



Information and Guidelines for GASW's Introductory Course in the Theory and Practice of Group Analysis - Bristol

About the Course

The course that is being offered in Bristol has run successfully in Bath since 1993 where, each year, an average of 18 participants have come together to learn and explore the fundamentals of professional group work practice. The Group Analytic model, theory and personal experience are integrated to provide a foundation for those who are interested and involved in groups, including naturally occurring groups.

What is Group Analysis?

Group Analysis is both a way of understanding group processes in small and large groups and an established form of group psychotherapy based on the view that deep and lasting change can occur within a carefully constituted group. The group-analytic perspective is relevant to all group functioning and has its roots in psychoanalysis, sociology and systems theory. It is a model which draws on the therapeutic potential of every individual in the group as well as the group as a whole.

Who is it for and what are its applications?

The Group Analytic model is used across a wide range of clinical and organisational settings. Its perspectives can be usefully applied wherever people form groups. It is frequently employed as a method of analytic psychotherapy within the NHS as an evidence-based intervention.

People working with couples or families, adults or children may benefit from understanding the dynamics that are present in all groups. The group analytic model can be used as a frame of reference whether it be in an educational setting, a task orientated group like a business meeting, or a special interest group, as well as for those conducting support and therapy groups. *Whilst group analytic ideas set the context for the Course, participants are expected to introduce and develop their own areas of interest and apply the principles they are learning to any group situation.*

Will I get any accreditation? Who is the course recognised by?

The course is accredited by Group Analysis South West (GASW), Bristol and is the prerequisite for both GASW's Diploma Training and its full Qualifying Course in Group Analysis (UKCP accredited). Completion of the Course allows for Associate Membership of GASW. and attendance of 90% or above is recognised by a Certificate of Attendance.

The course is recognised by many UKCP Member Organisations and N.H.S. Trusts as Continuing Professional Development and The Royal College of Psychiatry has accredited the IGA Introductory Courses for Continuing Professional Development .

What does the course involve?

The Course involves 3 hours of attendance each week for thirty weeks over a period of one academic year, and takes place on a Monday evening between 6.00 p.m. and 9.00 p.m.

The first session, in terms 1 and 2, consists of a lecture and discussion or presentations of theoretical papers by participants in seminar groups and, in term 3, the experience of a Median Group. In the second session, throughout the year, participants join a small experiential group. conducted by an experienced group analyst, which will determine its own therapeutic level and goals. These are not treatment groups, neither are they conducted on a teaching basis, but can be both learning and therapeutic experiences.

What kind of commitment is necessary?

Participants should commit themselves to attending the full year; those who anticipate prolonged or frequent absences should defer their application. There is not an onerous academic requirement; the emphasis is on seminar discussion and experiential work.

What support is available for people on the course?

A course of this nature can engage people at a personal level. Occasionally participants may need support in making sense of the feelings aroused during the experiential groups. The course tutors understand this and offer support where appropriate.

