

John Schlapobersky is a Training Analyst, Supervisor and Teacher at the Institute of Group Analysis, London. Born and raised in South Africa he was, during the fight against apartheid, arrested, detained and deported. He lives in the UK and has dedicated decades of his working life to developing therapeutic resources for survivors of organised violence. His book, *FROM THE COUCH TO THE CIRCLE: GROUP ANALYTIC PSYCHOTHERAPY IN PRACTICE* (Routledge 2016) is a core text on training programmes in group psychotherapy in many places around the world.



John's memoir of his arrest in South Africa and deportation is due out to mark the 50 anniversary this year- *WHEN THEY CAME TO ME: A STORY OF 55 WINTER DAYS* (In Press).

The Australian Association of Group Psychotherapists

Groups, like individual psychotherapy, offer a space for thought and reflection in a confidential structured setting. A group offers a space where one can experience/discover belonging, and understand the forces that may prevent the feeling of being able to belong. A group can offer hope that change is possible, and realisation that the problems of one are experienced by others, and are not different, unusual and impossible to understand or deal with.

To find out more about the Australian Association of Group Psychotherapists, please go to our website.

<http://groupanalysis.com.au/>



AAGP
*Australian Association
of Group Psychotherapists*

**FROM THE COUCH TO THE
CIRCLE**

John Schlapobersky
Institute of Group Analysis London

Friday 29 November 6.30-9.30pm
Public Lecture and Discussion

FINDING A VOICE, BEARING WITNESS, COMING OUT OF THE SHADOWS

DYNAMIC PRINCIPLES IN GROUP ANALYTIC PSYCHOTHERAPY

APPLICATIONS IN THE CLINIC AND IN SOCIETY

Saturday 30 November 8.30am -5pm
One day workshop for clinicians

GROUP STRUCTURE, PROCESS AND CONTENT

KEY CONSTRUCTS IN THE THERAPEUTIC APPLICATION OF GROUP ANALYSIS

Mantra Hotel 568 St Kilda Road, Melbourne

For more information and registration please visit our website: <http://groupanalysis.com.au/> or our Facebook page *Australian Association of Group Psychotherapists*

THE PROGRAM

FRIDAY 29 November

6.30 registration and refreshments for 7pm start.

Session ends at 9.30 pm

Public Lecture and Discussion

FINDING A VOICE, BEARING WITNESS, COMING OUT OF THE SHADOWS

DYNAMIC PRINCIPLES IN GROUP ANALYTIC PSYCHOTHERAPY

APPLICATIONS IN THE CLINIC AND IN SOCIETY

To be fully individual we need to understand the groups that we come from. Group Analysis emerged during and after World war 11, a time of fear, conflict and aggression. In today's climate of flight, expulsion, extrusion, division and dissociation individuals are often left feeling alienated and helpless. Group analysis offers a method of reducing anxiety, of turning 'longing' into 'belonging', of helping people find a voice, bear witness to others and emerge from the shadows of their histories, anxieties and inhibitions.

This presentation will provide a forum to explore how these principles might inform our thinking in the clinic and in society. After the lecture the audience will be invited to move into a circle for questions and discussion led by John and senior members of the AAGP. This event is suitable for experienced and new group therapists, clinicians interested in exploring the possibility of group work and members of the public with an interest in groups.

SATURDAY 30 November

8.30am Registration for 9am start.

The workshop ends at 5pm

A One day workshop for clinicians

GROUP STRUCTURE, PROCESS AND CONTENT

KEY CONSTRUCTS IN THE THERAPEUTIC APPLICATION OF GROUP ANALYSIS

Learning through listening and experience – the workshop will have both didactic and group based experiential learning

The workshop will have three components and each will be explored through a demonstration group. Participants will be invited to volunteer for the demonstration groups, each of which will focus on a different dimension of practise.

They will demonstrate the application of the model to different patient/client populations, including groups in mental health settings, private practise and custodial settings.

Suitable for those already working with groups and those considering it. The model is applicable fo patients and clients in a wide variety of different settings including mental health, custodial, school, outpatient and private practices.