

GROUP ANALYTIC PSYCHOTHERAPY TRAINING

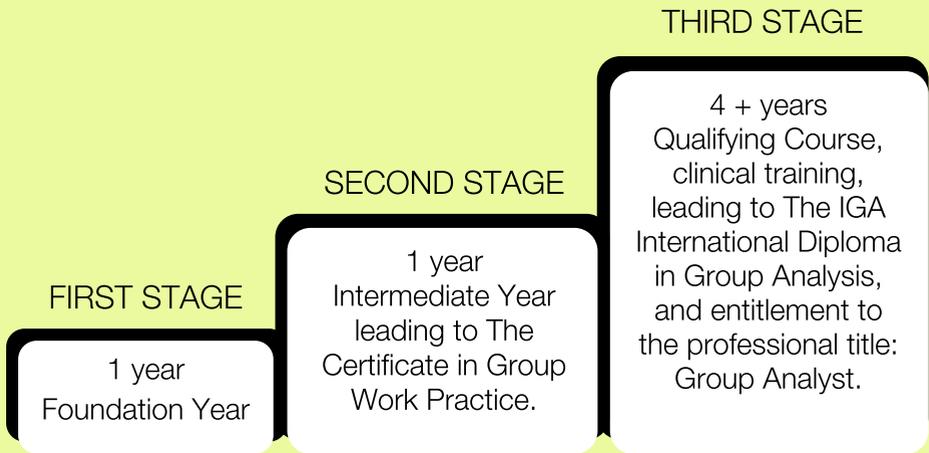


The Institute of Group Analysis (IGA) was founded over fifty years ago in the UK. It is a charitable organisation which provides training in Group Analytic psychotherapy in the UK and internationally. The IGA is a full organisational member of United Kingdom Council for Psychotherapy (UKCP) and an affiliate organisational member of the British Psychoanalytical Council (BPC). Its core Qualifying Courses are accredited by the UKCP.

Hank Nunn Institute (HNI) was founded by Shama Parkhe and Anando Chatterji in July 2014. HNI aims to increase access to psychotherapy, fight the dogma inherent in the bio-medical model of mental health, and involve service users in all aspects of their therapeutic process. HNI uses a threefold approach wherein they develop carefully designed treatment programs, engage with the local community to create awareness, and offer academic and experiential training programs, all in their effort to create a sustainable community model to address the mental health needs in India.

We are offering a staged 5+ year clinical training starting in August, 2020. The full training eventually leads to the internationally recognized qualification and title, 'Group Analyst'. Those successfully completing the training will receive the IGA International Diploma in Group Analysis from the IGA (UK). The eventual intention is to set up the Indian Institute of Group Analysis and become a full member of the European Group Analytic Trainings Institutions Network (EGATIN). This will become possible when five individuals qualify.





The training will take place in blocks in a residential setting just outside Bengaluru, three times a year, with each block being of five days duration (Mondays to Fridays).

It is made up of several elements. Personal Therapy in a Group Setting, Seminars on theory and practice, Work Reflection Groups, Supervision of clinical practice. Intermediate and Qualifying course students will be required to run their own groups under supervision. There will also be a number of written assignments. Participants will also be required to commit to regular contact on Skype between blocks for theory and supervision.

DATES

Block 1: August 10th to 14th, 2020.

Block 2: January 4th to 8th, 2021

Block 3: April 12th to 16th, 2021.

Future years will follow a similar rhythm. Dates will be given out at the start of the training programme.

ABOUT GROUP ANALYSIS

Group Analysis is a powerful therapeutic medium that focuses on the relationship between the individual and the group, emphasising the essentially social nature of human experience. As a method of treatment, Group Analysis offers a form of psychotherapy that recognises how emotional, behavioural and psychological phenomena emerge in the context of our social groups. Carefully constituted analytic psychotherapy groups have a long record of helping people with personal problems and in promoting personal development. The Group Analytic approach has profound implications for group-work as well as organisational practice. This is the case not only in health, social and educational settings, but also in the world of business. Our philosophy is that as personal difficulties arise in groups, groups are the best place to explore, to understand, and to try and resolve them. Group Analysis aims to achieve a healthier integration of the individual in his or her network of relationships. It is an interactive approach and has many applications in the field of human relations, teaching, training and organisational consultancy.





ETHOS AND VALUES

The ethos of this training resists the reductive use of the managerialist language of ‘learning outcomes’, ‘competencies’, ‘skills’, and the like. We think the learning process to be active, interpersonal and relational; it is an emergent process in which knowledge arises out of collaborative, sense making activity in the learning community. We recognize however that the relationship between ‘teacher’ and ‘student’ is asymmetric, and patterned by power differentials. This necessarily problematizes notions of authority, boundaries, and the like, which will have to be constantly negotiated.

We recognize that each participant brings their life experiences to the learning encounter. Central to the learning process is curiosity about the human condition. Participants are encouraged to engage critically with the theoretical frameworks that they will encounter throughout the learning process. We are mindful of the fact that Group Analysis has originated in Europe and cannot be uncritically transferred directly onto the mix of Indian cultural contexts. The training does not seek to teach a set of standardized ‘skills’ and techniques. Rather, trainees will be supported to find their own unique way of being a Group Analyst.

These values are aspirations, not ‘criteria’. They are ideals to strive towards. We recognize that we (all) will inevitably fall short of them on many an occasion. Our hope is that rather than think of these occasions as having ‘done wrong’, the learning community will be able to utilize them in a deeper understanding of each other and the human condition.

THE THREE STAGES OF TRAINING

The learning process throughout the training is primarily experiential, as we believe that this is how one learns best. In particular, through the experience of being in long term therapy, running a group and participating in group supervision.

1

THE FOUNDATION COURSE is a one-year course (three blocks of five days each) that aims to familiarise students with the principles of Group Analysis through a range of lectures / seminars, workshops and therapy groups. A combination of theoretical and experiential learning encourages participants to gain a more informed general understanding of how groups operate. IGA Foundation Courses offer an opportunity for both personal and professional development.

2

THE INTERMEDIATE YEAR is a further one-year course building upon the Foundation Course in Group Analysis. This course offers an advanced introduction to the Group Analytic approach to general group-work as it is currently practiced in social, health care and educational settings. It is aimed at the development of the theoretical and practice based knowledge in group analytic psychotherapy, which will also be applicable to other forms of group psychotherapy in other settings. Successful completion leads to the award of the IGA (UK) Certificate in Group-work Practice, which leads onto the next stage: The IGA Qualifying Course in Group Analysis.

3

THE QUALIFYING COURSE is a three + year clinical training that follows on from the Intermediate Year. It is a long standing and highly respected course aimed at providing students with a fundamental understanding of Group Analytic theory and practice that will enable them to become independent practising Group Analysts. The course aims to help students develop a critical and enquiring mind towards psychoanalysis, group analysis, and other psychotherapy and social theories. These aims are achieved through the tripartite structure: personal group psychotherapy; seminars on theory and practice; supervised clinical practice. There are additional written requirements. Successful graduates will receive the IGA International Diploma in Group Analysis from the IGA (UK).

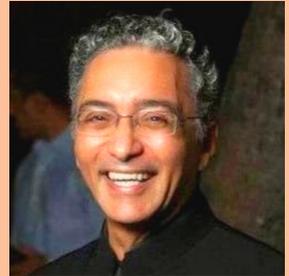
COURSE FEE

INR 100,000 per year (inclusive of local travel to the venue, food and accommodation for the duration of the block, reading materials, training, supervision and administrative costs.)

COURSE CONVENOR

Dr. Farhad Dalal PhD.

His first degree was in Physics. His first psychotherapy training in the early 1980s was in the Humanistic Traditions with the Minster Centre in London. He then trained with the Institute of Group Analysis (London), qualifying in 1991. He obtained his PhD in 2001.



Previously he was an Associate Fellow on the DMan programme at the University of Hertfordshire's Business School and Visiting Professor at the Open University in the Netherlands. He has published numerous papers on a number of subjects that include psychoanalysis, group analysis, racism, politics and ethics, as well as four books: Taking the Group Seriously (1998) , Race, Colour and the Processes of Racialization (2002), Thought Paralysis: The Virtues of Discrimination (2012), and CBT – The Cognitive Behavioural Tsunami: Managerialism, Politics and the Corruptions of Science (2018).

ADDITIONAL COURSES

The Introductory Weekend

This is a two and a half day taster to group analysis that usually takes place over a weekend in January or/and April every year. The workshop is primarily experiential. It offers participants the opportunity to experience of being in small therapeutic groups. The seminar sessions will introduce some of the basic principles of Group Analysis. The intention of the workshop is two fold:

- a) to help participants judge whether they would like to embark on a longer term group therapy, and
- b) to get a taste of what might be expected of them if they were to enrol for the Foundation Year.

ReadAbsorbThink! Monthly Lectures

HNI offers regular public lectures and workshops on the first Saturday of every month. These will be of particular interest to psychotherapists and counsellors. They will also be of interest to others within the 'psy' and helping professions generally. The non-professional who has a general interest in thinking about the human condition is also likely to find them stimulating and of interest.



Local Co-ordinator
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