OXFORD FOUNDATION COURSE IN GROUP ANALYSIS

Handbook: 2019-2020

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.

Venue: Oxford Complex Needs Service, Manzil Way, Oxford OX4 1XO
OXFORD FOUNDATION COURSE

Group Analysis is: ‘a form of psychotherapy, by the group, of the group including the conductor’ Foulkes

The aim of the course is to familiarise participants with the principles of group analysis through a range of lectures, seminars and experiential group work. Theoretical and experiential learning encourages participants to gain a more informed general understanding of how groups operate. Teaching and experiential groups are sensitive to and inclusive of race, culture ethnicity and gender issues.

The course provides the opportunity for personal and professional development.

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 London, 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. We recognise that many people applying for this programme may not be clinicians or may want to understand their position in organisational dynamics more; for this reason we have a specific organisational theme running throughout our programme too.

There is no written work attached to this programme, but participants are encouraged to contribute from their own personal and/or work experiences. The fee includes a book that will act as the key text of the course and is used to support learning.

For those that wish to continue training in-group process or group analysis, the Foundation Course is a pre-requisite of the Postgraduate (Diploma) course and the Qualifying Course in Group Analysis. There are a number of venues where this is delivered in. Please see the IGA Website for more details on this.

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 you are currently in or a team you are part of.
**Format: The programme begins at the end of October until the following June.**

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 one day events are scheduled for a Saturday, one at the start and one at the end of each term (9.30-5.15pm) with 6 weekly sessions in between these.

**Saturday meetings** are as follows: 10.00am – 5.15pm: Seminar 10:00 am – 11:30 am; Group: 11:45 am – 1:15 pm: Seminar: 2:00 pm– 3:30 pm: Group: 3:45 pm – 5:15 pm

**Tuesday weekly meetings** are as follows: 6—9.15 pm. Seminar 6:00 pm – 7:15 pm: Group: 7:45 pm – 9:15 pm

**Experiential Group:**

The experiential group (s) will be conducted by a group analyst and aims to bring the learning and therapeutic experience together. The experiential group is not a therapy group although it may be therapeutic. Experiential groups can also be experienced by some students as emotionally demanding.

It enables members to experience what happens to them when they relate to others in a non-structured group format, how all members influence group process and dynamics and the sometimes powerful feelings and internal conflicts that are generated through this and through the group as a whole. The aim of the experiential group is to provide containment and support in addition to facilitating learning. It is therefore important for members to attend all sessions as absences disrupt the group process. Please let the group know as far in advance as possible of any planned absence. If you have to be absent due to unexpected circumstances please inform convener as soon as you possibly can on the day.

The groups meet in the group rooms at the far end of the building, the opposite corridor to the kitchen. On your first day, the group conductors will meet you in the seminar room and take you there. After this, the expectation is that you come into the group room in time for the start of the group. In order to minimise distractions, members are requested not to bring food or drinks, including water into the sessions and to switch off all mobile phones.

Members are asked not to meet socially outside of the course dates. This does not include lunch times on a Saturday. If this is unavoidable, it should be brought to the group for exploration and discussion.
All seminars and the experiential group are sensitive to and inclusive of, race, gender, culture and ethnicity issues. The course aims to cover the following learning outcomes:

- Recognise the effect of group dynamics upon self and others
- Have an increased self-awareness and self-reflexivity
- Understand group dynamics from a group analytic perspective
- Recognise how group dynamics relate to the context of the setting
- Recognise and use theoretical language and concepts specific to Group Analysis
- Understand the meaning of fundamental group analytic terms
- Understand psychoanalytic theory such as transference and projective mechanisms in relation to group development and group processes
- Understand how context impacts upon group dynamics in clinical and organisational setting
- Link Group Analytic theory with practice
- Understand the importance of research in Group Analysis

Course Syllabus includes:

3.1 The General Principles, Theory and History Group Analysis

3.2 Therapeutic Factors: for example, socialisation, communication, translation, mirroring, exchange, resonance, location, the condenser phenomenon

3.3 Dynamic Administration: for example, the setting, group boundaries

3.4 Group Development: for example, assessment, preparation, selection, composition, joining leaving, beginnings and endings

3.5 Analytic Process in Groups: for example, interpretation, containment, transference, counter-transference, projection, projective identification, resistance, regression, attachment processes, working creatively with metaphor, myth, fantasy, play, humour, and dreams, ego training in action

3.6 Group Analysis and Society: for example, race, culture, ethnicity, gender, the social unconscious, the group matrix

3.7 Counter-therapeutic Group Dynamics: for example, scapegoating, destructive forces in groups

3.8 Applications of Group Analysis: for example, therapeutic communities in prisons, hospitals and the community, MBT groups, DBT groups, CBT groups, groups for specific developmental phases (children adolescents, older people) and specific problems (eating disorders, abuse, addictive disorders), supervision groups, staff groups, organisational dynamics, large group dynamics

3.9 Group Analysis and Neuroscience and an introduction to Research

**Transfer arrangements if needed onto another Foundation programme:**

If you make a request to transfer from one FC programme to another, it is considered on a case by case basis. Usually this would involve liaison between FC convenors of the courses in question to
agree a transfer (or not) and if so, to ensure consistency of theoretical and experiential learning. This would be followed by a proposal for the transfer to the National Student Progression Committee which makes the final decision. It is not possible to carry over terms completed from one year to the next as certification is based on a yearly attendance.

Please note that the course is run independently from the Complex Needs Oxford Health NHS department at Manzil Way Oxford, so messages should not be left there, as we cannot pick them up. You can leave messages with the Convenor. We hire the rooms on the premises and need to respect the fact that there may be other clinicians and patients using the building at some point during the course, mainly on a Tuesday night.

**Absences**
It is important that course members who cannot attend a session give prior notice to the seminar and experiential groups. Where the absence is unforeseen, **please telephone as soon as you know you will be absent preferably before 9.30 am for Saturday and 5.00 pm on Tuesday.**

**Parking**
There is no charge for parking in the nearby car park attached to Manzil way but other local car parks do charge.

**Tea and Coffee**
Tea and coffee will be provided during the break. You will need to bring your own lunch on a Saturday, there are cafés and shops nearby, and there is a kitchen on site where you can eat or prepare microwave food if you wish too.

**Student Membership of the IGA**
Foundation Course students automatically become student members of the IGA. This entitles you to a discount on IGA events and on-line access to the IGA library.

**Library**
There is a Course library, which you may use. There is a book for registering borrowings and returns, which needs to be co-signed by the Convenor when you take out a book. Borrowing times should be no longer than 2 weeks unless negotiated with the Course Convenor, so as to make them available to others.

**Certificates**
At the end of the Course a certificate is awarded to all eligible participants who have attended for 80% of the time. The hope is that you will attend all sessions. If you have to be away, you should be aware that missing too many evenings/days would mean that you may not receive this certificate. This certificate constitutes one of the requirements for progression onto the other courses available in Group Analysis.

**Payment of Fees: cost available on website**
This is organised via the IGA in London and there are details on the website on how to pay. If you wish us to invoice your work/trust please can you supply the IGA with the details i.e. name of
person, address, details needed for payment? This will be for the full amount. You can pay in a variety of ways including monthly instalments.

**Complaints:** We hope that if you have a complaint we would be able to resolve it at local level so in the first instance please speak to one of the course convenors. If this does not bring about a resolution that you can accept, then please put your complaint in writing and this will then be considered by the course convenors with specially appointed staff members (2) convened for this purpose. Following this, if the matter still remains unresolved, it will be directed to the National Training Manager and the Training Board for their consideration.

**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.”

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Convenors: Anne Reilly and Anne Holmes:

Core Staff and seminar conductors

Marion Brown, Gillie Ruscombe- King, Deidre O’Flynn, Teresa Howard, Val Parker, Randy Ulland

Prof Chris Mowles, Beau Stevenson, Alex Tagg, Margaret Gallop, Dr Steve Pearce

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