



## A Group Analytically Oriented Continuing Professional Development Group for Experienced Therapeutic Practitioners.

### What is a group analytically oriented CPD group?

A *CPD group* for experienced therapeutic practitioners, conducted along *group analytic* lines, offers a rich and rare opportunity to:

- Meet with similarly experienced therapy professionals in an environment that is both supportive and challenging.
- Reflect upon the impact of your work and your work environment upon you.
- Reflect upon the links between personal and professional development and to explore and develop further your sense of professional identity.
- Experience and reflect upon group processes and group dynamics.
- Develop through encounter with both similarity and difference.
- Gain experience of and become more comfortable with working in groups.
- Develop a learning-community which combines the benefits of sustainable continuity with those of manageable commitment.

### What does 'group analytically oriented' mean?

That the CPD group is group analytically oriented means that it is informed by ideas that characterise *Group Analysis*. Group Analysis is a way of working with groups and with individuals within groups that combines aspects of psychoanalytic, systemic and sociological thinking. Originating in the therapeutic work of S H Foulkes in the 1940s, it emphasises the social nature of human experience and aims at a healthier integration of the individual within his or her network of relationships.

Group Analysis has a strong democratic ethos and its interactive approach and principles have been utilised in many contexts beyond the therapeutic consulting room, for example in staff support groups, large and median groups, experiential groups, educational groups, conflict resolution groups, continuing professional development groups, reflective practice groups and organisational consultancy.

For further information on Group Analysis, visit the Institute of Group Analysis website [www.groupanalysis.org](http://www.groupanalysis.org)

### **Who will facilitate the group?**

*Nick Barwick, MA (Oxon), PGCE, MA, PGDipCouns, MInstGA, UKCP reg* will facilitate the group. Nick is an experienced group analyst who has worked in the field of therapy for 20 years. As well as being a qualified teacher, he has lectured in psychodynamic perspectives for a number of professional bodies and on several university courses. He presently teaches at Birkbeck College, University of London (Organisational Dynamics), the Institute of Group Analysis (Qualifying course) and the Guildhall School of Music & Drama (Music Therapy Masters). He also runs group analytically informed groups at the University of London and the Institute of Group Analysis with both newcomers to the therapeutic field, as well as counsellors, psychotherapists, clinical psychologists, psychiatrists and other mental health professionals with many years of experience.

Nick is a widely published author and is managing editor of the international journal *Psychodynamic Practice* [www.psychodynamicpractice.net](http://www.psychodynamicpractice.net)

### **Who will be in the group?**

The group is specifically designed for experienced therapeutic practitioners. This means group members, be they counsellors, counselling psychologists, psychotherapists, clinical psychologists, art, music or movement therapists, will usually have at least five years post qualification experience and will either be engaged in, or have experienced, a substantial period of their own personal therapy.

If you are uncertain whether you are eligible for this group, you are welcome to get in touch (see below) to discuss further. If you are interested in the kind of opportunity a group analytically oriented CPD group offers but believe that this group may not be appropriate for you, please refer to our website for details about similar groups run for more recently qualified therapeutic practitioners and/or get in touch to discuss options.

### **What are the practical arrangements?**

#### ***Where will it take place?***

The group will meet in Analytic Practice's comfortable and secure consulting rooms at **10, Bishops Way, Andover SP10 3EH**. For those travelling by car,

parking is plentiful. For those travelling by train, Andover station is just a few minutes walk away.

***When will it meet and for how long?***

The group will meet on Mondays on a fortnightly basis during three 12 week 'terms' (a total of 18 meetings over the year). Each group meeting lasts one and a half hours.

***What will be the size of the group?***

The group will consist of 5 – 8 members, plus the facilitator.

***What time commitment will members be required to make?***

It takes time for groups to develop an effective working culture. For this reason, and to minimise disruption, you will, initially, be asked to commit to a minimum of two terms (12 meetings). Thereafter, you will be asked to commit to a minimum of one term (6 sessions) at a time. You will also be asked to give a minimum of 3 meetings' notice prior to leaving the group.

***Will the members of the group stay the same throughout the life of the group?***

The group will be what is called a 'slow-open group'. This means that, just as, from time to time, members may leave the group, so too new members may join. At no time, however, will the group exceed a maximum of 8 members, excluding the facilitator, and any proposed changes will first be discussed with existing members of the group.

***What is the cost?***

You will be asked to pay on a termly basis, in advance. The cost of a term (6 weeks) is £180. Please make cheques payable to **Analytic Practice Ltd**.

***Would I receive any formal acknowledgement for this CPD activity?***

A *Certificate of Continuing Professional Development* will be provided for members on a termly basis.

**What next?**

If you are interested in participating in this group, please complete and submit an application form. Application forms can be obtained by one of the following methods:

- emailing: [nickbarwick@ntlworld.com](mailto:nickbarwick@ntlworld.com) or [info@analyticpractice.co.uk](mailto:info@analyticpractice.co.uk)
- telephoning: 01264 394062
- writing to: Nick Barwick, Analytic Practice Ltd, 10 Bishops Way, Andover, Hants SP10 3EH
- downloading a form from our website [www.analyticpractice.co.uk](http://www.analyticpractice.co.uk)

You will then be invited for an initial one-to-one meeting. This will be a chance to explore further whether the group seems suitable for your needs. There will be no charge for this consultation, nor any obligation arising from it.