

IGA Diploma in Groupwork Practice (York) Foundation Year

**A fifteen day foundation certificate in
therapeutic groupwork, held in York**

**Thirteen Fridays and two Saturdays
between 1 October 2021 and 25 June 2022**

**Option to continue to Diploma Year and to
qualify with the IGA as a Groupwork
Practitioner**



in conjunction with



Group Analysis is a unique, flexible way of thinking about and working therapeutically in groups. It can provide a mirror for the context of a person's life and explores the reciprocal relationship between the individual and the many groups of which they may be a part. It is an approach which combines sociology, gestalt psychology, systems theory and psychoanalysis and was originally developed in working with soldiers traumatised during the 2nd World War. Today it is used across Europe in health care and other settings. Whilst group-analytic ideas underpin the course, we will consider aspects of other approaches and participants will be encouraged to adapt what they learn to their particular work contexts.

The Diploma Course (Foundation Year) includes *theory seminars* exploring attachment, unconscious processes, and 'dark forces' in groups and conducting groups; *work discussion forums* (where participants are invited to contribute issues from their workplace) and *experiential learning*. The experiential component takes the form of 45 hours in total spent in an unstructured small group conducted by an experienced group analyst and a median group experience in the Spring Term, where the Foundation and Diploma years combine. The objective is neither teaching nor treatment, but participants often describe the small and median groups as a significant personal development experience.

Participants come from a wide mix of disciplines and work settings. The course will appeal to health & social care professionals (clinical & managerial), counsellors & therapists, teachers, trainers, voluntary sector staff, business personnel and organisational consultants, and those who are simply curious about their experiences in groups. There is no need to be running a group to participate fully in the course.

A **Certificate** will be awarded on completion of the Foundation Year with at least 80% attendance. This allows progression to the second year of the Diploma, successful completion of which can lead to Associate Membership of the Institute of Group Analysis as a Groupwork Practitioner. Further information available from the Course Convenor.

Learning Outcomes: By the end of the course, participants will:

- recognise the effect of group dynamics upon self and others.
- have increased self-awareness and self-reflexivity.
- understand group dynamics from a group analytic perspective.
- be aware of the role of the group conductor in developing a group culture and the common pitfalls that await the unwary.
- gain insight into how group dynamics impact on their work and in their lives.
- increase their knowledge and confidence to conduct groups, whilst recognising supervision and further training needs.

Fees: No increase in fees from last year!

Self-funding registration fee of £250 (non-returnable unless a place is not offered). Nine monthly instalment payments of £138 follow, amounting to **£1,492** in total.

Organisations pay a standard fee of **£1,800**, but receive a 25% discount on the second place if funding two people.

Dates: The course runs from 10.00 a.m. to 5.00 p.m., as follows:

Initial weekend: Friday 1 October - Saturday 2 October 2021

Fridays: 22 October, 12 November, 3 December, 7 & 28 January, 18 February, 11 March, 1 & 29 April, 20 May, 10 June.

Concluding weekend: Friday 24 June - Saturday 25 June 2022.

Venue: We meet at the St Bede's Centre, Blossom Street, York, a well-equipped, accessible training facility just five minutes walk from York Rail Station. Rail travel distances: Leeds (30 minutes), Sheffield (50 minutes), Middlesbrough, Newcastle, Peterborough & Hull (one hour).

**"I would thoroughly recommend this course for people interested in groups who want to develop, professionally and personally."
(Clinical Team Manager)**

Feedback from previous students on this course:

"Immensely useful, professionally and personally."

"Excellent match of learning through teaching and through group process."

"Excellent speakers throughout." "Professionally run."

Foundation courses in group analysis are offered internationally, and at the following UK locations: Brighton, Cambridge, Edinburgh, London, Manchester, Oxford & Turvey (Beds.). **Diploma courses** are offered in London, Manchester, Turvey and York. For further details and information on the full **Qualifying Training in Group Analysis**, please visit www.groupanalysis.org

York Groupwork Ltd. seeks to **promote equal opportunities and accessibility** to training. We will work with applicants to support them in seeking funding for the course. We also offer a bursary scheme to those with low household income. As group analysts, we value difference, encourage an understanding of cultural diversity and seek to live out these values in our work.

Core team (all Members of the IGA):

Sally King (Course Co-Convenor/Work Discussion Forum Leader)

Julie Pope-Carter, Marcus Glennon (Experiential Group Conductors)

Chris Powell (Median Group Conductor),

Christopher Davies (Seminar/Work Discussion Forum Leader)

Visiting seminar leaders

are senior practitioners selected for their experience with the seminar theme. The Course Handbook contains further details.

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