

THE GROUP – GREATER THAN THE SUM OF ITS PARTS?

26th and 27th October

A 2-day exploration of groups and group psychotherapy

Why should I attend?

Do your clients ever ask

Why have my friends abandoned me? Why am I always getting into fights with my co-workers? Why do relationships seem so difficult? Do other people find life so difficult? Are there other people with the same difficulties as me? How can I do things differently?

Group Therapy goes beyond Individual Therapy in helping with these questions

Within life's groups we play many parts and often experience ourselves in many different ways – parent, child, sibling, colleague, friend...

Our experience of ourselves influences how we participate in these groups and is in turn influenced by our participation. How we relate to others, whether it is pleasurable or painful, productive or frustrating, in turn is dependent on how we experience ourselves in relation to others.

Group psychotherapy provides a space where these experiences can be examined. We learn about ourselves *in the moment*. We find out more about how others see us and can practise new ways of relating. It is often very complementary to individual work and people trained to work with individual clients of course have some easily transferable skills. However group therapy is not about doing individual therapy in a group setting and the therapist needs to understand things like

- group process – how people influence each other both consciously and unconsciously
- how to help group members help each other
- how to deal with difficult situations like aggression, favouritism etc

The workshop provides both theoretical and experiential learning. Within a group setting you will be able to learn about how to set up a group, how groups work, how to intervene, how to work with a co-therapist and about how you yourself experience what it is like to be in a group. Presentation and discussion of theory is followed by an experiential group, in which the task is to study the experience. Each block goes for 90 minutes.

Staff:

Else Gingold is a clinical psychologist, psychoanalytic psychotherapist and group therapist with over 30 years of experience in clinical and educational work.

Marilyn Gross is a mental health social worker, psychoanalytic psychotherapist and a couple and group therapist with over 30 years of experience in clinical and educational work.

They have worked as co-therapists and teachers for many years and currently run 2 long standing analytic groups. Both have a keen desire to pass on the skills and knowledge to fellow professionals, so they may also know about the wonders and benefits of this way of working.