

DIPLOMA IN GROUPWORK PRACTICE – FOUNDATION YEAR (run by the Institute of Group Analysis and York Groupwork Ltd).

I am hugely grateful to the FPSA for the money that was provided to fund this course. Taking part in this training has really helped me to develop and practice my skills in working with young people struggling to manage their emotions.

The course took place monthly at the St Bede's centre in York. The course gave an overview and introduction to group work and the key concepts of group analysis. It gave me and the other students on the course an opportunity to reflect on our current work with groups and discuss within the group. The teaching was facilitated a range of different group analysts that worked in different settings in the morning part of the course. This was both enriching and interesting, enabling me to think about the ways that groups were used therapeutically in a range of settings for different mental health difficulties. Modules included, Attachment in groups, the fundamentals of group analysis, setting up groups, transference and counter-transference in groups and groups for eating disorders. Prior to the teaching sessions we were required to read supporting literature, these were normally about three papers. The afternoons offered the opportunity to be part of an experiential group. This enabled us to experience what it was like to be a member of a group facilitated by a group analyst. This was really helpful in terms of enabling me to think about how being in a group might feel for young people who are part of therapeutic groups. It also enabled me to think about how I myself functioned in a group and enabled me to reflect and think about how I worked and functioned within my own work team. This experience was invaluable.

What I have really taken to my practice is being able to reflect on how I work with young people in groups and the theoretical learning from the course that has given me an increased insight into group dynamics and processes which I was less aware of prior to starting the course.