FOUNDATION COURSE IN GROUP ANALYSIS (LONDON)

CONVENOR: VALENTINA KRAJNOVIC

COURSE HANDBOOK

2019- 2020
INTRODUCTION

Welcome to the Institute of Group Analysis, which is the main training Institute for group analysts in the UK and elsewhere. The Foundation Course for Group Analysis (London) – our Introductory Course – has been running since 1964. The completion of this course is the first step in becoming a group analyst.

The course is comprised of twenty lectures by eminent group analysts and the participation in small and large groups conducted by members of the Institute of Group Analysis. Following the first lecture, which introduces the history of group analysis and the general format of the course, the lectures in the first term are concerned with the meta-theory of group analysis and the principles of clinical group analysis. In the second term the lectures are concerned with special clinical applications and the wider application of group analysis. In the third term the students and staff participate in the large group instead of attending lectures. The lectures and the large group are followed in each term by the small experiential groups of up to fourteen participants.

The lectures begin at 5:30pm and end at 6:40pm, the small group sessions begin at 7:30pm and end at 9:00pm. Abstracts for the lectures and further reading are to be found in this Handbook. You will be able to give feedback on seminars by completing a brief survey, which will be emailed after each seminar. Your feedback is important to us to help improve the course and we are grateful for the suggestions you can offer.

Valentina Krajnovic, Convenor
Foundation Course in Group Analysis (London)
AIMS AND OBJECTIVES
The course is intended for people who are interested and involved in groups. The opportunity to explore an analytic approach to the dynamics of groups will occur through the theoretical sessions and as a living experience in a small group, which will meet weekly throughout the course, and will be conducted according to group analytic principles.

Group Analysis is a way of understanding group processes in small or large groups. As a method of psychotherapy in which it is possible to mirror the context of a person’s life, it has roots in psychoanalysis, sociology and systems theory. It is concerned with the reciprocal relationship between a person and the many groups of which he or she may be a part. Through it we can explore what bearing the public and private, outer and inner aspects of our life have on one another, and the dialectic between group and personal development.

COURSE STRUCTURE
The course meets for thirty evenings, each consisting of one hour and ten minutes lecture/discussion, a break providing space and time for further discussion and social interaction, followed by a one and a half hour experiential group. Each small group will be conducted by an experienced group analyst and will determine its own therapeutic level and goals. The theoretical lecture/discussion sessions lead to increased understanding of the dynamic processes, which occur in the experiential group. In the third term the lecture/discussion will be replaced by an experiential large group, involving all participants, and this group will be convened by Valentina Krajnovic. The conductors of the small groups will participate as staff members.

LEARNING OUTCOMES OF THE COURSE
The course aims to enable students to:

vii. Recognise the effect of group dynamics upon self and others
viii. Have an increased self-awareness and self-reflexivity
ix. Understand group dynamics from a Group Analytic perspective
x. Recognise how group dynamics relate to the context of the setting
xi. Recognise and use theoretical language and concepts specific to Group Analysis
xii. Understand the meaning of fundamental Group Analytic terms.
xiii. Understand psychoanalytic theory such as transference and projective mechanisms in relation to group development and group processes
xiv. Understand how context impacts upon group dynamics in clinical and organisational settings
xv. Link Group Analytic theory with practice

STUDENT GUIDELINES
The course is designed as a unique integrated learning experience, where lecture/discussion, social interaction, small groups and the large group experience all combine and contribute to each other. A regular and consistent attendance is indispensable for this learning to take effect. Participants are required to make every effort to attend regularly and to be on time.

The lectures and large groups are held in rooms 2/3 at the Institute of Group Analysis. If you are unable to attend for any reason please contact the IGA Office, apologies-fc@groupanalysis-uk.co.uk before 4:00pm, giving your name and the name of your small group Conductor so that they may be advised of any absences within the group.
Course Certificates will not be given to students who have attended less than 80% (24 days) of the course. Students should advise the Course Convenor of any extenuating circumstances, which prevent them from attending regularly.

Students are advised that the upper level of the IGA building is used for therapy sessions, and we would therefore be grateful if all students ensure they leave promptly and quietly after the small groups have ended. Students should also be aware of this during the break between lecture/large group and small group sessions.

Foundation Course students will be given IGA Student Member status. This means students will have access to other IGA events and workshop at student rates, as well as being able to apply for student membership of the United Kingdom Council for Psychotherapy (UKCP). Students are automatically enrolled as student members of the Group Analytic Society International (GASI). Foundation Course students also have access to the IGA library facilities, and website where there is a wealth of information in addition to the student handbooks. A username and password unique to each student will have been sent to you to register on the website.

Notations:
NB - alphabetic code after citation indicate IGA/GAS Library class mark [BLISS classification] [TNH] indicates title not held by IGA/GAS Library
[VLE] indicates electronic copy on IGA Virtual Learning Environment

In addition, Swiss Cottage Library has a good psychotherapy section. Karnac in Finchley Road, NW3 and Joseph’s Bookstore, Ashbourne Parade, NW11, are able to obtain the books listed in the reference lists included in the Handbook.

All Foundation Course students may apply to the Diploma in Group Work Practice and further to the Qualifying Course in Group Analysis to become a Group Analyst. Those interested should contact Samantha Evans, National Training Administrator sam@groupanalysis-uk.co.uk or on 020 7431 2693 to arrange an appointment to see the London Courses Director Monica Doran.

Disabled participants should let the Course Convenor know and inform the office of any specific requirements as soon as possible.

Participants are advised that although the experiential part of the course provides containment and supports facilitated learning, it can also be experienced by some students as emotionally demanding. Participants should let the Course Convenor know, if this is the case, especially if for any reason they are considering leaving the course prematurely.

COMPLAINTS PROCEDURE
If a student has a complaint about any aspect of the course they can in the first instance informally discuss the issue with the Course Convenor.

Any formal complaints should be put in writing and addressed to the Course Convenor. The complaint will be investigated further and this may include a meeting between the Course Convenor and the student, plus another staff member if appropriate. If the student feels that the outcome of the investigation was not acceptable a further letter should be sent to the Director of Training IGA.
FOUNDATION IN GROUP ANALYSIS TEAM

CONVENER
VALENTINA KRAJNOVIC

SMALL GROUP CONDUCTORS
KATHLEEN GILLESPIE
VASILIOS MAGALIOS
VERONICA READ
WALTER WILLS

LARGE GROUP CONDUCTOR
VALENTINA KRAJNOVIC

LECTURERS
DICK BLACKWELL
BARRY CURNOW
FRANCES GRIFFITHS
VALENTINA KRAJNOVIC
MORRIS NITSUN
SHEILA RITCHIE
CHRISTOPHER SCANLON
TBC
TERESA VON SOMMARUGA HOWARD
DAVID WOOD

AMANDA CARPENTER
SUE EINHORN
EARL HOPPER
DIANA MENZIES
AMÉLIE NOACK
CYNTHIA ROGERS
JOHN SCHLAPOBERSKY
SARAH TUCKER
ESTELA WELLDON
PATRICK MANDIKATE


**LECTURERS**

**Dick Blackwell**
Dick Blackwell is a Group Analyst, Family Therapist, and Organisation Consultant in private practice. He is also Director of the Centre for Psychotherapy and Human Rights, and Consultant Group and Family Psychotherapist at the Baobab Centre for Young Survivors in Exile. He originally graduated in Business Management, and later trained in education. He was first involved in alternative community work and subsequently carried out research in youth and community work for a national youth agency as part of its “Black youth in the inner city” project. He spent ten years within the field of community mental health, developing a flexible psychotherapy service combining individual, group, and family therapy. He has since combined private practice with consulting and supervising in a range of voluntary and statutory organisations. He has taught and supervised at the Institute of Family Therapy, London Marriage Guidance, and Westminster Pastoral Foundation, as well as at the IGA. He has always been interested in connecting systemic and psychoanalytic thinking and his recent family work combines both approaches in a human rights context, with a client population predominantly from the ‘third world’. He is particularly interested in power, culture and communication in the context of trauma. He is an associate editor of the journal Group Analysis, and a former chair of the IGA Council.

**Amanda Carpenter**
Amanda is a Group Analyst and Children’s and Families Social Worker with over thirty years’ experience of working within local authorities Social Services and CAMHS. Amanda has previously worked within specialist therapeutic residential settings for children and young people and managed services for Children in Care, Adoption and Post Adoption support, Young People leaving Care and Children and Young People who have experienced sexual trauma and abuse (STARS) and Children and Young People displaying Harmful Sexual Behaviours (ACT). Amanda has a particular interest in Attachment, Development Trauma and understanding the impact of both inter generationally and across the life cycle.

**Barry Curnow**
Barry Curnow is a group analyst and management consultant and a former managing director of the Hay MSL Group; Past President of the Institutes of Personnel Management and Management Consultancy; editor of the International Guide to Management Consultancy (Kogan Page, 2003). A former Chair of the IGA Development Committee he teaches on the Qualifying and Foundation Courses. He held academic appointments at Durham and Cass Business Schools as Visiting Professor of Management Consulting and is currently Head of Human Resources and Organisational Behaviour at the University of Greenwich Business School. He facilitates staff groups, consults to organisations and groups and supervises consultants, coaches, change agents and group workers.

**Sue Einhorn**
Sue began work as a Literary Agent but then became a Detached Youth Worker in Wales. On returning to London, she moved into Community Work, which continued when she became a Senior Lecturer in Social Work at the University of North London 1977-94. She is currently a Training Group Analyst at the IGA where she teaches and supervises and organises a Telephone Supervision Network. She has a private practice seeing people in groups, individually and as couples. She used to work at the Women's Therapy Centre and at the Medical Foundation for the Care of Victims of Torture (MFVT). For 6 years she convened the training of Group Analysts in St. Petersburg and currently has two Skype supervision group with group analysts in Russia. She also supervises experienced Group Analysts in Norway and is Chair of the Scientific Committee of GASi (Group Analytic Society International). She lectures widely and has had several articles published in Group Analysis. She is also a member of GANLondon.
Frances Griffiths
Frances Griffiths is a group analyst and an IGA accredited supervisor. She teaches on the IGA clinical training courses and has a private practice in London that includes conducting a weekly group analytic group and the supervision of group analysts in the NHS, counsellors in schools and prisons and those conducting experiential groups on therapeutic training. She conducts a Large Group for the Institute of Psychosexual Medicine and is an Executive Coach. Frances is a member of the Group Analytic Network London, the American Group Psychotherapy Association (AGPA) and the Management Committee of the Group Analytic Society International (GASi) and the European Subcommittee of the 16th European Symposium in Group Analysis in Lisbon in July 2014. Her experience as a clinician in the NHS involved research into the impact of a three-year twice-weekly group for patients with a personality disorder. The interim results formed the subject of a paper she jointly presented at the 15th Symposium in Group Analysis in London in 2011.

Earl Hopper
Earl Hopper, Ph.D. is a psychoanalyst, group analyst and organisational consultant in private practice in London. He is a Fellow of the British Psychoanalytical Society, an Honorary Member of the Institute of Group Analysis, an Honorary Member of the Group Analytic Society International and a Distinguished Fellow of the American Group Psychotherapy Association. A supervisor and training analyst for the Institute of Group Analysis, and other organizations in the United Kingdom. A former President of the International Association for Group Psychotherapy and Group Processes (IAGP), and a former Chairman of the Association of Independent Psychoanalysts of the British Psychoanalytical Society. He is the author and editor of many books and articles in psychoanalysis, sociology and group analysis, and the editor of the New International Library of Group Analysis (NILGA).

Valentina Krajnovic
Valentina J. Krajnovic is a group analyst, teacher, training supervisor and the course convenor. She is a member of the Institute of Group Analysis, the Council for Psychoanalysis and Jungian Analysis and is accredited by the UKCP.

Initially trained as a clinical psychologist in Belgrade, Serbia, she has since worked therapeutically and in a supervisory and mentoring role with both individuals and groups, in organisational settings and in private practice.

Her special interest is in promoting communication among people and in the possibility of a dialogue repairing the damage done within the individual microcosms as well as the macrocosm of a wider society and different cultures.

Diana Menzies
Diana Menzies is a Consultant Psychiatrist in Psychotherapy and Group Analyst working in the NHS. She worked for 12 years at Henderson Hospital services, a residential therapeutic community and outreach service for the treatment of people with moderate and severe personality disorders, until its closure in 2010. She was very involved in the Community of Communities, part of the Royal College of Psychiatrists Quality Improvement Unit which organises and oversees peer reviews and Accreditation of Therapeutic Communities. She currently facilitates reflective practice groups for staff working on the wards and in the community at SW London & St George’s Mental Health NHS Trust. She maintains her interest in therapeutic communities through contact with colleagues and the Community of Communities. She has co-edited a book A Culture of Enquiry: Research Evidence and the Therapeutic Community, (2004) with Jan Lees, Nick Manning and Nicola Morant, JKP, and published several papers.
Patrick Mandikate
Patrick Mandikate is a Group Analyst (Member of the Institute of Group Analysis) and an organisational consultant. He is presently employed as visiting lecturer on the D10 organisational dynamics course at the Tavistock and as Assistant National Director of Training at the Institute of Group Analysis. He was head of psychotherapy at HMP Grendon Therapeutic Community from 2002-2014.

Morris Nitsun
Morris Nitsun is a consultant clinical psychologist in Camden and Islington NHS Foundation Trust, with responsibility for developing group therapy across the Trust. He is a training group analyst and in private practice at the Fitzrovia Group Analytic Practice, London. He is a widely published author, best known for his book, “The Anti-group: Destructive forces in the group and their creative potential” (Nitsun 1996) that is due for re-issue as a Routledge classic edition in October 2014. Morris lectures and runs workshops in many countries and was invited to present the ‘special institute’ at the American Group Psychotherapy Association congress in February 2013. His theme there was ‘Sexuality and Desire in Group Psychotherapy” based on his second book “The Group as an Object of Desire” (Nitsun 2006). Both this publication and “The Anti-group” have been described as ‘classics in the field’. His third book, Nitsun, M. (2015) Beyond the Anti-group: Survival and Transformation” London: Routledge. He is also a practicing artist who is working towards his next solo exhibition in London.

The author’s new book “Beyond the anti-group: survival and transformation” takes further the threat to the group by the anti-group, with anxiety about survival uppermost, as well as the potential for transformation when survival is ensured and the aggression in the anti-group can be transmuted as creative energy.

However, culture and technology in the 21st century are tending to generate new forms of anti-group through social disconnectedness, paradoxically in the face of seemingly greater connectedness. The need for group analysis to help keep alive human intimacy may be more important than ever but not without taking account of – and managing - anti-group processes.

Amélie Noack
Amélie Noack MA, MSc, Memb.IGA and AGIP (Hon) is a Training Group Analyst for the IGA and a Jungian Analyst, and worked for many years in private practice, teaching and supervising in the UK and abroad, as well as running the IGA’s London Qualifying and Foundation Courses for several years. She now works on the Group Analytic Training Course in GRAS, Germany, combining Jungian Analysis, Group Analysis and Winnicott’s contribution and hosts Social Dreaming Matrices. She has written various articles, for instance: Working with Trainees in Experiential Groups (2002), in Chesner, A. and Hahn, H. (Eds.) Creative Advances in Groupwork, London, Jessica Kingsley; Using the group as a medium of supervision (2009), Supervision Review Spring 2009, The Journal of the British Association for Psychoanalytic and Psychodynamic Supervision; and To love or not to love – that is the question The Problem of Love in Group Analysis (2018) in Group Analysis Vol. 51(2): 238-245

Sheila Ritchie
Sheila Ritchie is a Training Group Analyst and Supervisor on the Qualifying Course and the Diploma in Group Work Practice Course in London and the “Using the Group as a Medium of Supervision” supervision course. She has also co-convened the supervision course in St Peters-burg and Moscow. Previously she worked on the staff team as Supervisor and experiential group conductor on the Turvey block training. Sheila-la is Consultant Group Analyst for Camden and Islington NHS Trust, where many IGA students are on placement, and a Perinatal Psycho-therapist in NELFT where she applies group analysis in working with mothers and babies in groups. First trained as a psychoanalytic psycho-therapist she has had extensive experience of supervising and consult-ing both individually and in groups in a range of voluntary and statutory organisations. Sheila also has a private practice where she sees individuals, couples and groups and is an associate member of the Group Analytic Network London. She is a trustee of the Squiggle Foundation which promotes the work
Cynthia Rogers
Cynthia Rogers is a Training Group Analyst, supervisor, teacher and re-searcher in psychotherapy. She is in private practice in Bloomsbury, Central London and in Dulwich. Cynthia teaches on the IGA London Qualifying Course and the IGA supervision training. Cynthia’s current interest is using small and large groups to help professionals such as GPs deal with the stress of demanding jobs. She is the author of ‘Psy-chotherapy and Counselling a Professional Business’ Wiley 2004. This looks at the stress and strain of earning a living as a psychotherapist or counsellor.

Christopher Scanlon
Dr Christopher Scanlon (DPhil) is an Independent Psycho-socialist Consultant and Researcher, Training Analyst at the Institute of Group Analysis (London), Professional Associate at the Tavistock Institute of Hu-man Relations (TIHR), Founder member of the Association for Psychosocial Studies (APS) and Visiting Professor of Psychosocial Studies. Previously a senior psychiatric nurse, then Consultant Adult Psycho-therapist and Lead for Training and Consultation at Henderson Hospital Democratic Therapeutic Community. He then worked as Consultant Adult Psychotherapist and Lead for the Reflective Practice Team Development (RPTD) project in Medium Secure Forensic Services, in South London; and Consultant Psychotherapist in Forensic Psychiatry at a specialist MSU for personality disordered violent offenders in East Lon-don. He has published widely on psycho-social processes of traumatisation and acted as expert professional adviser to the Department of Health, Ministry of Justice, Department for Communities and Local Government (DCLG) and numerous NGOs working in the field.

John Schlapobersky
John Schlapobersky is Consultant Psychotherapist, Medical Foundation for Victims of Torture and the Traumatic Stress Clinic UCH. He is a training group analyst at the IGA where he also supervises on the Master’s programme of the Qualifying Course; and he works privately at the Group Analytic Practice. He has special interests in trauma; the problems of creativity; and in couples’ work. He helped to develop the Medical Foundation’s group work programme and has written and published widely in the field. He was Robin Slynner’s editor and his own publications include: The Language of the Group: Monologue, Dialogue and Discourse in Group Analysis, in The Psyche and The Social World, Eds., D. Brown and L. Zinkin, Routledge 1993; and Group Methods in Adult Psychiatry, written with M. Pines, in The New Oxford Textbook of Psychiatry, Ed., M. Gelder et. al., OUP 2000.

Sarah Tucker
Sarah Tucker
BA (Hons), MSc, MPhil, Memb. IGA, Working with groups, individuals and as a supervisor in private practice, Sarah is a member of the Fitzrovia Group Analytic Practice and Associate of the Group Analytic Network London. She is a Training Group Analyst and registered with UKCP. She also consults to groups at Freedom from Torture: Medical Foundation for the Care of Victims of Torture.

Previously Sarah was National Director of Training at the Institute of Group Analysis, worked for many years in the refugee trauma service at Camden and Islington NHS Foundation Trust, the Tavistock Centre for Couples Relationships and HMP Grendon. She has published a number of papers and is editor of ‘A Therapeutic Community Approach to Care in the Community: Dialogue and Dwelling’.
Teresa von Sommaruga Howard
Teresa von Sommaruga Howard trained as an architect and systemic therapist. Her group analytic training mainly occurred through a long apprenticeship with Patrick de Marè in the Median Group. She now conducts median and large group workshops in various settings around the world and lectures in group dynamics, culture and organisational systems on various courses in UK and abroad, including several Group Analytic courses and the MSc in International Construction Management, University of Bath. She has recently developed a new IGA approved course, Creating Large Group Dialogue in Organisations and Society, for people who are interested in applying larger group ideas in the world beyond the consulting room. She writes about her work and some of her articles and books are included in the reading list. She is an Honorary Member of the Institute of Group Analysis and is the Treasurer of the International Association for Group Psychotherapy and Group Processes and co-editor of the IAGP Journal, Forum.

Estela V. Welldon
Prof. Dr Estela V Welldon MD DSC (HON) FRC PSYCH Hon. Memb. A.Psa.A. is the Founder and Honorary Elected President for Life of the International Association for Forensic Psychotherapy, a Fellow of the Royal College of Psychiatrists, member of the British Psychoanalytic Association and Visiting International Professor at the Pontificia Universidad Católica del Perú (Lima). Dr Welldon worked for three decades at the Tavistock Portman Clinics NHS Trust. Presently she works in private practice and lectures worldwide. She is author of Mother, Madonna Whore: The Idealization and Denigration of Motherhood (1988) Sadomasochism (2002), Playing with Dynamite: A Personal Approach to the Understanding of Perversions, Violence and Criminality (Karnac, 2011) Sex Now, Talk Later (Karnac, 2016), and Sadomasochism in Arts and Politics (2016). She is the main editor of A Practical Guide to Forensic Psychotherapy (1997).
In 1997 she was awarded by Oxford Brookes University a D.Sc. Honorary Doctorate of Science and in 2014, an Honorary member of the American Psychoanalytic Association for her work in helping to understand women who harm children.

David Wood
David Wood is a Group Analyst, and Family Therapist in private practice with the Fitzrovia Group Analytic Practice, and a retired Consultant Child and Adolescent Psychiatrist. After training in Medicine in the early 1970s, he worked for 6 years in General Practice before specializing in Psychiatry. He qualified as a Group Analyst in 1985. He subsequently trained as a Child and Adolescent Psychiatrist and as a Family Therapist at the Tavistock Clinic, London. He is a Fellow of the Royal College of Psychiatrists, and a Member of the Institute of Group Analysis (London), where he is a Training Group Analyst and an accredited Supervisor. For 20 years he focused on the treatment of young people with severe eating disorders, setting up his own in-patient service with a colleague in 2001, which placed milieu therapy at the centre of the treatment programme. He joined the Fitzrovia Group Analytic Practice in 2012, where he conducts groups and sees individuals, couples and families. He has published a number of articles and chapters on eating disorders, group work, family therapy and psychotherapy, as well as presenting papers and workshops at numerous conferences.
dwood.fitzgap@icloud.com  www.fitzgap.com
## PROGRAMME

### Term 1, 2019

**OCTOBER**  
10  History and Development of Group Analysis  
    John Schlapobersky

#### Group Analytic Concepts

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<th>Presenter</th>
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<td>Dynamic Administration</td>
<td>Cynthia Rogers</td>
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<td>24</td>
<td>Matrix and Interpretation in Group Analysis</td>
<td>Frances Griffiths</td>
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**NOVEMBER**  
31  Group Specific Phenomena                                           
    Sarah Tucker

07  Creative and Destructive Forces in the Group                        
    Morris Nitsun

14  Mirroring                                                            
    Valentina Krajnovic

21  Some Psychosocial, Systems, Psychodynamic, Group Relations and Group Analytic Perspectives on our (Dis)Organised Responses to Homelessness, Dangerousness and Dis-Order  
    Christopher Scanlon

28  The Social Dreaming Matrix                                           
    Amélie Noack

**DECEMBER**  
05  The Social Unconscious in Clinical Group Analysis                   
    Earl Hopper

12  TBC                                                                  
    TBC

### Term 2, 2020

#### Special Applications

**JANUARY**  
16  Parent-Infant Psychotherapy in Groups                               
    Sheila Ritchie

23  Group Analysis and Family Therapy                                   
    Dick Blackwell

30  Working in a Therapeutic Community                                  
    Diana Menzies

**FEBRUARY**  
06  The Application of Group Analytic Ideas to Therapeutic Community   
    Patrick Mandikate

13  Group Analysis and Organisations                                    
    Barry Curnow

20  Gender and Group Analysis                                           
    Sue Einhorn

27  Group Analysis and Forensic Psychotherapy                           
    Estela Welldon

**MARCH**  
05  Eating Disorders, Group Analysis and a Fourth Basic Assumption      
    David Wood

12  TBC                                                                  
    TBC

19  The World beyond the Small Group                                    
    Howard

### Term 3, 2020

#### The Large Group: Course Members and Small Group Conductors

**APRIL**  
23  

30  

**MAY**  
07  

14  

21  

28  

**JUNE**  
04  

11  

18  

25  

#### Convenor: Valentina Krajnovic