

A group to supervise groups, in Winchester

This new supervision group is for experienced facilitators/ therapists, and focuses on supervising and learning from groups. It will meet for two hours monthly, and be limited to a maximum of four [4] members, to ensure attention to everyone's needs.

How can a group supervision group help me run my group more effectively?

Groups can be a powerful means of therapeutic change and an enriching experience for all involved, including the conductor. They can also be very challenging, especially for those whose training has focused primarily on one-to-one work and offered little guidance on the differences between working one-to-one and in groups. Insights gleaned from a training oriented to one-to-one work are valuable, but only part of the total picture; everyone who conducts groups can benefit from supervision informed by group-specific theory and practice. This is an opportunity to join a supervision group rooted in the discipline of group analysis, the leading group therapeutic training in the UK and worldwide.

Having your group supervised in a group with others, allows for rich and broad learning in group themes. We will use the resources of the supervision group to understand our groups more fully, and so each member will learn in depth, not only from their own group but also from the groups of other members, through the medium of the supervision group.

Who will benefit most from the supervision group?

- Therapists/ counsellors conducting groups who wish to engage in a dynamic learning process with peers
- Those conducting a group that is challenging or hard to contain
- Therapists/ counsellors who want to develop their professional capacities through awareness of current group theory and practice; CPD certificates can be provided
- Those planning to set up a new group wanting to build in a sound framework for creative and productive group work from the start.

What kind of learning theme is likely to come up in the supervision groups?

Over time we are likely to learn together on a number of group themes, such as

- The role of the group conductor or group therapist
- Holding the boundaries of the group
- The groups within the group
- Containing multiple transferences
- Keeping the group productive

- Group-as-a-whole and individual interventions
- Dynamic administration, eg dealing with absences and lateness
- How the setting of the group influences the group.

Who will lead the group?

Christine Thornton is a group analyst [Member of the Institute of Group Analysis] with 20+ years' experience of conducting all kinds of groups, including therapeutic, experiential, staff, professional development and training groups. She has completed the supervision training of the Institute of Group Analysis and is currently working towards membership of BAPPS. Based in Winchester, she also has an established practice in organisational consultancy and coaching. Her website is at www.groupworks.org.uk

Christine has presented her paper, *Borrowing my self: an exploration of exchange as a group-specific therapeutic factor* [Group Analysis 37[2], June 2004], to groups of therapists locally and internationally; it explores how groups can help people achieve greater flexibility, balance and satisfaction. The paper is available to download *free* from Christine's website at 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 is now applied in many ways in psychotherapy, training, professional development and organisational consultation.

Group analytic theory has developed over the last fifty years from a foundation blending psychoanalytic thinking with sociology and the insights of gestalt. The development of group theory is still a live, dynamic process in the international group analytic community, reflected in the journal *Group Analysis*. For more information about group analysis and its roots, visit the Institute of Group Analysis website at <http://www.igalondon.org.uk>

What are the practical arrangements?

The group is likely to meet on Wednesday afternoons, or Monday mornings, in Winchester. We will try to balance the needs of all group members before finally settling on a time. Groups need time to settle and work together effectively, and so if you wish to join we will ask you to commit for five months. For those who wish to continue after that time a new group will start in September 2007 and members of this group will be given priority in joining it.

The cost of supervision is £50.00 per session. If you pay in advance, the fee is lower, for example the cost of a monthly group for six months will be £250, or approximately £41.50 per session.

How do I join a group or find out more?



To apply, simply return the application form [attached as a separate file] by e-mail. To discuss things further, telephone on 01962 620573. More information about our approach can be found on our website at www.groupworks.org.uk