



GROUPWORKS

## **Continuing Professional Development group for therapists & counsellors**

**1 Daleham Gardens London NW3,  
Swiss Cottage, Finchley Rd or Belsize park tubes**

**Starts Autumn 2010  
Monthly, Tuesday mornings 11.00am to 12.30pm**

**[12 meetings in the year, totalling 18 hours CPD]**

A rare opportunity for therapists and counsellors to meet peers in a reflective practice group to digest and integrate our experience, including the interaction between the professional and personal experience. The group is conducted on group-analytic principles enabling a rich encounter with others, over time building a supportive and challenging working community. It consists of 5-8 members. We

- consider the links between our professional and personal development
- reflect upon the impact on us of our work and of the organisational settings in which we practise
- become more comfortable and effective in groups by experiencing and learning about group processes
- wrestle with dilemmas, paradoxes and ethical issues raised by the work.

Minimum commitment 12 sessions; CPD Certificates provided

We meet in Groupworks' comfortable London base at 1 Daleham Gardens, NW3

### ***How would a group contribute to my professional development?***

Therapy/counselling can be an isolating profession, and experienced practitioners especially can find it hard to unearth the right stimulation and support. This is a rare opportunity to meet together with peers to support each other, digest and learn together from experience. A group-analytic group allows us to encounter others in a rich way, regenerate, and reconnect with our own deepest purposes.



Over time the group offers a safe and stimulating environment in which to explore all aspects of the role, including ethical dilemmas, questions raised by the organisational context, the personal impact of the work and work/life balance issues.

We benefit from the different perspectives and contributions of members from different disciplines and backgrounds. We therefore welcome applications from therapists and counsellors from a variety of backgrounds.

The group is 'slow-open', which means that new members will join from time to time, and each individual leaves at the time of their choosing, giving notice to allow the ending to be thought about. There are 5-8 members at any time.

### ***Who leads the group?***

Christine Thornton is a group analyst [Member of the Institute of Group Analysis, UKCP-registered] with 20 years' experience of conducting professional development groups. She works in London and Winchester, and has an established organisational practice in addition to her therapeutic and supervision work.

There is more information about Christine's approach at <http://www.groupworks.org.uk/>

### ***What is distinctive about group analysis?***

Group analysis first developed as therapy of individuals via group interaction. It focuses on the relationship between the individual and the group, emphasising the essentially social nature of human experience, and aiming at a healthier integration of the individual in her/ his network of relationships. It is a democratic and interactive discipline, and has many applications in psychotherapy, training, professional development and organisational consultation. There is more information about group analysis at <http://www.groupworks.org.uk/our-purpose.asp>

### ***Free individual consultation***

We offer a free individual consultation to every applicant before joining the group, to explore whether this is the right CPD opportunity for you.

### ***Continuing Professional Development Certificates***

Continuing professional development certificates are provided.



***What are the dates for the next year?***

If you would like to know the dates for 2010-11, please email.

***What are the practical arrangements?***

The group meets monthly, avoiding major holidays, at our London base 1 Daleham Gardens, NW3, on Tuesday mornings, from 11.00am to 12.30pm. It takes time for groups to develop an effective working culture, so to minimise disruption, if you decide to join we ask you for a minimum commitment of 12 sessions [three terms], and give one term's notice when you intend to leave. The group contains a maximum of 8 members.

***What is the cost?***

The cost is £195.00 per term [4 sessions]. If you pay for three terms [12 sessions] in advance, it is £497 for the year, a fee reduction of 15%. The fee is fixed until September 2011, and is reviewed each year thereafter in line with inflation.

***What happens next?***

If you would like to discuss anything before applying, telephone 01962 620573 or email to [christinet@groupworks.org.uk](mailto:christinet@groupworks.org.uk)

If you would like an application form for the group, go to our homepage at [www.groupworks.org.uk](http://www.groupworks.org.uk) and download the application form from there. Email the completed form to us at [christinet@groupworks.org.uk](mailto:christinet@groupworks.org.uk)

After receiving your form, we will make contact to arrange your free consultation, to discuss whether this is the right CPD opportunity for you.