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Welcome to the Institute of Group Analysis

About Us

Founded over 50 years ago, the Institute of Group Analysis (IGA) is a charitable organisation which provides training in Group Analysis and groupwork. We offer a core training leading to qualification as a ‘Group Analyst’ as well as standalone Foundation and Diploma courses at centres across the country. In addition, we offer a wide range of short and taster training courses, bespoke training and consultancy, CPD workshops, support for members with their Continuing Professional Development needs and a national referral service. The IGA provides training and professional development to over 800 people a year.

The IGA is a full organisational member of United Kingdom Council for Psychotherapy (UKCP) and an affiliate organisational member of the British Psychoanalytical Council (BPC). Our core Qualifying Courses are accredited by the UKCP.

Group Analysis is a powerful therapeutic medium that focuses on the relationship between the individual and the group, emphasising the essentially social nature of human experience. As a method of treatment, Group Analysis offers an approach that recognises how emotional, behavioural and psychological phenomena emerge in the context of our social groups. Carefully constituted analytic groups have a long record of helping people with personal problems and in promoting personal development.

As reflected in our comprehensive portfolio...
of trainings, the Group Analytic approach has profound implications for Groupwork and organisational practice in a wide range of health, social and educational settings. Our philosophy is that as personal difficulties arise in groups, groups are the best place to explore, understand and try and resolve them.

Group Analysis aims to achieve a healthier integration of the individual in his or her network of relationships. It is an interactive approach and has many applications in the field of human relations, teaching, training and organisational consultancy.

Sarah Tucker
National Director of Training

For more information please look at our website
www.groupanalysis.org
or call 020 7431 2693

or call the National Office on 0207 431 2693
IGA courses are available across the country and are delivered by expert clinicians, teachers and supervisors. IGA Training Courses are administered and managed locally. Our training courses are multi-tiered, flexible and accessible. The one year Foundation Course constitutes the first stage of the training. Satisfactory completion of a Foundation Course is a requirement for progression to the one year Diploma in Groupwork Practice that can lead to Groupwork Practitioner Status and membership of the IGA.

Students who wish to attain the professional status of Group Analyst, with full membership of the IGA and UKCP registration, progress to the Qualifying Course, which can currently be undertaken in London or Manchester. It usually takes a minimum of 3 years from the commencement of the Qualifying Course to submission of the final qualifying paper.

Courses are taught in either academic terms or on block weekends, allowing prospective students to choose the right course for them to suit their personal and professional commitments. Please see our website for more information.
IGA Training Pathway and Provision 2019-20

Open Days and Events

Introductory Weekend

Registration Online www.groupanalysis.org

Foundation Course
Brighton, Edinburgh, London, Manchester, Midlands (Birmingham), North East (Newcastle), Oxford, Turvey (Beds), York

Diploma Course
London, Manchester, Turvey (Beds), York

Groupwork Practitioner Status
Membership of the IGA

Qualifying Course in Group Analysis
London, Manchester
Full Membership of the IGA & eligibility for UKCP Registration

Diploma in Group Supervision
London

Diploma in Reflective Practice in Organisations (Diploma RPiO)
London, Manchester

tIGA National Bespoke Training Consultancy Service

or call the National Office on 0207 431 2693
Open Days and Taster Events

IGA Open Days / Evenings offer an opportunity to find out more about the various training courses we provide. Course convenors and teaching staff will present the range of courses on offer and will be available to answer your questions about the Institute and our trainings.

IGA Open Days and Evenings, provide an introduction to the genesis and development of group analytic ideas and training opportunities in the IGA.

Please follow the link below for further information on National Open Days and Events: more dates will be added throughout the year, so please keep checking if you are interested in attending an Open Day.

www.groupanalysis.org/Training/OpenDaysandEvents

For more information on dates and event format or to book please look at our website
www.groupanalysis.org
or call 020 7431 2693
The IGA offer the public an opportunity to attend introductory workshops at a number of training venues across the country. These introductory workshops offer an excellent introduction to the group analytic perspective. Intended for anyone interested in learning about the Group Analytic approach, either at a personal level or in relation to their functioning in groups at home or work, these workshops have proven useful for professionals working with patients or clients and for anyone involved in groups, whether patients/client groups, staff groups, work groups, management groups or at an organisational and institutional level. Some of these workshops are intensive and will offer experiential groups, and the opportunity to learn about individual and group processes from the ‘here and now’ experience of participation in a group. Theoretical input is often provided by a guest speaker. Other workshops will offer presentations followed by group discussions and debates. Please see below for further details.

Introductory workshops are offered at a number of regional sites:

**London – Introductory Weekend in Group Analysis**
Local contact: The Administrator
Training-FC@groupanalysis-uk.co.uk

t: 020 7431 2693
www.groupanalysis.org/Training/
IntroductoryWeekendinGroupAnalysis

**Glasgow – Introductory Weekend in Group Analysis**
Local contact: The Administrator
Training-FC@groupanalysis-uk.co.uk

t: 020 7431 2693
www.groupanalysis.org/Training/
IntroductoryWeekendinGroupAnalysis

**Turvey — An effective way of working with people**
Local contact: Jo Goodman
jogoodman@ turfeygroupwork.co.uk
www.turveygroupwork.co.uk

**Manchester — Open days and group-work skills short course**
Local Contact: Bethan Marreiros
administrator@groupanalysisnorth.com

t: 01204 840 909
www.groupanalysisnorth.com

**York — Everything you wanted to know about groups … but were afraid to ask**
Local Contacts:
Christopher Davies and Sally King
info@yorkgroupwork.com

t: 01904 633996 www.yorkgroupwork.com

or call the National Office on 0207 431 2693
Foundation Courses

IGA Foundation Courses aim to familiarise students with the principles of Group Analysis through a range of lectures / seminars, workshops and experiential groupwork. A combination of theoretical and experiential learning encourages participants to gain a more informed general understanding of how groups operate. IGA Foundation Courses offer an opportunity for both personal and professional development.

Foundation Course Training Venues

The IGA offers Foundation Courses nationally between September and July. You will find them located in the areas listed below:

- **Brighton** 30 Wednesday evenings
- **Edinburgh** 10 block weekends
- **London** 30 Thursday evenings
- **Manchester** 10 Saturdays + 2 Friday afternoons
- **Midlands (Birmingham)** 10 Saturdays
- **North East (Newcastle)** 30 Thursday evenings
- **Oxford** 6 Saturdays + 18 evening sessions
- **Turvey (Bedfordshire)** 5 block weekends
- **York** 13 Fridays + 2 Saturdays

Please see our national website www.groupanalysis.org for more details about each course and pricing.
Brighton
Brighton Consulting Rooms,
18A Clermont Road
Brighton BN1 5SG
Local Contact/s
Jane Blunden — jane.blunden@icloud.com
t: 01273 724761
Niki Larsen — niki.larsen1@ntlworld.com
t: 07841 379 709
www.groupanalysis.org

Edinburgh
Please visit the IGA National website for information about
the Edinburgh Course and/or contact
Training Course Administrator —
Training-FC@groupanalysis-uk.co.uk
t : 020 7431 2693 www.groupanalysis.org

London
1 Daleham Gardens
National Office
London NW3 5BY
Local Contact/s
Training Course Administrator —
Training-FC@groupanalysis-uk.co.uk
t: 020 7431 2693 www.groupanalysis.org

Manchester
Group Analysis North,
Newlands Medical Centre,
315 Chorley New Road
Bolton BL1 5BP
Local Contact/s
Bethan Marreiros —
administrator@groupanalysisnorth.com
t: 01204 840 909 www.groupanalysisnorth.com

Midlands (Birmingham)
Three Trees Community Centre,
Hedingham Grove, Chelmsley Wood,
Birmingham, B37 7TP
Local Contact/s
Graham Mackay — graham.mackay@blueyonder.co.uk
Camilla Mathews — CamillaMatthews12@yahoo.co.uk
m: 07837 608 221

or call the National Office on 0207 431 2693
North East (Newcastle)  Please visit the IGA National website for information about the newly configured Newcastle Course and ‘taster sessions’ in 2019/20

Oxford  Oxford Health NHS Trust OHFT, Complex Needs Service Building, Manzil Way, Oxford, OX4 1XE
Local and National Contact/s
Anne Reilly — anne@groupanalysis-uk.co.uk
Anne Holmes – AnneH@groupanalysis-uk.co.uk
Training Course Administrator —
Training-FC@groupanalysis-uk.co.uk
t: 020 7431 2693

Turvey  Centre for Group Therapy,
The Turvey Centre, Abbey Mews, Turvey, Bedfordshire, MK43 8DH
Local Contact
Jo Goodman — jogoodman@turveygroupwork.co.uk
www.turveygroupwork.co.uk
t: 07748 348 084 www.groupanalysis.org

York  St Bedes Centre, Blossom Street, York YO24 1AQ
Local Contact
Sally King — info@yorkgroupwork.com
t: 01904 633 996 www.groupanalysis.org

For more information or to book online visit www.groupanalysis.org
Diploma In Groupwork Practice

The IGA Diploma in Groupwork Practice is a further one-year course building upon the Foundation Course in Group Analysis. This course offers an advanced introduction to the Group Analytic approach to general groupwork as it is currently practiced in social, health care and educational settings. It is aimed at the development of the theoretical knowledge, skills and techniques necessary to successfully facilitate a wide range of groupwork approaches. Successful completion of the Diploma in Groupwork Practice enables progression to an IGA Qualifying Course in Group Analysis.

Diploma Course Training Venues

IGA Diploma in Groupwork Practice Courses currently run between September and July in the areas listed below:

- **London**: 35 Thursday afternoons + 3 large groups per term on Monday evenings, plus the National Learning Experience weekend
- **Manchester**: 10 block weekends, plus the National Learning Experience weekend
- **Turvey**: 10 block weekends, plus the National Learning Experience weekend
- **York**: 13 Fridays + 2 Saturdays, plus the National Learning Experience weekend

Please see our national website www.groupanalysis.org for more details about each course, entry requirements and pricing.

For more information or to book online visit www.groupanalysis.org
London
National Office
1 Daleham Gardens
London NW3 5BY

Local Contact/s
Monica Doran, London Courses Director via
Sam Evans — Training@groupanalysis-uk.co.uk
t: 020 7431 2693 www.groupanalysis.org

Manchester
Group Analysis North, Newlands Medical Centre,
315 Chorley New Road, Bolton BL1 5BP

Local Contact/s
Debra Nash, Manchester Courses Director via
Bethan Marreiros —
administrator@groupanalysisnorth.com
t: 01204 840 909
www.groupanalysisnorth.com or www.groupanalysis.org

Turvey
Turvey Groupwork
The Turvey Centre, Abbey Mews,
Turvey, Bedfordshire, MK43 8DH

Local Contact
Andy Espey, Turvey Courses Convenor —
andyespey@turveygroupwork
admin@turveygroupwork.co.uk
t: 07900468812 www.turveygroupwork.co.uk

York
St Bedes Centre, Blossom Street, York YO24 1AQ

Local Contact/s
Christopher Davies, York Courses Co-convenor —
info@yorkgroupwork.com
t: 01904 633 996 www.groupanalysis.org

or call the National Office on 0207 431 2693
This long standing and highly respected course aims to provide students with a fundamental understanding of Group Analytic theory and practice that will enable them to become practising Group Analysts. The course aims to help students develop a critical and enquiring mind towards psychoanalytic and social theory. These aims are achieved through the tripartite structure of clinical and theoretical learning; supervised clinical practice and twice weekly or block Group Analysis. Successful graduates are eligible to become full members of the IGA and to gain professional registration with the UKCP.

Qualifying Course Training Venues

**London**

**Structure**
36 Thursday afternoons + supervision of groupwork Thursday mornings + one psychopathology weekend in February (usually) + one monthly large group on Monday evenings.

**Contact**
Monica Doran, London Courses Director
e: LondonCoursesDirector@groupanalysis-uk.co.uk
t: 020 7431 2693
Sam Evans, National Training Administrator
e: training@groupanalysis-uk.co.uk
t: 020 7431 2693

IGA National Office 1 Daleham Gardens
London NW3 5BY.
www.groupanalysis.org

**Manchester**

**Structure**
10 weekends per annum. Fees include supervision group, personal group therapy, large groups and seminars + 4 full-day Friday seminars in conjunction with the University of Manchester.

**Contact**
Debra Nash, Manchester Courses Director
e: igamanchestercourses@gmail.com.
t: 07786 546 197
Bethan Marreiros, Administrator
e: administrator@groupanalysisnorth.com
t: 01204 840 909.

Group Analysis North,
Newlands Medical Centre,
315 Chorley New Road, Bolton BL1 5BP,
www.groupanalysisnorth.com or www.groupanalysis.org
A person is
‘... part of a social network [and]
can only be artificially considered in isolation,
like a fish out of water.’

S.H. Foulkes 1948
Diploma in Group Supervision

The IGA Diploma in Group Supervision is a unique and well-established training for qualified Counsellors and Psychotherapists with over three years post qualification experience.

The course provides a rigorous clinical training in the method of using the group as a medium of supervision in a whole range of therapeutic contexts.

The location of the one-year course may change from year to year. Please see the website for details of the next course.

Contact/s:

Leonie Hilliard, Course Co-Director
LeonieSupervision@groupanalysis-uk.co.uk

Sara Perren, Course Co-Director
SaraSupervision@groupanalysis-uk.co.uk

Sam Evans - National Training Administrator
e : Training@groupanalysis-uk.co.uk
t : 020 7431 2693
or refer to www.groupanalysis.org

Please see our national website
www.groupanalysis.org
for more details about each course, entry requirements and pricing

For more information or to book online visit www.groupanalysis.org
Reflective Practice in Organisations (RPiO)

Foundation Weekend Course: Reflective Practice in Organisations
This weekend course offers a foundation in the group analytic approach to working with groups in organisations, particularly Reflective Practice Groups and other team interventions. It offers lectures from leading practitioners, opportunities to experience the dynamics of reflective practice in small and large groups, practical exercises to deepen understanding of leadership and group dynamics, and opportunity to consider how to apply learning in your own work setting.

The Foundation Weekend is open to anyone with a professional interest in reflective practice used at work, team coaching or other organisational interventions, and is a prerequisite for acceptance onto the Diploma in Reflective Practice in Organisations (Diploma RPiO).

Contact/s:
London
Training Course Administrator — Training-FC@groupanalysis-uk.co.uk
t : 020 7431 2693
www.groupanalysis.org
1 block weekend

Manchester
Mandy Wildman, GAN Development Officer:
01204 840 909 /07861 704 002
mndywldmn@aol.com
Friday and Saturday

Diploma in Reflective Practice in Organisations (Diploma RPiO)
This theoretical and practice-based training in reflective practice in organisations, is relevant to everyone who works with teams within organisations or conducts groups promoting dialogue and reflection.

Participants on the RPiO Diploma come from a variety of professional backgrounds. They are likely to be familiar with group analysis or in facilitating reflective practice groups. The work contexts in which participants have worked include: hospital and community settings, working with charities, research, forensic settings, banking, journalism, residential settings, and education.

The course focuses on developing the capacity to sit with difficult feelings and uncertainty, in order to promote communication, engagement, and collaboration amongst team members.

The Diploma is now in its fourth year and has established itself as the place to learn about the group analytic approach to working with teams in organisational settings.

Full details of the diploma are available on the website. The course runs in London over 1 block weekend + 6 Saturdays.

Contact:
Antony Froggett, Course Director
e: RPiO@groupanalysis-uk.co.uk
Training Course Administrator
Training-FC@groupanalysis-uk.co.uk
t : 020 7431 2693
www.groupanalysis.org

or call the National Office on 0207 431 2693
Groups in Action — A Series of One-Day Training Courses

This is an exciting new series of one-day training courses that extends the reach of group-analytic methods in application to a variety of client groups and professional settings. Each training day has specific training aims and learning outcomes and may be attended as a one-off or at a reduced rate if more than one is booked at the same time.

Friday 16th November 2018, 9:30am - 5:00pm
Conflict, Authority and Difference in Churches: A Training Day for Clergy and Church Leaders
Trainers: Nicky von Fraunhofer and Brian Shand

Friday 25th January 2019, 10:00am - 4:00pm
Safety in Numbers: Groupwork in Prisons and Secure Mental Health Services
Trainers: Gwen Adshead and Alan Larney

Friday 14th June 2019, 10:00am - 4:00pm
Compassion Focused Group Psychotherapy: Therapy and healing for those “on the edge”
Trainers: Graham MacKay and Kate Lucre

Friday 21 June 2019, 10:30am - 4:00pm
Understanding Groups in General Practice and Working At Scale: A Training Day for General Practitioners
Trainers: Clare Gerda and Seda Sengun

For more information and to book please refer to: www.groupanalysis.org/Training/ShortTrainingCourses

Contact
Training Courses Administrator at Training-FC@groupanalysis-UK.co.uk
t: 020 7431 2693
Public Events

The IGA offers a varied programme of workshops and events related to the application of Group Analysis in a variety of settings, aimed at anyone with an interest in Group Analysis. You do not need to be an IGA student or IGA member to attend these workshops and events (unless specified).

Highly regarded UK based Group Analysts are occasionally joined by Group Analysts from around the world in sharing pioneering new ideas, developments and alternative applications that may relieve psychological distress and suffering more effectively or helping specific groups of patients.

IGA workshops are ideal for Continuing Professional Development.

Please see the Workshops & Events webpages where new events are added regularly.

www.groupanalysis.org/WorkshopsandEvents
tIGA provides a bespoke national training and consultancy service to organisations requiring short, medium or long term training in Group Analysis or groupwork in the workplace such as bespoke group analytic training, group facilitation, supervision and staff support.

Using the combined knowledge, skills and experience of our well established and high quality training faculty alongside the specialist knowledge and experience of tIGA members, the tIGA team offers training packages especially tailored to an organisation’s needs.

tIGA Consultancy has provided bespoke services to a number of organisations across the statutory and voluntary sector including:
- Camden and Islington NHS Foundation Trust
- Central and North West London NHS Foundation Trust
- Coventry and Warwickshire Partnership NHS Trust
- Freedom from Torture
- Grief Encounter
- HM Prison Grendon
- Mind
- NHS Lothian
- NHS Practitioner Health Programme
- South London and Maudsley NHS Foundation Trust
- St Mungo’s
- Tavistock and Portman NHS Foundation Trust
- The Simon Community
- The Royal Central School of Speech and Drama

For more information please contact:
The Operations Manager on either
Office@groupanalysis-uk.co.uk
or telephone 0207 431 2693.
The International Courses Committee (ICC) of the IGA welcomes proposals from organisations and individuals interested in setting up and running introductory or advanced training courses in Group Analysis outside the UK.

The ICC offers a consultation service whereby an experienced Group Analyst will assist in shaping the development of international courses with local organisers, to enable the course to meet the criteria for training accreditation set out by the IGA.

The ICC will maintain oversight of the course to ensure that it continues to meet the criteria until students graduate.

At qualifying level successful students are awarded the IGA International Diploma in Group Analysis.

The IGA has a proud legacy of supporting the development of courses in St Petersburg, Rwanda, South Africa and Kazakhstan and is keen to support the growth of group analytic thinking across the world.

Forthcoming IGA accredited courses outside the U.K.

For further details please contact Linde Wotton via icc-chair@groupanalysis-uk.co.uk

Foundation courses: Bangalore, India. 1 year course. Proposed start date January 2019. Convened by Sandra Kelly and Neil Palmer. Run by Hank Nunn Institute


We welcome any initial enquiries for an exploratory discussion you might have, which should be directed to the chair of ICC, Linde Wotton via icc-chair@groupanalysis-uk.co.uk

or call the National Office on 0207 431 2693
Courses Accredited by the IGA

The following courses are accredited by the IGA:

The Diploma in Systemic Leadership and Consulting Practice
Further information:
www.systemicdevelopment.eu/diploma

Living and Learning
Further information:
www.growingbetterlives.org/
living-and-learning/

Creating Large Group Dialogue in Organisations and Society
Further information:
www.groupanalyticsociety.co.uk/creating-large-group-dialogue-in-organisations-and-society/
Our Library & Information Service (LIS) has over the last 40 years, accumulated an extensive collection of group analytic literature.

We have a comprehensive database of library contents, available world-wide 24/7, and we provide a national VLE (Virtual Learning Environment) with reading list content for all IGA students, and support for course staff in the provision of their reading lists. This ensures that the IGA operates within copyright law, both in respect of material for individuals and groups of students. We also keep abreast of CLA (Copyright Licensing Agency) developments to streamline the digital provision of reading lists.

The LIS is a well-connected service. We have subscriptions to the Tavistock Library, which enable both IGA on-site access and interested parties to subscribe direct. This subscription option is particularly useful for students and members who are involved in conducting research, writing and publishing, and is available online.

The LIS also belongs to the PLUG (Psychotherapy Libraries Umbrella Group) network, which enables us to access the databases of other prestigious training organisations, thereby offering a great value service to our members and students.

The LIS holds one of the most comprehensive collections of reading on Group Analysis in English and we are therefore able to provide our students with a carefully chosen selection of reading material that will support them in their learning.
Bursaries

The IGA National Office is able to offer a limited number of bursaries for eligible applicants who are applying for IGA approved Courses across the UK.

Please see our webpage for more information and follow the instructions on the webpage and application form:
www.groupanalysis.org/Training/BursaryScheme

Some regional course providers, such as Manchester, Turvey and York, may also offer additional bursaries. For information about these local bursaries, please contact the regional course provider or local course convenor for further details.
...the group analytic situation, while dealing intensively with the unconscious in the Freudian sense, brings into operation and perspective a totally different area... a social or interpersonal unconscious.

S.H. Foulkes, Therapeutic Group Analysis 1964

The IGA actively pursues a policy promoting equal opportunities and accessibility. We oppose discrimination and encourage an understanding of difference and cultural diversity. We welcome applications from members of minority and disadvantaged groups.

The IGA offers Professional Training, Short Courses, CPD Workshops, Consultancy, Group Therapy & Referrals.

Follow IGA on Twitter at @InstituteofGA and Facebook at facebook.com/InstituteofGA

1 Daleham Gardens  London  NW3 5BY
T — 020 7431 2693    E — iga@groupanalysis-uk.co.uk    www.groupanalysis.org

The IGA is a charity registered in England and Wales (280942), and in Scotland (SC040468); and is a company registered in England and Wales 01499655