Contacts:
If you wish to discuss the course content, please contact the Course Convenors via email initially.

Course Co-convenors:
Anne Holmes: anne@ac-holmes.co.uk
Anne Reilly: oxfordgroupanalysis@gmail.com

Feedback from previous students:

“I run a people development company running leadership training, learning sets and group and 1-1 coaching. I was looking for a course that gave me a deeper understanding of the process of how groups work, and came across the Foundation course in group analysis.

I found it immensely helpful in my work practice, giving me a greater richness and understanding in my work, and enjoyed the mix of theory and practical experiential work that formed the 2 main elements of the course. It has also prompted me to undertake more psychotherapy training to support my practice. There was also a good mix of different types of people on the course, and learnt a lot from them too. Overall, a great experience”

Even though we all live and work in groups we rarely take time to wonder how these groups work, what makes the experience positive or negative, why we take on particular roles, what actually happens between people in a group and what happens in the group as a whole?

For those of you who facilitate or work in or with groups, now may be your chance to find out more about them and what makes them effective or ineffective!
Group Analysis is: ‘a form of psychotherapy, by the group, of the group, including the conductor’ Foulkes

It is a way of understanding what happens on a psychological and psychosocial level when people come together in any kind of group even if this is just a loose grouping of people.

Organized in association with and approved by the Institute of Group Analysis, the Foundation Course is intended for anyone working with groups or for those who simply wish to understand groups, group processes or their own experience of being in a group. Applications are received from a wide range of disciplines, professions, business people and members of the public.

This programme is designed to help you understand what happens between people in a group context and what happens in the group as a whole when people come together. The course provides an introduction to group analytic theory, group process and its applications to any form of group.

By enrolling on the Foundation Course, you have the opportunity to explore in more depth a group analytic approach through the theoretical seminars and discussion groups alongside the experiential group. Booking is done online at www.groupanalysis.org

There is no written work attached to this programme, but participants are encouraged to contribute from their own personal and/or work experiences.

For those that wish to continue with training in group process or group analysis, the Foundation Course is a pre-requisite of the National Diploma in Groupwork Practice course and the Qualifying Course in Group Analysis.

Format: This year the programme will be delivered online via Zoom

The programme includes a series of Seminars and Experiential Groups completed over 3 terms. These are delivered in 6 separate day events (2 per term) alongside 6 weekly meetings per term. The programme begins at the end of October until the following June.

The one day events are scheduled for a Saturday, one at the start and one at the end of each term (10:00 AM – 5:15 PM) with 6 weekly sessions in between these.

The schedule for the Tuesday evening meeting is from 6:00 - 9:15 PM

Each weekly session is divided into 2 parts:
1. Seminar and discussion of a topic from 6:00 - 7:15 PM
2. Small experiential group from 7:45 – 9:15 PM

The experiential group will be conducted by a group analyst and aims to bring learning and therapeutic experience together.

The Saturday sessions will also incorporate theoretical seminars and experiential groups. Work discussion groups will form part of the course where learning can be applied to the work setting.

All sessions will be delivered via Zoom for 2020-2021

Course Fees
Registration fee: £200 (non-refundable)
Full fee: £1250.00 (payment options available)