

A Continuing Professional Development group for experienced therapists & counsellors

in Winchester

Monthly, Friday mornings 10.30am to 12.30am

A rare opportunity for an experienced therapist or counsellor to meet peers in a reflective practice group to digest and learn from experience. The group began in 2006. This opportunity will be of interest to experienced practitioners [at least five years' experience post-qualification] who see their professional and personal development as closely linked, and who wish to explore both with peers in a safe setting.

The group is conducted on group-analytic principles, allowing us to encounter others in a rich way, and to be part of a supportive and challenging working community. 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 10 sessions; CPD Certificates provided

We meet in comfortable surroundings in Winchester.

How would a group contribute to my professional development?

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

We think together about our work both in its depths and in its broad contexts. For example, we wrestle with ethical issues, the personal impact, and questions raised by the organisational context of our work. The group provides a safe and stimulating environment in which to explore the dilemmas and paradoxes we encounter. We benefit from the different perspectives and contributions of members from different disciplines.

We therefore welcome applications from therapists and counsellors from a variety of backgrounds who are interested in their own development and have at least five years' post-qualification experience.

Who leads the group?

Christine Thornton is a group analyst [Member of the Institute of Group Analysis, UKCP-registered] with around 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>

Continuing Professional Development Certificates

Continuing professional development certificates will be provided.



What are the practical arrangements?

The groups meets approximately monthly [at an interval no greater than four weeks, except for the summer break] in Winchester, on Friday mornings from 10.30 to 12.30. Coffee is available from 10.15am. Dates are agreed several months in advance. To minimise disruption, if you decide to join, we ask you for a minimum commitment of 10 sessions.

What is the cost?

The cost from September 2010 is £58 per session, with a £50 discount [approximately 15%] when you pay for a six-session series in advance, giving a fee of £298.00 for six sessions.

What happens next?

If you would like to discuss anything about the group before applying, telephone 01962 620573 or email to hello@groupworks.org.uk

If you would like an application form for the group, use the link in the email, or 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

After receiving your form, we will make contact to arrange a time to meet one-to-one.