

A group for therapists & counsellors in Winchester

Monthly, Thursday afternoons 2.45pm to 4.15pm

Are you interested in meeting other therapists and counsellors regularly in a reflective practice group, to make sense of feelings and events, and to digest and integrate professional and personal experience? This opportunity will interest practitioners who see their personal and professional development as closely linked, and who wish to explore both with peers in a safe setting.

The group is conducted on group-analytic principles, enabling a rich encounter with others, and encouraging a supportive and challenging working community to develop over time. We

- Work on 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.

Minimum commitment 6 sessions; numbers strictly limited to 6; CPD Certificates provided

We meet in comfortable surroundings in Winchester.

Free individual consultation

Before you join the group, we offer a free individual consultation for you to explore whether this is the right CPD opportunity for you. There is no commitment until after this meeting.

How would a group contribute to my professional and personal development?

Therapy/counselling can be a lonely profession. This is a rare opportunity to meet regularly with peers to support each other, digest and learn together from experience, and understand better our relationships in and beyond the work. A group-analytic group enables a rich encounter with others, so that we can regenerate, and reconnect with our own deepest purposes.



For therapists, our tool is the self. We understand others through the medium of our own feelings and experiences. The group enables us to understand ourselves more fully, and make more conscious choices about the ways in which we wish to develop.

We think together about our work both in depth and in broad contexts. For example, we wrestle with ethical questions, the personal impact, issues raised by organisational contexts. We learn from what is common in our experience, and what is different; the group provides a safe and stimulating environment in which to explore things. We benefit from the different perspectives and contributions of members from different disciplines and work settings.

We therefore welcome applications from therapists and counsellors from a variety of backgrounds who are interested in their own development, both personal and professional.

Who leads the group?

Christine Thornton is a group analyst [Member of the Institute of Group Analysis, UKCP-registered] with more than 20 years' experience of conducting professional and personal 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 brings people together with a unique respect for the value and contribution of different perspectives. It first developed as therapy of individuals via group interaction. It focuses on the individual within the group, balancing individual and group needs while 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>

Continuing Professional Development Certificates

Continuing professional development certificates are provided.



What are the practical arrangements?

The groups meet approximately monthly [at an interval no greater than four weeks, except for the summer break] in Winchester, on Thursday afternoons from 2.45pm to 4.15pm. Dates are agreed several months in advance. To minimise disruption, if you decide to join, we ask you for a minimum commitment of 6 sessions.

What is the cost?

The cost until July 2012 is £50 per session, with a 15% discount when you pay for a six-session series in advance. The fee of £255.00 for six sessions works out at £42.50 per session.

What happens next?

If you would like to speak to someone, telephone 01962 620573 or email to hello@groupworks.org.uk

To arrange your free individual consultation, simply complete and return the application. There is no commitment at this stage.

To get an application form for the group, go to our homepage at www.groupworks.org.uk and download the application form from there. Email the completed form to us at hello@groupworks.org.uk