

# FOUNDATIONS OF GROUP ANALYSIS

Commencing Tuesday 29 September 2026

*Exploring the theory, practice and experience of psychodynamic groupwork*

**Please note** that this course will run predominantly online using the Zoom video conferencing platform. Participants will be provided with instructions detailing how to join the group sessions.

This Course will introduce participants to the core concepts, theories and thinkers of the group analytic model.

## Learning Outcomes

On successful completion of Foundations of Group Analysis, you will:

- Be able to describe the broad theoretical underpinnings of the group-analytic approach, including some ideas from key contributors to group-analytic thinking
- Be able to recognise and articulate the interplay between some core psychodynamic and group-analytic approaches to human social understanding.
- Have begun to develop a critical sensitivity to the relationship between theory and experience, being able to describe your own developing sense of a group-analytic way of thinking
- Have a greater sense of yourself in a group-analytic space, having formed a personal response to the 'meaning' of the reading as it takes shape (or not) in the experiential groups.

There is no written paper as part of the course, but successful completion depends on full participation in each of the study and experiential components. All participants are asked to ensure they have read the set texts (at least once), and to have formed a personal response to the material (i.e. what's useful, innovative, odd, challenging, uncomfortable, relatable etc.), and to contribute this developing insight to the group discussion. Participants are advised to read as widely as they are able, bringing their own experiences in groups to bear on the reading materials, the group discussions and the experiential group spaces.

## THE COURSE SESSIONS

The **Study Group** facilitates understanding of dynamic processes that occur in groups including the experiential group. Learning occurs partly through linking the experience of being a member of the experiential group and the study group. Participants are expected to introduce at least one of the papers discussed in the study groups.

The **Experiential Group** will be conducted by an experienced group analyst and will determine its own style and goals. The group provides containment and support in addition to facilitating learning about yourself and groups, through the practical experience of being part of a group.

The **Median Group** is when the two small experiential groups come together as one dynamic community. Convened by two experienced group analysts, the space will provide a valuable opportunity to explore how two newly developed group 'cultures' come together.

## INTRODUCTORY GUIDES TO GROUP ANALYTIC THEORY AND PRACTICE

Nick Barwick, Martin Weegmann (2018) *Group Therapy: A Group Analytic Approach* (London: Routledge, 2018) **NB: A copy of this publication will be sent to participants and is included in the course fee**

Bill Barnes, Sheila Ernst, Keith Hyde (1999) *An Introduction to Groupwork: A Group Analytic Approach* (Hampshire: Palgrave MacMillan, 1999)

Harold Behr and Liesel Hearst (2005) *Group-Analytic Psychotherapy: A Meeting of Minds* (London: Whurr, 2008)

John R. Schlapobersky (2016) *From the Couch to the Circle: Group-Analytic Psychotherapy in Practice* (London: Routledge, 2016)

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## CPD

The course provides approximately 84 hours of CPD over 27 hours of study groups, 42 hours of experiential groups and over 15 hours of median group. A CPD certificate is awarded at the end of the course for participants meeting the minimum requirement of 80% attendance. The course is open and may be useful to those from a wide range of disciplines including health, education and prison services, the clergy, social services, business and organisational consultants, counselling and psychotherapy services, and anyone interested in the dynamics of groups.

## PROVISIONAL PROGRAMME

### TERM 1

Tuesday 29 September	Beginnings: Meeting, making a start
Tuesday 6 October	What is Group Analysis?: Historical, cultural and clinical basis
Tuesday 13 October	Approaching interconnectedness: Matrices
Tuesday 20 October	Leader, healer, facilitator, moderator, ruler, conductor: On 'running' groups
Tuesday 3 November	In search of Discourse: Group analytic 'communication'
Tuesday 10 November	Psychodynamic Concepts 1: Transference and Countertransference
Tuesday 17 November	Group Composition: Diversity and Inclusion
Tuesday 24 November	Psychodynamic Concepts 2: Projective Identification
Tuesday 1 December	Face to face: working online and/or in-person
Sunday 13 December	<b>In person event 1:</b> "The Social Unconscious: what is it and how can it enhance group-analytic understanding?"

### TERM 2

Tuesday 5 January	The "other" approach: Bion
Tuesday 12 January	Working with power dynamics in groups
Tuesday 19 January	Processes, stages, phases: How do groups 'progress'?
Tuesday 26 January	The same but different: negotiating difference in groups
Tuesday 2 February	Confluences: Group Analysis and Object Relations 1
Tuesday 9 February	Confluences: Group Analysis and Object Relations 2
Tuesday 23 February	Trouble in the Group
Tuesday 2 March	Confluences: Group Analysis and Attachment Theory
Sunday 21 March	<b>In person event 2:</b> "Applied Group Analysis: Organisations"

### TERM 3

Tuesday 20 April	
Tuesday 27 April	
Tuesday 4 May	
Tuesday 11 May	
Tuesday 18 May	
Tuesday 25 May	
Sunday 6 June	<b>In person event 3:</b> "Applied Group Analysis: Arts and Culture"
Tuesday 15 June	
Tuesday 22 June	
Tuesday 29 June	
Tuesday 6 July	

**Note there are no sessions on Tuesday 27 October, 16 February, 1 June, 8 June**