

# GROUP ANALYTIC PSYCHOTHERAPY TRAINING

2021 - 22



We (The Institute of Group Analysis, London and the Hank Nunn Institute, Bengaluru) invite applications, Indian and International, for the 2021/22 intake into our staged 5+ year clinical programme in Group Analytic Psychotherapy. On successfully completing the programme, candidates will be internationally recognized, and have the accredited title 'Qualified Group Analyst (International)'. This will be the third intake into the programme which was first started in August 2019. In time, when sufficient numbers of group analysts have qualified, we will establish an independent body, Group Analysis India (GAI), which will become a Full Member of The European Group Analytic Training Institutions Network (EGATIN).

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.



## 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.

Group Analytic Psychotherapy is 'a form of psychotherapy by the group,  
of the group, including its conductor'  
S.H. Foulkes





## ETHOS AND VALUES

The ethos of this programme resists the reductive use of the managerialist language of 'learning outcomes', 'competencies', 'skills', and the like. For this reason, we try to avoid using the terms 'training', 'trainees and trainers' as much as possible. 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 programme does not seek to teach a set of standardized 'skills' and techniques. Rather, participants 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.

Introductory  
Weekend -  
Gateway into the  
Foundation Course



1 year  
Foundation  
Course -  
Certificate

1 year  
Intermediate Year  
leading to  
International  
Diploma in Group  
Work Practice.

3+ years  
Qualifying Course,  
leading to the  
professional title:  
Qualified  
Group Analyst  
(International)

Due to the ongoing Covid-19 pandemic, this entire year will continue to take place online.

The 'after Covid' structure of the programme consists of three, five-day residential blocks a year in the vicinity of Bengaluru; in addition to this, there will be a number of other on-line commitments – weekly group therapy, supervisions, and seminars.

The purpose of the programme is to help candidates develop as persons and grow into group analysts. To this end, the programme consists of a number of elements: on-going weekly personal group therapy; monthly Saturday seminars on the theory and practice of group analysis and its relation to other psychological perspectives and traditions; and (from the Intermediate Year onwards) weekly on-line supervision for the weekly psychotherapy groups that candidates will be required to run.

Introductory Weekend: May 15th & 16th - Sat & Sun; 11:30 am to 05:15 pm

(for more details check the second last page)

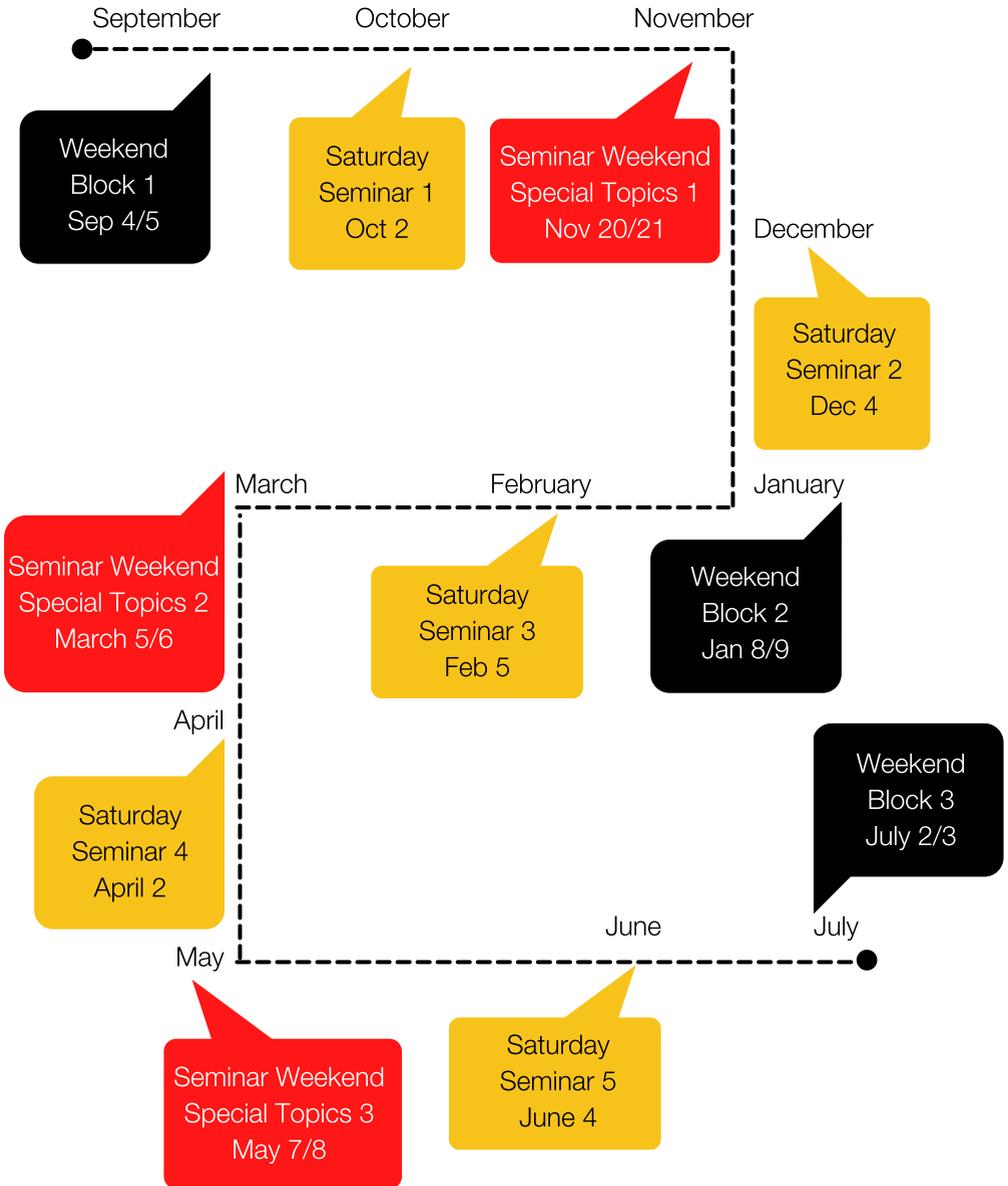
COURSE TIMELINE: September 2021 to July 2022

3 Weekend Blocks - September 4th & 5th, Jan 8th & 9th, July 2nd & 3rd.

5 Saturday Seminars - Oct 2nd, Dec 4th, Feb 5th, April 2nd, & June 4th.

3 Special Seminar Weekends - Nov 20th & 21st, Mar 5th & 6th, May 7th & 8th

# 2021-22 Timetable (Online)



Weekly Therapy Groups:  
Intermediate & QC Years - August 31st 2021 to July 26th 2022.  
Foundation Year - September 7th 2021 to July 26th 2022.

## THE THREE STAGES OF LEARNING

The learning process throughout the programme 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 stand-alone course (three residential 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 stand-alone 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 International Diploma 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 practicing 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 be certified as 'Qualified Group Analyst (International)'.

## STRUCTURE

### THERAPY GROUPS

Participants will remain a member of the psychotherapy group that they will be allocated to for the duration of the programme (as will the therapist). These are 'slow-open' groups, in that over time individual persons will leave the group (as they complete or leave the programme), and others will join as vacancies occur; in this sense, the groups are 'open', but the turnover is 'slow'. Each therapy group will consist of around eight members made up of a mix of people from different years.

#### Weekly Therapy Groups:

Intermediate & QC Years - August 31st onwards, Tuesdays, 4 pm to 5.30 pm (IST).

Foundation Year - September 7th onwards, Tuesdays, 4 pm to 5.30 pm (IST).

### SUPERVISED TRAINING GROUPS

Participants will be required to run two different groups under supervision during the course of the programme. The first group will be in the Intermediate year. This can be a group of any kind – staff group, psycho-educational, dreams group, a homogeneous group of some kind, and so on; it should be run for a minimum of 20 to 30 sessions. It does not have to be a time-limited group, but can be, and most often is. The 'second group' is to be started during the Qualifying Course phase of the programme. This needs to be a once-weekly therapy group, with a mixed membership and so on (the 'usual' kind of therapy group). This should be run for a minimum period of two years (i.e. about 80 sessions). There is some flexibility (in negotiation with the supervisor) as to which sort of group is to be started first.

### SUPERVISION GROUPS

Participants will be allocated a different supervisor for each of their groups. The supervision groups will also be 'slow-open' as described above. They will remain a member of the supervision group that they are allocated to until they have fulfilled the requirements.

Weekly Supervision Groups: September 6th onwards, Mondays, 3 pm to 4.30 pm  
(other supervision groups days and times yet to be decided)

### SEMINARS

The Foundation Year will have their seminars separately from the rest of the programme. The Intermediate Year and Qualifying Course will have their seminars together.

## EXPECTATIONS

### PSYCHOTHERAPY

As you contemplate starting the Foundation Year, some of you might already be in some form of one-to-one individual psychotherapy or counselling. This programme requires you to be in weekly group psychotherapy over the duration of this course. As you undoubtedly know, it is not helpful nor usual to be in two different therapies at the same time. For this reason, you should consider carefully what would be in your best interests at this time. It might be that you need to spend more time in your individual therapy before embarking on this programme. Whilst we encourage you to think about disengaging from your one-to-one personal work in order to be able to fully participate in this programme, we see this as a process. We would expect that you will have managed this, at the very latest, by the time you embark on the Intermediate Year. If you anticipate this being an issue, then please discuss it with us early in the piece.

### ATTENDANCE

You are expected and required to commit to attending all elements of the programme. Please keep in mind, that once the Covid situation allows us to meet in person, you will be required to commit to attending all three of the five day residential events in Bengaluru.

### TECHNOLOGY

As this year will take place entirely on Zoom, and a substantial element of the programme will continue online even after the situation allows the residential events to take place, participants will need to ensure that you have a stable and fast internet connection, as well as a computer and a good audio system. Mobile phones and tablets will seriously degrade the experience, and should be avoided.

## 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).

## STAFF TEAM



Angelika Gözl

She began working therapeutically with people whilst studying 'Social Education' in Berlin in the early 1970's. In 1977, she came to England to study Biodynamic Psychotherapy at the Gerda Boyesen Centre, a form of therapy working directly with the body. Her deep interest in the relational aspects of therapeutic work led her

towards a more psychoanalytic approach in her work. This led her eventually to study Group Analysis with Group Analysis South West (Bristol). She qualified in 2003 and is now a Member and Training Group Analyst of the Institute of Group Analysis (London). Besides her therapeutic work with individuals and groups, Angelika's work has included consultation to teams in crisis, supervision to mental health teams, and also supervision to people working with individuals, groups, and training courses. She teaches regularly on the clinical psychology doctorate program in Plymouth University, and also on other psychotherapy courses. For 12 years Angelika also worked with outpatient groups in the National Health Service.



### Dr Tija Despotovic

She worked for many years as a psychiatrist at the Psychiatric Clinic of the University Clinical Centre Serbia, Belgrade. She was involved in inpatient and outpatient individual and group psychotherapy and with the Therapeutic Community. She has worked in private practice with both individuals and groups.

Papers she has written include on psychic pain, mourning on the individual and societal level, as well as psychotherapy with difficult patients. Tija was trained in Group Analysis during the early 1990s in Belgrade with IGA London and is one of the founders and former chair of Group Analytic Society Belgrade (GASB). She is Chair of the Group Analytic Training in GASB, conducted GA training abroad in Banja Luka, Bosnia. She was trained in Psychoanalysis in the late 1990s by IPA BPD. She is a training analyst for the Belgrade Psychoanalytic Society (IPA). Chair of the EFPP Conference in Belgrade, May 2018 (The Challenge of Social Traumata -Inner Worlds of Outer Realities). Tija strongly believes in the creation and development of international collaborations within the group analytic field which she has supported in her various roles as International liaison of the EGATIN Committee, as a chair of the International development Subcommittee and GASI Summer School Coordinator at the GASI MC.



## SUPERVISORS



David Glyn

One time film-maker, David trained as a Group Analytic Psychotherapist, at Goldsmiths College (University of London). He has worked in many institutions, as a psychotherapist, and supervised colleagues and trainees, working with groups. His experience as a clinician has lately centred on working with young

people in a University setting. He lives in London, is married with a son, two daughters, and two grandchildren. David is currently President of the Group Analytic Society International.



Dr. Ivanka Dunjic

Ivanka is a psychiatrist, psychoanalyst, and group analyst, who works full time in private practice in Belgrade with individual patients and groups. She is a founding member of Belgrade Psychoanalytic Society and Group Analytic Society Belgrade. For more than 25 years now, she conducts training, theoretical seminars,

and supervision for future psychoanalysts, psychotherapists, and group analysts in Belgrade and other parts of Serbia. She is an author of chapters on Freudian psychopathology as well as Group Analysis in a textbook on psychodynamic psychiatry. She has presented papers at EFPP and EGATIN conferences, as well as the GASI summer school.

As a child, she was always interested in discovering what lies behind the obvious. She grew up wanting to become a psychoanalyst but ended up becoming a psychiatrist as Yugoslavia was a communist country and psychoanalysis was not yet officially accepted. She embraced the idea of interdependence between individuals, groups, and society in all areas of her work through her group analytic training in Belgrade. She is still passionate about discovering this connectedness between different fields. Group Analysis and Psychoanalysis have helped her understand and think about the dramatic social changes that were happening in Yugoslavia at that time (90s) – civil war, fragmentation of the country, international sanctions, NATO bombing of Serbia – and also to stay connected to the outside world.



## COURSE CONSULTANT



Andy Downie

Andy's first experience of groupwork was as a Probation Officer, taking groups of young offenders walking and climbing the hills of England's Lake District. From those experiences he learned that people who had been judged to be the problem could also be the solution; that people who had previously come together

in gangs for anti-social purposes could come together to form a group to achieve something good. Group Analysis gave him a frame to organise his thinking and a lens through which he could look at the phenomena he saw happening in groups. He qualified in 2001 and has since worked with groups in prisons and the NHS, specialising in therapeutic community approaches with people diagnosed with personality disorder. Once he found himself in a group of three, where both the other participants were selective mutes. After some time spent in silence, one wrote a note to Andy, which read, "This isn't going to work". He wrote back, "Why ever not?" and this prompted an exchange of notes which kept all three busy for the rest of the hour and a half. From this experience he learned the truth of the statement "We are hard-wired to connect", and that delinquent and self-destructive acts are attempts to communicate and connect. Despite being semi-retired and no longer in direct practice, he continues to believe passionately in the group as a place where communications can become more articulate, and in Foulkes's expression, less autistic. He is delighted to be working with Group Analysis India.

## COURSE FEE

- ONLINE (for 2021-22)

₹ 60,000 per year for Indian participants

£1500 per year for International participants

(inclusive of reading materials, therapy, supervision, all local and international GAI seminars, and administrative costs.)

- POST-COVID (RESIDENTIAL + ONLINE)

₹100,000 per year for Indian participants

£2000 per year for International participants

(inclusive of local travel to the venue, food, and accommodation for the duration of the block, reading materials, therapy, supervision, all local and international GAI seminars, and administrative costs.)

## APPLICATION PROCESS

- 1 Express your interest through an email to [anando@groupanalysisindia.com](mailto:anando@groupanalysisindia.com)
- 2 Fill in the online registration form you receive in response to your email
- 3 Participate in the online Introductory Weekend:  
This weekend is a taster to group analysis that will take place on May 15th & 16th, 2021.  
(for more details see next page)
- 4 Confirm your place\*, pay your course fees, and meet the final cohort for the Foundation Year 2021-22 during the Confirmation Meet in June 2021.

Foundation Year begins  
in September 2021

\*Some participants may be invited for an additional conversation to clarify complications and concerns, if any, regarding their participation.

# Online Introductory Weekend 2021

## May 15-16



The online introductory weekend is primarily experiential. It offers participants the opportunity to experience being in small therapeutic groups along with a seminar on some of the basic principles of Group Analysis.

The intention of the weekend is two-fold:

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

Dates:

May 15 and 16, Sat-Sun

Time:

11:30 am to 05:15 pm

Faculty:

Dr Farhad Dalal, Angelika Gözl, Dr Tija Despotovic

Fee (in addition to the earlier mentioned course fee):

₹10,000 for Indian participants and £250 for International participants



Local Co-ordinator  
ANANDO CHATTERJI

Co-founder & CEO, Hank Nunn Institute  
Group & Therapeutic Community Psychotherapist

[anando@groupanalysisindia.com](mailto:anando@groupanalysisindia.com)