited to take part in an online course interview where you can ask questions and gather more of a sense of what the course entails. The session is led by Richard Curtis, the Course Convenor and it starts with introductions. Richard then sets the scene for the course by inviting a discussion of applicants' experiences in groups and asking what they hope to take from the course.

The interview will be partially an experiential space giving applicants a feel for what they will be experiencing so that they can be sure that the course is the right one for them. Following the group interview formal offers of places will be sent out with details of the induction session.

The group interviews will be held online on Wednesday 1 July 2026, 6pm – 7pm and Thursday 30 July 2026, 11am - 12noon.

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 10 July 2027. 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 – additional fee applies

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 £990 for self-funding and £1,200 for funded places applies).

Optional Online Friday Seminars – no additional fee

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:

Thursday 14 May 2026, 6.00pm – 7.00pm

Wednesday 3 June 2026, 6.00pm – 7.00pm

Please contact Bethan Marreiros to register at bethan@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

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.