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Editorial

This is the first issue of Contexts we edit, and we would like to thank Tom Ormay for his work as previous editor and his assistance in the transition of editors. Having taken over from Tom at last years AGM in November, it is appropriate for us to sketch out our ambitions for our editorship of this newsletter.

We both see Contexts as an important channel for communication within the Group Analytic world. It provides the only arena for the rapid publication of brief reports about Group Analytic events and courses as well as providing a platform to report news and views, and an opportunity to highlight the range of work carried out by GAS members. It also potentially provides a thinking space to debate important political and organisational issues such as the impact of the NICE guidelines, UKCP issues, the registration of psychotherapists, the rise of evidence-based practice, the ascendancy of new managerialist philosophies in public health services, the vicissitudes of starting and running a private practice, the promotion of Group Analysis as a therapeutic practice, etc.

We have a couple of new ideas for Contexts. The first is to host a regular column that presents a 'Group Dilemma'. One way of doing this would be to use the Internet Forum to solicit views about a selected dilemma and the edited summary of these discussions could then be published in Contexts. Alternatively, we could commission responses from one or two individuals in the GAS network who would be willing to present their thoughts about the dilemma. Using the GAS Forum to foster discussion seems to us to be more Group Analytic in principle. We would encourage you to sign up for the Forum and to use it actively (see Trevor Mumby's instructions on how to go about signing up to the Forum on the final pages of this issue).

We would also like to host a regular 'Culture' column that could feature film reviews, book reviews, theatre reviews, pieces on the culture of Group Analysis and psychotherapy in general,

etc. In fact any issue that could possibly connect with the Arts or Culture seen from something of a Group Analytic stance. We are also hoping to solicit regular reports on Group Analytic activities in centres across the world.

We would like to appeal for contributions to the next issue of *Contexts*. Reports about psychotherapy events and courses, a letter, news, a burning group dilemma or a piece relating to a cultural issue will be welcomed. You might also consider contributing your thoughts on being a group psychotherapist, or on a particularly meaningful group therapy event, or on the way you integrate individual and group psychotherapy, or on any facet of clinical applications of group. We see one role of our newsletter as being a vehicle to convey your experiences as a group clinician. We would also welcome any brief reports about research or audit activities you are undertaking and the significant issues involved in implementing this work. Non-clinical applications of group theory and technique are also of interest.

In short, we would welcome any contributions that highlight your activities and achievements. Please write to us with any ideas you might have. Don't worry if your text is not perfect – our responsibility is to work with you and the text to get it into the form you would wish to publish.

We hope that there will be a good response to this request since the health and vitality of any network, particularly one as widespread and diffuse as our own, is dependent upon free and lively communications. We see *Contexts* as one instrument through which a Group Analytic identity can be fostered, and this can only come about by sharing, debating, and engaging with the group. *Contexts* is one way of achieving this.

Terry Birchmore and Paula Carvalho

President's Page

The year 2006 is coming to an end. It has been a rich and interesting year for Group Analysis. For this newsletter the most important thing is the change in editorship. Tom Ormay has been appointed editor of the *Group Analysis* journal after Malcolm Pines. We heartily congratulate him with this new important position and wish him good luck. This however has the side effect that he has left the editorship of *Contexts*, which he has edited so very well during later years. In his place the Management Committee of the GAS has appointed Paula Carvalho from Portugal and Terry Birchmore from England as co-editors. The combination of someone from the South and the North of Europe we hope will add to the breadth of *Contexts*. Congratulations also to Paula and Terry.

The 35th Autumn Workshop 'Trauma in Organisations', London, 9–12 November 2006, chaired by Earl Hopper was a remarkable success both in numbers of participants, over 80, the quality of the papers and the active and lively participation of all present. It was indeed a very intense and moving experience due to the full and rich program but probably also due to the subject of Trauma. Trauma by its very nature stirs up strong emotions connected to memories and experience.

And as is the case for all workshops it was also a possibility for friends and colleagues to meet and discuss and for new friendships and connections to be formed.

In direct continuation of the workshop the annual General Meeting 2006 took place. The Management Committee had two important proposals and we aimed to seek member's views about them. The first was the establishing of the 'New International Library of Group Analysis', NILGA which is a joint venture between GAS and the publishers Elliott and Thompson with Earl Hopper as the future editor. NILGA will seek to publish new group analytic texts, publish a new edition of Foulkes'

work, including new introductions as well as republish other works. GAS members will have the benefit of free or low costs editions of new work. The first new title should be launched in 2008. All members of the Group Analytic Society will automatically also be members of a book club that will provide a regular selection of low cost group analytic and psychoanalytic texts. The book club should be in operation from about June 2007. The initial funding will be from the Society's reserve funds. Moving funds from reserves to a publishing arm will have no effect upon the Society's overall financial situation. A publishing project is entirely within the aims and objectives of the Constitution.

The other important proposal to be considered was the establishing of a UK chapter of Group Analysis. The Management Committee has been working with ideas to a future structure of GAS and this work is not yet finished, but a first part of a new model is slowly taking form. The internationalisation of the Group Analytic Society during later years seems to have created a need for a local body. Our plan is to create a UK subcommittee or chapter with the purpose of looking after UK local needs and scientific events. Hopefully this will be in collaboration with IGA (London). IGA and GAS have different aims, but common interests in promoting Group Analysis. The Management Committee has appointed Kevin Power to be the chairman of this Subcommittee, that will consist of a small group of UK based people yet to be appointed.

The AGM received the two proposals with positive interest and gave the MC free hands to start implementing both projects.

The following week I went to Bari, Italy on behalf of GAS, London to present professor Maria Giordano and professor Alberto Patella with the Jane Abercrombie Prize. They were awarded the prize for their translation of Jane Abercrombie's work into Italian and for their dedication to her efforts in the teaching-and- learning situation. Since 1990 they have used her model in both research and formative training at the University of Bari and have done a truly pioneering work. Jane Abercrombie, one of the founder members of GAS, combined the knowledge of especially perceptual processes with Group Analysis. Her merit was that she could see the didactic perspective in Group Analysis.

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The event of the prize giving was very well arranged, consisting of a small seminar dedicated to the thoughts of Jane Abercrombie. Many colleagues and students took part in this ceremonial event and also the local press was represented. My Italian hosts were extremely hospitable and they took care of me in the most generous way.

The Jane Abercrombie Prize will be awarded every third year and proposals for new candidates for the Prize can be sent to GAS, London.

Finally I want to draw attention to the 31st S.H. Foulkes Annual Lecture on Friday 18th May, 2007. The lecture will be given by Gerhard Wilke and the title is 'Second Generation Perpetrator Symptoms in Groups.' I hope as many as possible will be able to come to this event and the traditional Study Day the day after.

Now it is only left for me to say happy new year to everybody and thank you for your interest and contributions during the year.

Gerda Winther

‘Days of Shaking’

Kevin Power reports on the 15th European Association for Psychotherapy Conference & 10th UKCP Scientific Conference, Cambridge, England:

13th–16th July 2006

The theme of ‘Days of Shaking’ had been lifted by Heward Wilkinson from the 17th Century House of Commons in the midst of the English Civil War, that all Europe was going through great turmoil; that this also applied to present-day Europe. That these two organisations were holding their conferences jointly suggests that they are able to work well together, as well as sharing the numbers who seek out such conferences; that this joint event was held in the delightful surroundings of one of the most pleasant and distinguished towns in Europe, with weather that was the quintessence of climate here on Earth, of cloudless light-blue skies, heat though without any troubling humidity, encompassed by tall, shading trees and with the visual sensuality of Inigo Jones’ architecture set among the best groomed townscape imaginable – vertical stone and brick; pitched slate and stone roofs; lawned college courtyards; sun reflecting from dressed seasoned stone; spires large, small and tall – it was indeed an English heaven.

What about the conference? I attended for two days. I found it, as I find many conferences that are on psychotherapy yet do not provide small and large groups as means to process the experience, an odd thing. I attended the social dreaming matrix conducted by Laurie Slade of the Guild of Psychotherapists which did give a sense of the initiating of a process group – but was only a single event; I had suggested such a morning event as one way to provide a process orientation but to no avail – yet I also heard others from more senior positions also suggesting the same.

The conference was mainly orientated towards humanistic-integrative disciplines. While I have heard senior members of these disciplines opine that we probably all do much the same thing when working, I have to state that while that may be correct in us all listening to patients, individually and in groups, the manner of the conference's separate sessions organisation gave me a different sense. Beginnings and endings were wobbly in the keeping of time boundaries and in the sense of the session being inadequately conducted by the chairperson. Chairing meetings of conferences, and everything else, is not the same as conducting a group. I think the chairing of conference sessions requires tact and diplomacy, yes, while also maintaining boundaries of acceptable behaviour and response, that they begin when they are billed to do so, and end likewise. This way participants are reassured that they are held in a process that has boundaries.

The large session following the small social dreaming matrix illustrates my viewpoint. From a large platform the chair introduced the two speakers, and then walked away from the chair's desk to sit at the side, perhaps ten metres from the 'action'. Then the two speakers introduced one another in spare halting language that left me wondering what their orientation was and what exactly they would talk about. The blurb gave little hint: 'Don't make theories, don't explain, just see, hear, and be responsive – your job is to go on'. From there on the first speaker rather became chairperson to the second who showed us two (poor developed) videos of his work. This was coupled with derogatory comments about not liking power-point; if not, then why use it? And if you do you owe it to your (paying) audience to use it effectively or have someone at hand to do it for you: I was not impressed. The video of a couple was of the presenter providing a live supervision on the job to the couple's therapist; I was frankly bored and mystified, and felt that the couple at the every least would think that getting into bed together has to be more fun than listening to this; perhaps then this is a successful treatment? It was, in a phrase, 'touchy-feely'. It lacked rigour – and it lacked a chairman to maintain a focus in the session; it began ten minutes late and it ended fifteen minutes late. There was large applause – audiences are fickle. I skipped the two afternoon sessions as both were long sessions and provided no processing . . . and the sun and the lawns and the meadows, the river and the town were much more inviting.

Saturday morning was also without clouds, except perhaps in the conference. Two further presentations in the main hall from Alexander Filz (Ukraine) and president of the European Association of Psychotherapy, comparing and contrasting psychiatry, psychology and psychotherapy – as though psychotherapy is as formulated and legally defined as the two other disciplines, themselves fairly controversial anyway. However he did make some interesting points of comparison, and implicitly suggested that as a profession we have to put some boundaries around our activities else our future will be confused and mired in misunderstanding by the public. Alfred Pritz spoke of the social responsibility of psychotherapists towards actual armed conflict on the planet, a noble idea and one that can be acted upon by organisations etc. However psychotherapy has no foreign policy apart from seeking resolution without violence. The GAS was mentioned as having had as a member a now notorious Balkan fugitive from justice; this I corrected publicly and distanced the Society from this untruth. It was also another session that over ran; both speakers raised many issues about psychotherapy only with so little time to respond.

That there is no large group tradition, indeed no group-analytic dialogue tradition within such conferences ensures that questions from the floor are dominated by known figures who can be seen in the light of self-promoters while others have no opportunity to put forward questions and comments.

The conference was saved, for me, by Brett Kahr's session on 'Can Psychotherapy be done via the media?' His delivery is to be envied – not an 'um' or an 'err' but only a slight pause to consider, he delivered a fifty-minute presentation with video and tape extracts from several programmes he has been involved in (as well as a two minute extract of Freud speaking in a mixture of German and English, from the last year of his life. This and other such as Winnicott, are available at the National Sound Archive). He is active in several areas of media work, daunted by some television work due to the editing process that can leave a 90 minute in depth interview cut about to less than two minutes and then subject to any amount of prejudicial handling by editors. His first love in the media seemed to be the Radio 2 programme he does live on one or two nights each week after midnight hosted by Janice Long. His very first call on this, now some years ago I believe, was a trucker of fifty years who had

suffered from bulimia for twenty years – astounding. And he had to manage some kind of intervention on air that would be helpful and not humiliating. He apparently did this and was able to pass to the driver later someone whom he could speak with on a more regular basis. Altogether a humbling and astonishing session that taught us a great deal.

And then a final workshop with Rowena Whitehead, a Natural Voice Practitioner, who led 50 of us for one hour in a singing circle, including loosening up exercises and then into choral work of greeting songs from the Torres Straits, from Yoruba in Nigeria and ending with a song of liberation from South Africa;

The sun is coming up,
and I can feel the warmth of it
In my bones and in my heart.

We had never been together as a group, and we made some excellent music together. Thank you Rowena. They were good notes to end on.

Kevin Power

35th GAS Autumn Workshop: 'Trauma in Organisations'

9 November–12 November 2006

Two Commentaries

1. Jason Maratos

It is not so surprising for one to find in an international meeting, such as the GAS Workshops, that there are **different perceptions of reality**. The Jewish/Israeli issues took a prominent part but more in the context of the trauma suffered in the past and almost not at all on the contemporary trauma suffered by so many peoples in the Middle East today. Almost no thought was given to the predicament of the Arabs so that we could arrive at a more humane understanding of the complexity of the situation.

Mention was made of **mourning and reparation** but in vague terms which did not explain why, after so many years of traumata and of repeated acts of reparation and compensation, some still damn the Germans as if they are (not were) criminals and why our contemporary German colleagues (who have not repeated any of the crimes of some of their ancestors) still carry a **damaged sense of self**. Is this never going to end? Will there never be a resolution even among psychotherapists?

Trauma was not differentiated (enough) but tended to be equated with **damage**. Indeed, trauma can cause damage and many traumatised people are damaged. But what is the nature of this damage in human terms? My understanding is that it represents **sustained sadness** at the pain and the loss inflicted by the trauma but also **anger** which can be focused not only on the agent who caused the trauma but which can also be generalised and be enacted on others. On the level of the individual, we know that some abused children become abusers; at a group level we also know that some abused groups (including ethnic

groups) can act in a similar way to innocent others. This is one of the bases of **perversions**. Our sympathies are with the victims but our sympathy is challenged when the victims become aggressors and act in a perverse manner.

Considerable thought was given onto how trauma passes on from one generation to the other (**trans-generational transmission of trauma**).

Trauma can also be damaging to the aggressor. When **shame** and **guilt** set in, the perpetrator of trauma experiences a reduced value of their **sense of self** – in the sense of ‘I am worth less’. It is paradoxical that the aggressor who experiences these feelings of reduced worth is a more mature and caring person (therefore more worthy) than the aggressor who only experiences justification in their aggressive act(s). It is the more damaged (and dangerous) person (or ethnic group) who experience justification and even pride in their destructive actions.

It has been said that one can judge one’s progress in therapy by the way they portray their parents ((‘In therapy you watch the patients’ parents getting better’ (meaning through being portrayed as better people)). This refers to the **inner reparation** that takes place, irrespective of the **inter-personal reparation** that may or may never happen. Forgiveness is not only an inter-personal process but also an intra-psychoic one. The healing process begins when there is a wish to move from the position of wishing to act on the anger of the pain to the wish to move to an acceptance and reparation.

It is often assumed that patients seek psychotherapy in order to change. This is certainly one of the motives but not the only one. Many seek in the therapist an ally who will share with them their own view of the world (*weltanschauung*) and their own personal explanation of their life events. We may call that a **search for collusion** but for the patient this represents a ‘search for some understanding’. When their view is explored, reconsidered, questioned or challenged, the therapist may be faced with angry accusations of the type ‘you don’t understand’. These accusations are based on beliefs that are so well entrenched that the accusation is often followed by explanations of why we do not understand. We fail to share their view because of our age, sex, sexual orientation, ethnic origin, class etc.

We saw the same process in the workshop; quite often, participants expressed their views with passion which did not show

openness and a willingness to explore (including a readiness to change) but a conviction and a wish to change others. I wonder how many people felt that they left the workshop with their prejudices or presuppositions changed and how many left feeling that they were always right and who found others who agreed with them. How many see losing a prejudice as a gain and how many see it as a weakness and a capitulation?

The notion that trauma can be processed in a positive way (not that it is a pleasurable or desirable life event but that it can be **processed** and converted into one) was largely absent. I can hear people accusing ‘manic defence’ yet it is well known that many people learn useful lessons from the traumatic experience and find themselves better able to cope with stressful situations and appreciate the finity and positives in their life. Perhaps we should be planning a further workshop on **growth following trauma**.

I tried to weave a cohesive narrative of the workshop in my mind before committing it on paper but found it impossible; so with my apologies, I will continue with some fragments. I apologise further for not being able to attribute the ideas which I include in this letter to the people who expressed or prompted them. For all I know I can well have misunderstood them and misrepresent them. So my thanks to the workshop for being so stimulating and I will happily accept disagreements and accusations.

Some time was given to the nature of **confidentiality**. Sometimes it is seen as helpful and necessary but others it is seen as secrecy and an attempt of one to hide guilt or shame. It is my experience that at the end of successful therapy many members feel less concerned about their ‘secrets’ than they were at the beginning. Group members, upon leaving the group, often share with the other members, with whom they have shared their own guilty and shameful secrets, their name and address – which means that they are no longer concerned about secrecy; secrecy was useful; it served its purpose and now it can be dispensed with.

I do not think that there was a lecture with the title ‘**self-destructive processes in organisations**’ but a lot was said on this subject (in lectures and discussions). For example, workers in organisations which experience a threat of annihilation may

respond constructively (and save the organisation) or destructively with predictably negative results. As a group of therapists we indulged ourselves in looking at the destructive processes and were left to imagine that the opposite may be helpful. For example, we considered the development of subgroups. The presence of **subgroups** is almost inevitable and they can play a useful as well as a destructive role. They become destructive when they pursue the subgroup's interests **at the expense** of the common (including the subgroup's) good. Subgroups or individuals may use their power in order to groom, seduce or violate others. This is no less abusive and destructive when their actions spring from (even justifiable) anxiety and are aimed to what they perceive as the common good. The road to hell is indeed paved with good intentions.

One form of subgrouping is that of '**perverse pairing**' and Gerda Winther gave us a good description of how this can emerge at work. A healthy couple (and particularly one in a leading role) is often an asset to an organisation, but, again, very little was said about the justifiable needs of leaders (at every level of an organisation) for support in a protected relationship.

The stress under which the health services operate inevitably preoccupied some of us. We considered the trauma of the **demands which increasingly exceed resources**. In the health services, the expectations increase but there is rarely time and energy allocated to a thoughtful working out of the best realistic solution. The mad expectation is for every dis-ease (sic) to be treated instantly without any acceptance that this objective is simply unachievable and even its approximation would denude a country's resources and would render that country not only defenceless but uneducated, uncultured and uncaring in every other sense. It is for the workers in the organisation to take a leading role in creating the space for such a process to take place and for negotiation for realisable aims and practices to be established. Trauma is not the result of the demands; it is the result of failing to negotiate the same demands.

John Woods' play was an excellent stimulus for us to consider not only the dynamics of the therapy situation but also of the effect of a transgression from a pillar of an organisation, such GAS, upon it. The case of another famous analyst presented by Anne-Marie Sandler helped us to understand the process further.

The easy part of the discourse was the repetition of the duty of care, the dependence, the trust etc. which are well known and uncontroversial. To me, this kind of thinking seemed a little shallow and so harsh that it resembled scapegoating. We will be in a better position to form a moral/ethical view if we understand the people involved at a deeper and more human level.

Thinking of the (usually male) therapist as someone who takes advantage of his (usually female) patient and exploits her does not fit entirely with reality. Although such cases do exist (exploitation is not unique to the therapy world) the cases with which I am personally familiar do not fit this description. They represent moral individuals with a track record of helping many patients/clients and who have generally made a useful contribution in their (our) field. These people became attracted to their client and developed a relationship with them which went on for a number of years. The therapists were fully aware of the damage they were doing to their families and suffered a lot internal conflict because of that – they were not psychopathic monsters who would have ‘their wicked way’ without caring for consequences on their loved ones. Nor were they fools who were not aware of the risk (and almost certain destruction they were bringing) to their careers.

The workshop stimulated some discussion on the **power of vulnerability**. We all know the power of the cry of an infant on their parents. We also know the power of our patients’/clients’ distress on us as therapists. The cry of the infant or of the patient elicits almost an instinctual wish to comfort, to ‘kiss it better’. Therapists tread a very thin line when they offer therapy. They need to comfort but cannot properly do so. A person who feels sexually unloved can only be comforted by their lover; a person who feels lonely can only be properly comforted by a friend; a child who is in emotional pain will seek comfort from their parent and so on. A therapist who only ‘theraps’ their distressed patient is bound to be ineffective just as ineffective (and often dangerous or harmful) is the therapist who only offers comfort. A therapist needs to offer only as much comfort as is necessary for therapy to take place.

The therapists who work only for the money must be very few; most of us interact with our clients/patients as whole human beings and that includes our feelings and our needs. Most

therapists have had experience of what their clients go through and many have developed through therapy so that they can pass the benefit to the next ‘generation’. But it is also true that many of us go through phases of vulnerability (generally) or specifically. Areas of our own psyche may have not been helped by therapy and may have remained traumatised just as new events may render aspects of our self vulnerable. No-one is immune to this process.

Some of us who may have aspects of our existence challenged may also be aware of the power of anyone valuing or admiring us for the very same qualities that we doubt ourselves. Some of us may also be aware of the power of being seen as special – as therapists, as thinkers, as sexual beings. This is the power of the vulnerable ‘patient’ when they resonate with the vulnerability of the therapist. One can also see how a woman in distress may idealise her therapist who genuinely is the one who gave her some undivided attention and understood her accurately and sympathetically.

So, what have I learned from this workshop about trauma in organisations? Chronic difficulties are different from acute stress and they are both inevitable in the life of an organisation; they may be traumatic but the trauma may lead to growth as well as damage (to the organisation and its individual members). Organisations exist for the work they produce and for the benefit of their members; the organisation is damaged when one task is carried out at the expense of the other. Passion in the organisation is not only inevitable but also useful if it is matched with openness and humility – rigidity and scapegoating benefit no-one.

The Group-Analytic Society has suffered from difficulties and acute stresses; indeed I felt that the theme of the autumn workshop was chosen as a way of dealing with the trauma to our own organisation. I hope that the workshop achieved the objective of turning the traumatic into a learning experience for the benefit of the Society as a whole.

Jason Maratos is a Group Analyst and a Consultant in Child and Adolescent Psychiatry. He works clinically, writes, supervises and teaches internationally. His last editorial work was: *Resonance and Reciprocity: Collected Papers of Dennis Brown*. Routledge. He is based at the Group-Analytic Practice, London.

2. Akane Kamozaawa

This workshop was a very provocative and stimulating one for me. My English language skills are not good, but my sensitivity to my own inner feelings became sharper.

Particularly in the large groups, I experienced an intense atmosphere. I could not understand its content clearly and precisely, but I listened to all of what was talked about and fully experienced the large group.

Someone spoke about his/her pain caused by alienated feelings and became aggressive. In response, other persons from various nationalities gave their views. Their feelings and views never seemed to come to any conclusion. Experiencing hot discussions and expressions of vivid feelings in the here and now of the group was not traumatic for me, rather I found the group was creative. Because there is a valued saying in Japan that things are often better left unsaid and we Japanese try very hard to make 'Wa', a harmonious atmosphere at the cost of sincere discussion.

A little while ago, in an organization to which I belong, I had a traumatic experience with co-workers and the organization. Some of my co-workers' and my feelings were injured. The organizational conflict was somehow solved by managerial people unilaterally. However, I had not a chance to express my own thoughts nor feelings.

In one of the large groups I attended during the Autumn Workshop, I imagined that I was in the midst of the traumatic experience and this came back to me all of a sudden. In the large group I was listening intently to somebody talking which was not particularly related to my traumatic experience. It was an amazing experience.

I was being merely contained in the large group and being able to experience the traumatic scene in totally different way. I realized that things are not often better left unsaid.

Akane Kamozaawa, M.A., Clinical Psychologist, Group Psychotherapist, Chief of Psychotherapy Division, Soshu Mental Clinic Nakacho-Shinryojo 4-6-9 Naka-cho, Atsugi-shi, Kanagawa 243-0018, JAPAN

E-mail: kamozaawa@s-mc.jp

Working Together

An experience in a private practice

Claudio Moraes Sarmiento and Ana Sofia Nava

Through the sharing and strength of different generations a dynamic and young team was created allowing the maximum optimization and rationalization of resources in a private practice in central Lisbon. Patients are referred only by senior members and after a previous evaluation. Younger colleagues that otherwise wouldn't get enough patients to start a group had access to a large number of patients and felt protected and stimulated. Working together within the matrix presented below is innovative in Portugal, similar to a tutorial system available in some aspects in the public health system but not yet experienced in the private practice.

The patients referred appreciate the security of the system, giving their agreement about being cared by younger clinicians protected by a frame of direct and indirect supervision.

From this model of collaboration enormous possibilities of future growing emerge.

The project design and the team

We tried to develop a new private practice model based on a close association of two more experienced and titular members of the Portuguese Group Analytic Society and some young colleagues that are still undergoing their training or have just finished it.

Working with groups is stimulated in this clinic, and we offer groups once, twice and three times a week.. The referrals are made through the Internet website with on-line forms and through the usual referral paths (colleagues, former patients, friends, phone list, etc.).

The main objective was to stimulate the younger colleagues who have enormous difficulties in the referral process. It's very well known the difficulty of getting new patients and usually

only after a long period they start working with groups. We wanted to stimulate the sharing of experiences through a structured and informal process. This process includes general information sessions, supervision, and other informal meetings.

Within our premises we started with an initial team of two titular members and two candidate members (with already clinical practice authorization by the society) that were in the last year of the training course on group analytic theory and practice by that time. We required that they were members of the Portuguese Group Analytic Society, were under training and supervision by a tutor member and had authorization for practice.

We offered:

- Personalized space, shared by the older colleagues for individual or group therapy.
- Initial training sessions on practical and relevant aspects in private practice (rules, payment, advised frequency for sessions, essential aspects for therapeutic alliance, etc.). These sessions are repeated every time a new colleague joins the group.
- Availability for two afternoons in order to start a group to run twice a week
- We are available for any practical or theoretical issue they may need besides the required supervision with a tutor member
- We run monthly supervision sessions through a model developed by Miriam Berger and Avi Berman, from Israel. It's a model not yet implemented in Portugal and that we are now testing.
- All referrals are made by one of the two senior members and after an evaluation made by a senior colleague when an indication to psychotherapy (individual or group) is made, the patient is referred. The individual conflicts, diagnosis, defence mechanisms, personality structure, motivation and expectations are previously carefully evaluated.
- Basic information of the treatment (rules, minimum duration expected, etc.) is given prior to referral. A simultaneously pharmacological trial may be done.
- We reinforce groups run weekly as a process to get used being a group therapist.
- We also reinforce the need and importance of being involved in scientific national and international meetings.
- There is the possibility of future collaboration, in the production of scientific material, workshops, papers, communications, etc.

Conclusions after a one year evaluation

A young and dynamic team was created, with five young psychotherapists coordinated by two senior members. We are now looking for a new colleague.

One of the young therapist has now two groups run weekly. Three are preparing a group twice a week.

The opportunity for sharing experiences with more experienced colleagues has evolved in a secure environment, through the supervision or other shared moments.

We all implemented a new supervision model in Portugal that will be presented to the group analytic society.

It's now possible to give a more structured and diversified support to the patients (diagnosis, pharmacology if needed, and psychodynamic therapy) to a whole family. Having more therapists we are able to treat different members of the same family. Doing this we may interfere on the primary prevention level, being able to refer children in the family at an early stage.

It's now also possible to care for a larger group of patients including those with more economic difficulties. The differentiation of services available and the opportunity to offer weekly group treatments allows more accessible prices.

Senior members have the responsibility of evaluation, referral, and partial direct supervision.

Claudio Moraes Sarmiento (Psychiatrist and Group Analyst, Full Gas Member, Portugal) and Ana Sofia Nava (Psychiatrist and Group Analyst, Full Gas Member, Portugal).

CULTURE

'Affinities'

Claudio Moraes Sarmento

An exhibition is now open to the public in Madrid at the Edurne Gallery named 'Affinities'. This is the gallery that is credited with introducing the concept of contemporary art into Spain and continues to promote the most avant-garde and experimental work by Spanish and foreign artists.

A group of three artists was selected based on their affinities in a conceptual plan.

Marcela Navascués, Spanish, from Madrid, presents a series named 'Atrapados' that means cached. A collection of boxes with black light with webs and small figures inside is presented. These works are a metaphor of those things that simultaneously oppress ourselves and keeps us prisoners without escape within our complex daily lives.

Claudio Moraes Sarmento, Portuguese, from Lisbon (and also a full member of GAS) presents a collection of small boxes (35 × 35 cm) named 'Imagos' (the psychoanalytic word). These pieces are an essay on memory, past, present and identity. Inside each box a mixture of objects from different origins and generations, ranging from keys, to old glasses, old letters and other lost objects are now recovered and given new existence.

Martín Rincon, Venezuelan, from Maracaíbo, presents a project named 'Popfiction'. A collection of objects and boxes with a dreamlike and magic dimension. Objects with a notorious religious sense are gathered with pop icons or more ethnic references in a some way histrionic assemblage. One of the works presented was selected to be the image of a leaflet of a Lacanian group in Venezuela.

Part of the interest of this project relies on the strength an heterogeneous group may acquire, even not knowing each other prior to the exhibition. The fact that they share so much, conceptually and in some formal aspects although working so

apart in different countries and continents was surprising. An analytic and psychological deepness is consciously assumed by their three authors.

This exhibition will be presented in the next year in each country of its authors, namely Venezuela and Portugal.

NOTE: the paintings in this exhibition can be viewed by downloading a pdf file on the Group Analytic Society website (<http://www.groupanalyticsociety.co.uk/>). This file will be associated with the electronic version of this newsletter.

January 2007:

The IGA Training in St. Petersburg

Sue Einhorn, Training Group Analyst

This snow dusted new year in St. Petersburg saw the completion of our first year of the IGA training in this magical, historic city. 26 trainees received certificates acknowledging their attendance at an Introductory level. 24 of these trainees will join the existing seven who have completed their first year of the Diploma and we will then have a cohort of 31 Diploma trainees.

For the three of us, as IGA trainers, it has been an exhilarating, inspiring but exhausting experience. The training takes place in the day center of a local mental hospital where several of our trainees work. The corridors and stairs are dirty and smell of neglect. The clinic we use is warm and cheerful with clinicians determined to work despite an acute lack of investment. There seems little to spend on the mentally ill who are a growing population in this stressful country. For example, the life expectancy for men is 58 years old as opposed to 74 in France and Germany. This is attributed primarily to alcoholism and other addictions such as gambling. Anxiety and depression are visibly increasing but most worryingly among young people from late adolescence. The diagnosis of personality disorder forms the major client group for our trainees.

The Trainees span all ages from 60–21. They are psychiatrists, psychologists, counsellors, social workers and academics who have fought for this IGA training over 15 years and are hungry for all that we can give. Despite having to work through translation, they are gradually opening up in the therapy groups bringing the last 50 years of Russian history graphically and personally alive to us. Life is hard for most people in Russia and essentially unstable but the determination to learn, to improve clinical skills, to improve their own quality of life is all part of this rigorous, intense training.

Sheila Ernst, Harry Wright and myself work as conductors, teachers and supervisors. We devise the course programme within IGA guidelines and work with the local organization in St. Petersburg – OGRA – to give them the course they want. This entails consultation and support to help them develop a democratic organization that can function with its training committee and form the basis of a Group Analytic Institute that will continue the work when we leave. I hope as you read this, you understand that the three of us are not omnipotent, and do need help. We desperately need more group analysts to come and teach and would like to be able to extend this to more people to supervise as well. However, this all costs money. We have set up a charity entitled; The Neva Project. The Neva is a beautiful, vast river that runs through St. Petersburg and when not frozen, links St. Petersburg to Europe.

If you would like to get involved, do please contact me. Donations are most welcome but we also need people who will help us by working on The Neva Project committee.

Sue Einhorn, Training Group Analyst.
sue.einhorn@talk21.com

Open Space or Can Group Analysis Operate Without Walls

I have always enjoyed being in the open air. An early example found me aged five on my bicycle with a gang of friends, heading up the still to be completed (and so happily empty) stretch of the M4 being built alongside my home in South Wales. I clearly saw joy in heading out into the unknown without a clear sense of where I would end. That is part of what has made me a group analyst.

Many of my best ideas and conversations have come walking companionably in the open air. Ever since I have been employed to create opportunities for learning I have used the open air to aid and encourage development. Whenever I work as a consultant with a group of people I look for the chance to get them outside and walking. This is partly to provide refreshment in the midst of intensive work, but also to use walking as a way to encourage a different quality of reflection, conversation, creativity and change. So, ever since encountering group analysis, I have been intrigued by the idea of taking it into the open air. Reading accounts of the conference in Oxford where a large group met in a marquee stimulated this. First hand reports indicate the group may have been chaotic, but I was struck by the impact of the group's physical environment, with the wind flapping and shaking the tent, and how that found its way into the content of the group.

Eighteen months ago I approached a GP friend and colleague to work with me to take this vague interest into the realm of the actual. It was finding a good co-conductor that finally enabled me to move this idea forward. I was anxious about practical and physical as well as theoretical concerns. I found much reassurance in being joined by a good, competent physician, able to deal with medical emergencies, who is also someone who runs marathons and thinks nothing of setting off for several hours across bleak, boggy, vertical countryside for fun. The fact that he has specialist interest in psychotherapy, mental health, and in adult education

makes him a unique colleague for this venture. I felt well supported physically and psychologically. He in turn, knows my work well, and trusts my abilities with groups. Jointly we felt confident and competent to lead a group into the outdoors.

The group was advertised as a Continuing Professional Development opportunity for people working in the mental health and general healthcare fields. It was planned to meet four times through the year, starting in Spring, then meeting again in Summer, Autumn and Winter, taking us through the seasonal cycle of the year. The agreement was to meet regardless of weather, unless we judged the walk physically unsafe. The same walk was repeated each time, and was eight miles in total, including a gentle climb to moderate height across shooting moors in Nidderdale in the Yorkshire Dales. The group met on Fridays at 9.30am in a car park and set off with an identical, collapsible camping chair distributed to each member and conductor to carry. The walk was broken half-way by ten minutes to settle ourselves and take out packed lunches, followed by an experiential group run along group analytic lines, lasting one hour. Andrew, my co-conductor and I had agreed this timing, rather than a more usual group analytic ninety minutes, having tried for ourselves on a trial walk, how it would be to sit for ninety minutes in the height of winter in an exposed spot. It is cold. Very, very cold. We decided sixty minutes was both bearable and safe. With the chairs we had carried we were able to sit in a coherent circle. At the completion of the group we then walked on to complete the circular walk by 4 pm.

This first group, meeting last year, had six members joining the two conductors, with professions ranging across counsellors, assistant psychologists, nurses and nursing assistants. Some were strangers to each other; others knew two or three others. Some paid for membership of the group themselves; others were funded by their employers. The membership of the group was closed once it began, with everyone committing themselves to attend for all four days. All attended the first three groups, three were absent with apologies from the final group.

There is much to be said about the practicalities of the group, and how it went. Space here allows me just to note that perhaps the most surprising thing for me was how much the sixty minute experiential group was like other experiential groups I have been part of or conducted in training or work place settings. There was

much preoccupation with boundary issues in the earlier meetings, and a gradual shift towards the sharing of personal information and exploration of individual and collective experience and learning. Through the life of the group, all involved expressed pleasure and enjoyment in it, alongside their complaints about the weight of the chairs, the weather, our leadership and all else. Those who completed the group expressed both satisfaction at completion, and described a variety of learning and change that had been gained through it. Themes of journeying, belonging, ageing, and retirement were all prevalent throughout the year, as well as individuals' preoccupations about their life and work.

This was not group analysis, but we did work in a group analytic way, attending to the life of the group, its communication and relationships, its unconscious processes and its development. We attended both to the group and to the individuals that comprised it. Working in a group analytic fashion was impeded much less than I expected by the relatively unboundaried nature of the physical setting.

Andrew and I also derived great pleasure and satisfaction from this venture and were sufficiently encouraged to plan another group for the coming year, in another part of the Yorkshire Dales. We shall change the format slightly, both starting the day with a ten minute formal group on chairs at the starting point, and ending it the same way when we finish the walk. This is to give a little more coherence to the group as a whole, which, as you might expect, floats and fragments into a variety of constellations while actually walking. So we shall start and end as a whole group. We shall also choose a walk with a greater variety of landscape. We chose shooting moors for the relatively blank canvas they presented, but discovered that this made all four of the walks more similar in appearance than we anticipated, and lacking something of the progression through the seasons we had hoped for. We shall also look for the group to be larger, rising more to a median size.

The next group begins on March 16 2007, probably before you read this. However, please contact me if you want to know more about it, or wish to put your name forward for next year. Please phone the Tuke Centre on 01904 430370, or use email through cpowell@tukecentre.org.

Chris Powell, Head of Tuke Centre and Outpatients, The Retreat, York.

Large Group Feelings

*Não acabava, quando hua figura
Se nos mostra no ar, robusta e válida,
De disforme e grandíssima estatura;
O rosto carregado, a barba esquelada,
Os olhos encovados, e a postura
Medonha e má, e a cor terrena e pálida;
Cheios de terra e crespos os cabelos,
A boca negra, os dentes amarelos.*

Luis de Camões, Os Lusíadas, Canto V

*Even as I spoke, an immense shape
Materialized in the night air,
Grotesque and of enormous stature,
With heavy jowls, and an unkempt beard,
Scowling from shrunken, hollow eyes,
Its complexion earthy and pale,
Its hair grizzled and matted with clay,
Its mouth coal black, teeth yellow with decay.*

Luis de Camões, The Lusiads, Canto V

Translated by Landeg White

In his fabulous epic poem *The Lusiads*, Portuguese poet Luís de Camões describes how Vasco da Gama's fleet met Adamastor, the terribly frightening 'Cape of Storms' giant, the huge black cloud. Sometimes in large groups I feel that I am facing the Adamastor too. I wonder why I get this feeling. What is happening?

Let's have a look at the Adamastor episode. Maybe Vasco da Gama's fleet had really good reasons to be afraid! Take a deep breath. It's the year 1497. Vasco da Gama is our captain. We are now sailing down the West African coast with the Portuguese navigators in order to establish for the first time the sea route

from Europe to India. ‘It’s a night sky, the winds gust favourably and we are keeping watch’. Suddenly, ‘a huge black cloud appears above us; it looks so fearful and overpowering that we feel terror in our hearts. The dark, invisible waters roar, as pounding on some reef and an immense and grotesque shape materializes in the night air’. It’s Adamastor! He’s so angry that he threatens to stop Vasco da Gama’s attempt to round the ‘Cape of Storms’, yelling at him: ‘O reckless people, bolder than any the world has known, don’t you dare to cross such remote seas where I alone have prevailed and no ship has ever sailed. I’ll take revenge on Bartolomeu Dias’, who first rounded my cape in 1488. ‘Fate prescribes for your insolence’. So, the giant Adamastor stands guard not only over this dangerous part of Vasco da Gama’s voyage, the boundary between the known Africa of the West coast and the unknown Africa bordering the Indian Ocean, but he also represents the fear, the Portuguese navigators’ fear of the unknown.

It’s November, 2006. We are now in Lisbon at the VIII National Conference of the Portuguese Group-Analytic Society, ‘All the Others that I Am’. Something new is in the air. It’s the large group. Please take a seat and enjoy the voyage. But what is happening? It seems that we’ve got caught up in the storm again. There’s lightening, thunder and strong winds in the large group. Many of the participants look frightened. Some are complaining and others are arguing. We can feel the anger rising. What’s the meaning of all this? Is the Conference theme an Adamastor? Well, we know it’s very difficult to talk about things we don’t like in our group-analytic society. It’s also really hard to discuss old-fashioned norms, ideas and idols. These are ‘huge black clouds’ too. Maybe all this is frightening us while we are trying to find our own group-analytic identity. But I believe things are changing and big changes take time. Let’s see how . . .

The truth is I haven’t told you all about the Adamastor episode yet. Are you ready? Let’s go back! We are at the ‘Cape of Storms’ and the giant Adamastor is threatening Vasco da Gama. Standing before such ‘fearsome creature chanting the Portuguese navigators’ destiny’ Vasco da Gama asks: ‘Who are you? Tell me, why are you so angry?’ In a surprising and unexpected way, Adamastor says ‘I am that vast, secret promontory you Portuguese call the Cape of Storms and my name is Adamastor.

I was Lord of the Sea and I fell in love with Tethys, the ocean princess. But with such an ugly, swollen face like mine, I knew I could never win her. And one night Tethys approached. Like a madman I ran to her. But, oh, what words for my chagrin! Convinced my beloved was in my arms, I found myself hugging a hillside of undergrowth and rough bush. I was cheek to cheek with a boulder. Dumb and numb with shock, my flesh was moulded to hard clay, my bones compressed to rock and I became this promontory'. What a touching love story! Adamastor had a forbidden love. How amazing! It seems that Adamastor had extremely good reasons to be furious. Somehow Vasco da Gama felt it when he asked Adamastor 'Why are you so angry?' That must have been a special moment for Adamastor. Vasco da Gama was trying to understand his feelings. He wasn't alone anymore. Finally he could share his suffering and Vasco da Gama would listen to him. And after being understood by Vasco da Gama, Adamastor felt a great relief, 'the black clouds dispersed' and the Portuguese navigators were finally able to continue their voyage, reaching India in 1498.

Back in 2006, it's windy. Participants are not in a good mood. There are some 'huge black clouds' but the large group goes on. Are you still with us? As you can see the Conference theme is a challenge. Participants are angry, frightened, concerned about the well-being of our group-analytic society but they are not giving up. They are fighting against these 'huge black clouds' and against their own private 'huge black clouds' as well. Even Adamastor had his 'huge black cloud', the forbidden love for Thetys. We certainly have others. So, it seems that each of us is not alone. We bring to the group our own Adamastors, our own ideal objects and our own idealized group-analytic society. As a result, large groups can only be lots of fun. Well, they really are. We can see that! Large groups are intense but really exciting. In large groups we can feel, we can think, we can be angry, we can cry, we can laugh, and we can fight. We can! . . . The best of all is that everyone can be listened to and can learn. There we can make things happen, we can change!

I like large groups! How about you?

Ana Luísa Santos

Clinical Psychologist, student member of the Portuguese Group-Analytic Society, working in private practice.

analuisa.santos@sapo.pt

GAS Forum

It has been a quiet few months. This quarter started with a brief note from Lauren Storck regretting her absence from the GAS Autumn workshop – we have reports about this workshop in this issue. There was then a letter from Paula and myself announcing our editorship of *Contexts* and asking for contributions. I then asked how Paula and I might best communicate with the GAS membership and wondered if the Forum might be a good way to do this. Trevor Mumby said that the best way to do this would be through the e-mail list the GAS office holds and Lauren came up with the excellent suggestion that we just register everyone on the GAS e-mail list on the Forum also making the point that it is easy to unsubscribe from the Forum if this is desired.

Trevor and I then entered into a rather wide-ranging dialogue that asked if Group Analysts are ‘abstract conceptualisers’ rather than ‘active experimenters’, recommending the Fabian idea of ‘the inevitability of gradualism’ – both of these discussions provoked by the lack of activity on the Forum. We then moved on to the events in Iraq, the execution of Saddam, and the Holocaust, and then Trevor reminded us of the theme of the forthcoming Foulkes Lecture when Gerhard Wilke will be addressing the subject of Second Generation Perpetrator Symptoms in Groups.

Trevor then, helpfully, talked about the importance of promoting positive life enhancing relationships in the face of negative forces in groups and introduced this as a potential topic for discussion in the Forum. My response was to point out that we know that there are around 300 members of the Forum yet there had been no responses to, or participation in, our dialogue. I wondered if we should therefore move our debate to a private discussion.

A number of new participants have now joined the discussion and I am hopeful that there will be more to report in the next issue of *Contexts*.

Terry Birchmore

Sign in to GAS London forum

Joining the GAS Forum

The Group Analytic Society forum is accessible to invited subscribers only and is part of Google Groups.

You must be a Group Analytic Society member to gain access to the forum.

To be able to join the group, you must first contact the Society Administrator (preferably by e-mail) who will then create a membership for you where your user name will be based upon your e-mail address. When this is done, an invitation e-mail will be sent to the address you supplied that contains instructions on how to join Google Groups (if you are not already a Google Groups subscriber) and a link to the ‘GASLondon’ forum.

If you do not have a Google Groups account, then first click on the link in the invitation e-mail below the section:

‘Access to the group on the web requires a Google Account. If you don’t have a Google Account set up yet, you’ll first need to create an account before you can access the group. You can create an account at:’

You can then enter the password sent to you and can enter an optional ‘nick name’.

Now that you have a user name and a password, you can ‘Sign in’ to the forum by clicking on the link at the top of the page.

The same user name and password will enable you to access the ‘Members Only’ section of the website – www.groupanalytic.com.

NOTICES

IGA/GAS Film Group

16th March 2007

Tsotsi directed by Gavin Hood (UK/SA 2005).

The South African film *Tsotsi*, which won the Academy Award for Best Foreign-Language Film, is based on a novel by the celebrated South African playwright Athol Fugard. He wrote the novel in the 1960s but put it aside for many years; it was finally published in 1980. The film differs from the novel in important ways. Writer-director Gavin Hood shifts the setting from the era of 1960s apartheid to contemporary South Africa. In doing so, he replaces the theme of racial tension with that of class struggle. The term *tsotsi* has been used for decades in South Africa to describe young thugs and street toughs, especially those who thrive on random crime and violence.

Discussion led by Dr Morris Nitsun, group analyst, consultant clinical psychologist, author and artist.

20th April 2007

The Ice Storm directed by Ang Lee (US 1997)

Set during Thanksgiving, 1973, *The Ice Storm* tells of two suburban Connecticut families, the Hoods and the Carvers, and the difficulties they have dealing with the tumultuous political and social climate of the day. The story focuses on a brief period of time when a major ice storm hits their town of New Canaan, just as both families are melting down from the parents' alcoholism, escapism and adultery, and their children's sexual experimentation. Much of the action culminates at a key party, which all of the adults in the film attend, and which ultimately forces the Carvers and Hoods to re-examine their priorities and the directions of their lives.

Discussion led by Yana Stajavo, film maker and script writer with a particular interest in film and psychotherapy.

11th May 2007

The Squid and the Whale directed by Noah Baumbach (US 2005)

Noah Baumbach's film about a fraught middle-class marriage break-up was nominated for Academy awards and Golden Globes and it won both the directing and writing awards at the 2005 Sundance Festival. It tells the story of a divorce not from the adults' point of view but from the children's. The parents in Squid are portrayed by Laura Linney and Jeff Daniels, first-rate actors cast as utterly unattractive divorcing parents. They are consumed by their own rage and allow much of it to spill over onto their children.

Discussion led by David Hewison, Jungian analyst and couples psychotherapist.

15th June 2007

Enduring Love directed by Roger Michell (UK 2004)

This is a low-budget, London-set adaptation of Ian McEwan's modern classic, *Enduring Love*. The film boils down to a treatise on stalking as Joe Rose (Daniel Craig) grapples with the attentions of Jed (Rhys Ifans), the young man he meets after a tragic ballooning accident in which he feels guiltily complicit.

Discussion led by Dr Peter Hollis, group analyst and consultant child psychiatrist.

20th July 2007

Syriana directed by Stephan Gaghan (US 2005)

The title of this film is never explained, but off-screen interviews reveal that U.S. policy makers informally refer to 'Syriana' when they envision re-creating a 'greater Syria' in the image of America. Clooney, who co-produced the film (based on Robert Baer's

See No Evil), plays an over-the-hill CIA agent who is betrayed by his superiors. The film highlights America's addiction to oil and suggests that the U.S. motive for the Americanization of the region is control of its oil supply. He is unstinting in the harshness of his vision, most notably illustrated in the CIA-orchestrated murder of an Arab leader who dares to defy the U.S. by trading oil to China.

Discussion led by Paul Schulte, from the Ministry of Defence and a group psychotherapist.

To book for the above events contact: Lucy Messer, General Administrator, Institute of Group Analysis, 020 7431 2693.

The Group Analytic Practice

The Piano Teacher

An Evening of Film and Discussion on the Dynamics of Perversity

Friday, 23rd March, 2007; 6:45 p.m. to 10 p.m.

The event will be held at The Hellenic Centre, 16–18 Paddington Street, Marylebone, W1U 5AS. Film show 6:45–8:45; break for refreshments 8:45–9:00; Dialogue and discussion 9:00–10:00 p.m. The Group-Analytic Practice, 88 Montagu Mansions, London W1U 6LF

Telephone: 020 7935 3103 Fax: 020 7935 1397.

The evening will start with the viewing of the film *The Piano Teacher*, directed by Michael Haneke and based on the novel by Elfrieda Jelinek. The film explores a mother – daughter relationship that allows a deeper understanding of the perverse reaction that it provokes. It is a brilliant but disturbing portrayal which has led to emotional discomfort in some viewers.

The film show will be followed by a presentation by Estela Welldon in dialogue with Lionel Kreeger. Estela Welldon is a Psychoanalytic Psychotherapist, Forensic Psychiatrist and an internationally respected authority on the dynamics of perversion, author of the acclaimed *Mother, Madonna, Whore*.

Lionel Kreeger is a Freudian Psychoanalyst and Group-Analyst.



Group Analysis North

Introduction to Groupwork

Saturday 28th April 2007 10.00 a.m.–4.15 p.m.

The Red House

78 Manchester Road, Swinton, Manchester M27 5FG

Programme

9.30 a.m.–10.00 a.m.	Registration and coffee
10.00 a.m.–10.20 a.m.	Welcome from – Eileen Gallagher, Group Analyst and Convenor of the Introductory Course in Group Psychotherapy
10.20 a.m.–11.15 a.m.	Claire Bacha ‘Which comes first the Human or the Group?’
11.15 a.m.–11.40 a.m.	Break
11.40 a.m.–1.00 p.m.	Discussion Group
1.00 p.m.–1.45 p.m.	Lunch (provided)
1.45 p.m.–2.45 p.m.	Large group
2.45 p.m.–3.00 p.m.	Break
3.00 p.m.–4.00 p.m.	Experiential Group
4.00 p.m.–4.15 p.m.	Plenary
4.15 p.m.	Finish

There will be a book stall set up during the lunch break when you will have time to browse through a selection of specialist books provided by Academy Book Services

Claire Bacha is a Manchester Psychotherapist and Group Analyst in private practice. She has worked for a number of years on the Manchester Introductory Course in Group Psychotherapy and is now a Training Group Analyst on the IGA Qualifying Course in Group Analysis (Manchester). Claire has published papers in Group Analysis and Psychodynamic Practice.

Preliminary Notice

The 14th European Symposium in Group Analysis

The Group Analytic Society (London) and
Irish Group Analytic Society

are pleased to announce that the

Symposium 2008

will be held in

Dublin, Ireland

18th–22nd August

The announcement and first call for papers will be at the
Foulkes weekend 2007.

The Symposium Secretariat and Symposium Website
www.dublin-gas-symposium.com
will operate for all enquires from May 2007.

PROPOSED WEEKEND WORKSHOP THE ENLIGHTENMENT EXPERIENCE:

What do we do the next day?

Accepting and incorporating the higher dimension into ordinary work and therapy

This is a workshop for those who have had an enlightening experience which has had a powerful influence on their lives or worked with others who have had such an experience.

How does one incorporate this into one's life in a **practical** way?

How are we to understand it?

Do we use a **scientific, psychological**, or a **spiritual** metaphor?

The idea of this workshop came after the Foulkes Lecture and weekend workshop run by the Group Analytic Society in London in May 2006. In the workshop, Victor Schermer, author of Spirit and Psyche spoke on incorporating the spiritual dimension into psychotherapy. The weekend workshop explored these themes, and several felt it would be helpful to explore these themes in a collaborative way. The design of this workshop came out of that weekend. Since the theme is a universal one, it would not be necessary for people attending the workshop to have attend the May weekend.

THE METHOD: Since there is no one road map, the use of metaphors has been found to be helpful to provide a way of understanding and incorporating the experience. There have been scientific metaphors, particularly Thomas Chalko (Freedom of Choice) and the film 'What the bleep do we know!?' which have actually used findings in contemporary physics, which give a helpful format (both will be part of the workshop material).

There are other metaphors, too, sometimes provided as a response to people hearing about the experience for the first time.

AIMS We hope to provide a setting where people can:

- (a) **think, celebrate, laugh** and share their experiences.*
- (b) help each other **understand** their experiences.*
- (c) examine the most useful ways **to build, retain and incorporate** them into daily life.*

*APPLICATIONS. We would want interested people to send in a **handwritten** description of an experience which they have had but probably not shared with others. It might be described as ‘transcendent’ or ‘atoneness’. In other words as J.F Phipps in ‘The Common Experience’ described, as ‘ that moment which many people have experienced but are diffident about sharing’.*

THE FACILITATORS OF THE WORKSHOP: (other colleagues have expressed interest and may join us)

***Rev Canon Beaumont Stephenson**
Trevor Mumby*

*THE LOCATION
Hereford, UK*

THE DATES A week end (Fri pm/Sunday lunch) in April 2007

THE COST (Modest)

Contact Trevor Mumby to show your interest. trevor@lincimp.com.

GOLDSMITHS COLLEGE, UNIVERSITY OF LONDON

UNIT OF PSYCHOTHERAPEUTIC STUDIES

PSYCHOTHERAPY WITH A DIFFERENCE!

You are warmly invited to come and join a Department which values the creative, cultural and social context of psychotherapy and which offers pathways in Group Psychotherapy from Foundation Studies through to PhD. There is a flourishing Goldsmiths Association of Group Psychotherapists, which meets regularly and offers support to the graduates. Some of the early graduates were responsible for forming the British Association of Group Psychotherapists, which is a professional association open to all trainees and graduates of Group Therapy/Analysis programmes in the UK. The Director of Group and Inter cultural Therapy is Professor Diane Waller, who is both an Art Psychotherapist and Group Analyst. The following programmes are now recruiting for September 2007 and early application is advised:

Foundation course in Group psychotherapy (1 year part-time designed as an introduction to the Diploma or for general interest) Thursday late afternoon/eve.

Postgraduate Certificate in Cultural Diversity in Therapy and Counselling (1 year part-time, Tuesday evenings).

This programme is led by Dr Angela Hobart, Fellow of the Royal Anthropological Society and psychotherapist at the Medical Foundation for Victims of Torture, London. It is designed to examine healing inter culturally and to examine the effects of racism and cultural dislocation on clients using mental health services. This is currently the only programme in the UK to offer a sociological, anthropological and psychoanalytic perspective on healing and psychotherapy.

Successful completion of the programme (8000 word dissertation) enables you to enter the MA in Group and Inter cultural Therapy with remission of 1 long essay.

Postgraduate Diploma in Group Psychotherapy (3 years part-time) This is the accredited (UPCA/UKCP) training in Group Analytic Psychotherapy, now in its 15th year. Drawing on the theoretical base of group analysis, this programme also studies the work of Norbert Elias and the Frankfurt School, and includes systems theory and family therapy in the curriculum. As with all other programmes in the Unit, careful attention is paid to the role of ethnicity, sexuality, gender, equal opportunities within psychotherapy. Trainees are provided with placements and run both a brief and longer term patient group during the 3 years. The programme leader is Ms Cynthia Brooks MA, group analyst and researcher.

Successful completion of the Diploma enables you to register with UKCP and to enter the MA with remission of 3 long essays (i.e. you write 1 essay of 6000 words and a 10000 word dissertation).

MA in Group and Inter cultural Therapy (1 year full-time, 2–3 years part-time) Flexible programme with ample opportunity to follow individual interests within a theoretical framework which covers sociological, anthropological, philosophical and cultural elements within group psychotherapy as well as reinforcing a group analytic base. Examination (unless you have the PG Cert or Diploma) is by 4 × 6000 word essays and 1 × 10,000 word dissertation. Programme leader is Professor Diane Waller, assisted by Dr Ken Evans FRAS, Dr Angela Hobart, PhD, FRAS, and Mr Okeke Azu Okeke, MSc, MIGA.

MPhil/PhD: These are research degrees for which you need to have a Masters' level qualification or equivalent. You propose a topic and if we are competent to supervise and feel you have the necessary qualification to follow it through, you can enrol at any time of the year. You will be able to join the College's first year Research Methods programme, and be assigned a supervisor who is responsible for ensuring your progress. Currently there are 11 research students in the area, engaged in topics as diverse as spirituality in psychotherapy, the impact of

colonialism on identity, the profession of psychotherapy, post-traumatic stress in returning military personnel, development of psychotherapy services for elderly Afro-Caribbean clients. In the first instance you should write or email with a 2-page A4 proposal outlining your interest.

For more information on any of these programme contact Professor Diane Waller on diane.waller@virgin.net or write to her at: Group and Inter cultural Therapy, Goldsmiths College, Lewisham Way, London SE146NW.

The Admissions Office (Postgraduate) will provide forms: 0044-207-919-7171 or you can download these from www.gold.ac.uk.

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Group Analysis North is pleased to present an **Introduction to Groupwork** – a one day workshop aimed at developing an interest in groupwork training. Do you know of any one who may be interested in or benefit from this workshop – if so please encourage them to attend.

Flyers, programmes and application forms are available from the GAN administrator, Bethan Marreiros on 0161 705 2842, or, administrator@groupanalysisnorth.com

‘Introduction to Groupwork’: Saturday 28th April 2007.

10.00 a.m.– 4.00 p.m.

Convenor: Eileen Gallagher.

Are you interested in finding out more about yourself in relation to others? Do you want to look at how people interact within groups in the workplace and in everyday life?

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The New International Library of Group Analysis and Group Process

The Group Analytic Society is pleased to announce The New International Library of Group Analysis and Group Process which will be published in cooperation with Elliott & Thompson. The Library will be edited by Earl Hopper who will consider all proposals for new monographs and collections of articles on particular themes. He can be contacted at earlhopper@btinternet.com

The Society is also sponsoring a new book club through which members will be able to buy selected books published by other companies at a great discount to their normal retail prices.

More information about these two projects will be available soon.

Group Analysis North Website

Some of you may be aware that Group Analysis North has a website to promote the trainings it offers and to provide information to trainees and others about the activities of GAN. This website now features a number of original papers written by GAN graduates, an initiative that is seen as important in communicating something of the range and quality of the work being carried out by GAN and its associates. GAN is appealing for further written material which might interest other Group Analysts for possible publication on this site. Bethan Marrerios (email: administrator@groupanalysisnorth.com), the GAN administrator can be contacted to discuss potential contributions.

The website address is: <http://www.gannet.org.uk/>

**Message from SAGE Publications, publisher of
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Invitation for Donations

The Group Analytic Society, Registered UK Charity Number 281387, invites donations from members and others in any amount for its General Fund.

Donations demonstrate a belief that Group Analysis contributes to local and international communications and relations. Donations may also be given 'in memory' or 'in recognition' of a person in our community or elsewhere.

Future discussions may identify a new fund for the Social Application of GA in the modern world. Members and others may discuss donations with any member of the GAS Management Committee, email drstorck@caregiving-online.com, or contact the Society via email to groupanalytic.society@virgin.net. Tax considerations will be based on legal requirements in the donor's region.

Submitted by Lauren E. Storck, MC Member

CONFERENCE ACCOMMODATION IN LONDON

Visitors attending events held at 1 Daleham Gardens, London NW3 5BY might find it convenient to stay nearby, i.e. in Hampstead or Belsize Park. London hotels need to be booked well in advance and by credit card.

Hotels (at between £60 & £95 per person per night)

The Swiss Cottage Hotel at 4 Adamson Road, London NW3, has been well recommended by members who have stayed there in the past. *They offer us a special rate of £60 for a single room: when booking, ask for Alex and say that you are a Group-Analytic Society member.*

(Swiss Cottage Hotel, Tel. 0207 722 2281)

Dawson's House at 72 Canfield Gardens, London NW6, is a small, rather basic hotel at the cheaper end of the local price range. It is situated, two minutes from Finchley Road Tube Station and 15 minutes walk from Daleham Gardens.

(Dawson's House Hotel, Tel. 0207 624 0079)

The House Hotel at 2 Rosslyn Hill, London NW3 1PH is a more pricey, but rather nicer place less than five minutes from Daleham Gardens.

(The House Hotel, Tel. 0207 431 8000, Fax 0207 433 1775)

The Forte Hotel at 215 Haverstock Hill, London NW3 4RB is a Trust House Forte chain hotel in the same area with all major hotel facilities.

(The Forte Hotel, Tel. 0208 70 400 9037)

Langorf Hotel at 20 Froggnal, London NW3 6AG

Good, comfortable hotel, with all facilities.

(Langorf Hotel, Tel. 0207 794 4483)

Alternatively, here are some numbers of hotel booking agencies you can use:

0700 080 8800

0207 309 5500

0207 388 4443

Bed & Breakfast Accommodation

We cannot recommend any specific Bed & Breakfast address used by our members in the past, but there is an agency which will find you a B&B in any chosen area. Prices start at around £45 per night.

(London Bed & Breakfast – 0207 586 2768).

If you prefer to stay in Central London, please keep in mind that the central tourist areas, i.e. Bayswater, Marble Arch and Oxford Street, are about 40 minutes from Daleham Gardens by either taxi or tube (you will have to change tubes to the Northern or Jubilee Line).