

From January 2010

New Supervision group for experienced therapists and counsellors

Tuesday mornings monthly, 1 Daleham Gdns, London NW3, near Swiss Cottage tube

This supervision group for experienced therapists and counsellors [minimum five years' practice post-qualification], is run on group-analytic principles, using the resources of the group to gain a rich picture of our therapeutic work. It meets for two hours monthly, and is limited to a maximum of four [4] members, to ensure attention to everyone's work. It will meet at our London base, in the IGA/SAP building, 1 Daleham Gardens NW3, close to Swiss Cottage, Finchley Rd & Belsize Park tubes.

Who is the group for?

Experienced therapists/ counsellors who wish to engage in a dynamic learning process with peers.

Therapists and counsellors from a variety of disciplines and professional backgrounds are welcome. The group is founded on the idea that the widest possible range of perspectives offers the greatest learning opportunities. The minimum experience criterion is intended to promote equality and balance in the group's working.

What can the group offer?

Supervision in a group-analytic group offers elements harder to achieve in one-to-one supervision. Meeting together with peers for supervision offers

- an opportunity for broader learning and richer exchange of ideas, leading to greater professional range
- an opportunity to engage richly with the intersubjective and relational elements of the material, and understand the underlying dynamics more fully through the reflection process in the group
- an opportunity for peer support to combat the isolation inherent in the work
- an opportunity to provide as well as receive supervision
- over time, the development of a learning community which supports and enriches professional development

Having your work supervised in a group allows for rich and broad learning, using the multi-faceted resources of the supervision group to understand our work more fully. Each member learns in depth, not only from their own work

but also from the work of other members, through the medium of the group. Members also contribute to supervising each other's work, developing supervision skills alongside therapeutic skills.

Free individual consultation

We offer a free individual consultation for you to explore whether this is the right kind of supervision for you. There is no commitment until after this meeting.

Who is the group supervisor?

Christine Thornton is a group analyst [Member of the Institute of Group Analysis] with 20+ years' experience of conducting all kinds of groups. She is a member of BAPPS [British Association for Psychoanalytic and Psychodynamic Supervision] and has qualified twice as a supervisor, once in work with individuals and once in work with groups. She has a practice in organisational consultancy and coaching alongside her clinical practice. Her websites are at www.groupworks.org.uk for therapeutic work, and at www.thorntonconsulting.org for organisational work.

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 psychotherapy, supervision, training, professional development and organisational consultation.

Group analytic theory has developed over the last sixty years from a foundation blending psychoanalytic thinking with gestalt, systemic and other social-scientific perspectives on healthy personal functioning and interpersonal relating.

What are the practical arrangements, costs, and how long am I committed?

The group meets on Tuesday mornings, from 11.00am to 1.00pm. Groups need time to settle and work together effectively, and so if you wish to join we will ask you to commit for ten months. After that we ask for two months' notice when you leave.

The cost of supervision is £55.00 per session. If you pay six months in advance, there is a 10% reduction, so that the fee for six months is £297.00, or £49.50 per session.



Dates 2010

If you would like to see the proposed dates for 2010, please email.

How do I join, or find out more?

If you would like a discussion before applying, telephone 01962 620573 or email to christinet@groupworks.org.uk

If you would like an application form for the group, go back to the home page and download the application form which is in Word format. Email the completed form to hello@groupworks.org.uk

When we have received your application, we then make contact with you to arrange your free consultation. There is no commitment on either side until after that meeting.