The Institute Of Group Analysis

Impact Report

Developing the creative potential of individuals, groups and society through group analysis.

t: 020 7431 2693
e: iga@groupanalysis-uk.co.uk
About The Institute of Group Analysis (IGA)

The Institute of Group Analysis (IGA) is a national training and membership charity. Our business is the provision of specialist group analytic psychotherapeutic training for professionals recruited from a wide range of backgrounds, and the maintenance of their membership requirements once qualified, through the delivery of membership and professional development services.

With almost 400 members nationwide, we are in the enviable position to support other organisations across the UK and internationally to t group interventions across a wide variety of settings.

Group analysis is a valuable and transformative approach to developing self-awareness and to creating a shared experience with others. Regular attendance of group-based sessions

• reduces feelings of loneliness and isolation, that can emerge when individuals experience psychological distress as a result of traumatic events, or important life changes

• enables the development of a sense of belonging, as individual members understand that, in spite of the isolating effects of their difficulties, they can feel part of a social group through sharing personal experiences

• enables individual members to experience the importance of and challenges faced when building relationships in a safe environment

• enables individual members to learn from the experiences of others, which encourages greater self-efficacy, a sense of personal agency, hope for a better future and a wish to help others

• improves communication skills as members learn different ways of communicating and understanding

Our Purpose

To develop the creative potential of individuals, groups and society through Group Analysis

The IGA’s Mission

• To promote the theory and practice of group analysis in the UK and internationally.

• To relieve mental distress of individuals through the clinical application of group analysis.

• To increase the well-being and functioning of individuals, groups and organisations through education in the principles and method of group analysis.

• To maintain the IGA as one of the leading national and international psychotherapy training organisations.

• To promote continuing professional development for members of the IGA.
Welcome from the Chair & Executive Director

We are very pleased to introduce the IGA’s first Impact Report, a new initiative which aims to demonstrate the contribution that Group Analysis can make to society.

This document is a valuable opportunity to reflect on the achievements we have made over the last year, both on behalf of and in conjunction with our members.

We have much to celebrate at the IGA. As a result of the dedicated commitments of our staff, training committees, course convenors and member, our training courses and events continue to attract people from a wide variety of backgrounds who have all benefitted personally and professionally from the application of group analysis. With a growing portfolio of training programmes and events on offer, our students and delegates can choose how they invest their time in their own development. Our training courses offer flexibility and choice, enabling students to fit their study time in alongside their family and working lives. Depending on where they choose to study in the country, our students can attend weekend or evening courses and they have the option of achieving qualified status either through continuous study or via a less direct route whereby breaks in training can occur at the end of our Foundation and Diploma Courses.

Alongside our core training, we have been developing postgraduate courses in Supervision and Reflection Practice in Organisations and will go on to develop short courses in a variety of specialist areas. The IGA is also increasingly in demand for bespoke organisational consultancy and training, which we deliver through our consultation arm tIGA.

We have continued to liaise with policy makers, such as NICE, and with influential bodies such as the Royal Colleges, the Group Analytic Society (International), the European Group Analytic Training Institutions Network, the International Association for Group Psychotherapy, the American Group Psychotherapy Association, the United Kingdom Council for Psychotherapy and the British Psychoanalytic Council.

We look forward to working with colleagues, staff, members, students and others who will help the Institute grow and develop into the future and for many years to come.

The IGA's Strategic Aims

1. Build capacity and resilience for the future as a national charity

2. Develop strategic partnerships and alliances with other group analytic organisations, the NHS and other agencies

3. Grow engagement with stakeholders and with the public, and influence public policy
Facts & Figures

The IGA is a Member of

- The United Kingdom Council for Psychotherapy (UKCP)
- The Council for Psychoanalysis and Jungian Analysis (CPJA)
- The British Psychoanalytic Council (BPC)
- The European Group Analytic Training Institutions Network (EGATIN)

The IGA is committed to improving our governance as a charity. Every year we have ...

- 6 Board Meetings
- 6 Finance Committee Meetings
- 4 Ethics Committee Meetings
- 4 Professional Membership Committee Meetings
- 4 Clinical Services Committee Meetings
- 8 matters were investigated by the IGA Ethics Committee during 2015/16
- 66 IGA trained Supervisors were grandparented onto the UKCP Register

We have 396 members

IGA National Psychotherapy Referral Service
99 therapy groups available

The Library & Information Service
Est. 1984
24/7 Online Access

Organisational Consultation
With 18 agencies
Training Committees

8 training committees
65 members
5 regional course committees
6 members on Panel of Readers
5 Admission Board Members

IGA Training

UK statistics
19 IGA courses
140 Foundation Course students
39 Diploma in Group Work Practice students
36 Qualifying Course students
15 Group Supervision students
34 Reflective Practice in Organisations Foundation Course students
9 Reflective Practice in Organisations Qualifying Course students

International statistics
Russia, Kazakstan, Albania, South Africa and Rwanda have offered training to over 100 students

Events in 2015/16
14 workshops
90% satisfaction rating
650 delegates
£48,000 gross turnover

Feedback from a delegate:
"Excellent day: well researched and thought provoking material fed into excellent small and large group experiences. The whole experience has already helped me think about clinical work I’ve done since (despite 30 years in this business) AND gave me helpful things to chew on personally."

Praise from the External Examiner of IGA Training Courses: "Overall, under consistent and highly competent academic and administrative management, the programme continues to maintain a facilitative, supportive and inclusive ethos. As before, I commend the course team for their commitment and consideration in delivering a highly distinctive programme."
“The experience of belonging to a group over time can in itself be healing. To be oneself and to have a sense of belonging: these are valuable achievements in a pressurised, at times alienated existence”.

Morris Nitsun, Member of the Institute of Group Analysis
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