



بول کہ لب آزاد ہیں تیرے
Speak, for your lips are free
~Faiz Ahmed Faiz~

Foundation Year Course in Group Analysis

Sep 2025 – Jul 2026

Karachi, Pakistan

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www.groupanalysispakistan.com

Chairman's Message

As Chairman of Group Analysis Pakistan, I am pleased to share that our vision of building a thoughtful and connected community continues to grow with strength and clarity. The Online Introductory Block held from 2nd to 4th May was a meaningful step in that direction. It was conducted with care, participation, and purpose—offering a valuable space for learning, reflection, and dialogue. This successful beginning reaffirms our belief that the language of group analysis has a place here, and we look forward to what unfolds next.

Dr Muhammad Shameel Khan - Chairman Group Analysis Pakistan

What is Group Analysis Pakistan?

Group Analysis Pakistan (GAP) is a professional platform dedicated to advancing the practice, understanding, and accessibility of group analytic psychotherapy in Pakistan. Rooted in the principles of group analysis, GAP brings together mental health professionals, trainees, and community members to promote healing through shared group experiences.

GAP serves as the opportunity for training, clinical practice, supervision, and research in group analysis. By fostering collaborative learning and professional development, it aims to build a supportive network of practitioners who are equipped to address psychological and emotional challenges in diverse group settings.

Whether in therapeutic groups, educational environments, or organizational contexts, GAP is committed to nurturing personal growth, emotional insight, and social connection through the transformative power of group work.

Our main objective is to create a vibrant community of Group Analysis practitioners in Pakistan. To achieve this, we have formed a partnership with the prestigious Institute of Group Analysis (IGA) in London. This partnership has paved the way for the launch of Pakistan's inaugural internationally recognised Group Analytic Psychotherapy training programme.

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What is the Foundational Year Course?

The Foundation Course in Group Analysis is a one-year program designed to introduce participants to the rich theoretical and practical foundations of group analytic thinking. Drawing upon psychoanalytic theory, social science, and systems theory, the course offers a profound and multifaceted understanding of the human experience—particularly in relation to how individuals function within groups and wider society.

This training provides a unique opportunity to explore group dynamics in both theoretical and experiential ways. It is suitable for professionals from a wide range of backgrounds—including psychology, psychiatry, counselling, education, healthcare, social work, and organizational consultancy—as well as anyone with a keen interest in understanding how groups function and influence individual and collective behavior.

The Foundation Course can be undertaken as a standalone training to enhance current professional practice or personal insight, or it can serve as the first step in the full training pathway to becoming a qualified Group Analyst. Upon successful completion, participants are awarded a Certificate in Group Analysis and become eligible to apply for the Intermediate Course, which leads to a Diploma in Group Work Practice, and subsequently, the Qualifying Course, which results in full qualification as a Group Analyst.

Core Components of the Foundation Course:

- * Personal development within an experiential group space
- * Seminars introducing foundational group analytic and psychoanalytic concepts and principles
- * Work Reflection Groups, promoting personal and professional development
- * Study of the philosophy and meta-theory of group analysis
- * Examination of clinical principles of group analytic practice
- * Exploration of special applications, including work in organizations and broader socio-political contexts

Whether you're seeking to enrich your current practice, pursue formal training in group analysis, or simply deepen your understanding of the social mind, the Foundation Course offers a transformative and intellectually stimulating experience. It equips participants with valuable skills and insights applicable across therapeutic, educational, and organizational settings, and opens the door to further professional development in the dynamic field of group analysis.

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Structure of the Course

The course is delivered in four intensive training blocks, each spanning 4 to 5 days. Two blocks will take place in person in Karachi, while the other two will be conducted online to accommodate flexibility and wider participation. In addition to the main training blocks, there will be occasional half-day Saturday online seminars throughout the year.

Each training block includes a range of components designed to deepen understanding and promote self-awareness:

- * Seminars covering essential theory and clinical practice in group analysis
- * Experiential small groups, offering participants the chance to experience group dynamics firsthand
- * Large groups involving all participants and staff, exploring broader social and systemic dynamics
- * Work reflection groups, providing space to examine and process group dynamics in your personal and professional life

The course includes:

- * 13 seminars led by experienced faculty and guest speakers
- * 30 experiential small group sessions
- * Participation in large group events
- * Regular opportunities for applied reflection on group experiences in your work and everyday settings

The seminars are designed to be interactive and participatory, drawing on the diverse life and work experiences of participants. The aim is not only to teach theory but also to cultivate insight through lived experience in groups.

The course team brings extensive expertise from the UK Group Analysis tradition, while also incorporating local perspectives and practices from Pakistan to ensure that the training remains culturally relevant and contextually grounded.

This structure supports a deep, integrative learning experience that fosters both personal development and professional growth, laying a solid foundation for advanced training in group analytic practice.

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Curriculum & Schedule:

Block 1: Wednesday 3rd to Sunday 7th September 2025 (In-person)

- Introduction to Group Analysis: Development and Overview
- Group Analysis and Society
- Putting Group Analysis into Practice I: Dynamic Administration – Making the Group Fit its Members
- Group Analysis in local context I: local speaker

Block 2: Wednesday 7th to Sunday 11th January 2026 (Online)

- From Psychoanalysis to Group Analysis
- Therapeutic Factors in Groups
- Putting Group Analysis into Practice II: Working with Young People
- Group Analysis in local context II: local speaker

Saturday Session – Power, Difference, and Positionality **Date: 14th February 2026 (Online)**

1. Intersectionality I: Local Lecture
 - Culture and Self
2. Intersectionality II: Workshop
 - The Identity Wheel

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Block 3: Wednesday 15th to Sunday 19th April 2026 (Online)

- Relational Group Analysis
- Putting Group Analysis into Practice III: Building a Group
- Group Analytic Concepts II
- Group Analysis in local context III: local speaker

Block 4: Wednesday 1st to Sunday 5th July 2026 (In-person)

- Destructive Forces in Groups
- Putting Group Analysis into Practice IV
- Endings
- Peer Space / Writing
- Community / Evaluation Space

Testimonial

Purely experiential space that allows you to swim with your thoughts, feelings, emotions and sensations, exploring both old and new, witnessing in the moment exchanges all around, with the environment and others experiencing the same. We gather, communicate and understand on multiple levels while held and contained just enough to be grounded, safe and curious.

Sana Zubairi

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Meet the Convenors:



Eugene Clerkin

Eugene Clerkin is a Group Analyst who brings extensive experience in psychotherapy, particularly in group analytic work. He currently conducts a group analytic group and various forms of group work with Irish communities in London. Eugene is a member of the Institute of Group Analysis (IGA) London International Courses Committee, supervises on the IGA London Diploma course, and facilitates an experiential group on the Foundation Course. His professional background spans mental health nursing and both community and statutory social work with children and families. He also worked for nearly two decades in a crisis psychotherapy service within the UK's National Health Service (NHS), where the therapeutic approach centered on using personal crises as opportunities for psychological recovery.



Brigid Morris

Brigid Morris is a Group Analyst with a rich background in research, campaigning, programme management, and leadership roles within UK-based NGOs. Her work has consistently focused on amplifying the voices of individuals who are marginalised, particularly those with lived experience of mental health challenges. She trained as a Group Analyst at the IGA in London and currently maintains a psychotherapy practice. Brigid also works as an organisational consultant and facilitates experiential and reflective practice groups for NHS mental health staff and psychotherapy trainees. She is an active member of the IGA's Power, Privilege and Position working group and contributes to IGA training as a tutor and seminar leader.

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MEET OUR LECTURERS:



Farhad Dalal

Farhad Dalal, PhD, is a psychotherapist and Group Analyst in private practice in Devon, UK, with extensive experience in both clinical work and organizational consulting. He is currently convening a group psychotherapy training in India and has published widely, including four books on group analysis, racialization, discrimination, and critiques of CBT.

Sue Einhorn is a Training Group Analyst with a background in youth work, social work education, and clinical roles at organizations like Freedom from Torture and ICAP. She has a private practice and trains and supervises group analysts internationally. A former Scientific Chair of GASI, she delivered the 2021 Foulkes Lecture and is a member of GANLondon and GA4Palestine.



Sue Einhorn



Amanda Carpenter

Amanda is a Psychotherapist, Group Analyst, and Senior Social Worker with over 30 years of experience in Social Services and Child and Adolescent Mental Health Services. She currently works with the Therapeutic Fostering Team in Kent and runs a private practice in Canterbury. Her work focuses on attachment, developmental trauma, and support for children in care. Amanda lectures on attachment and trauma at the IGA London and has completed Mentalization-Based Treatment and reflective fostering training.

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Sally Bild

Sally Bild is a group analyst, individual therapist, and supervisor with over 20 years' experience conducting groups and working with individuals in various settings, including 10 years in NHS Secondary Care psychotherapy services. Originally trained as a social worker, she is an accredited Mentalisation-Based Treatment practitioner and a qualified supervisor, providing supervision to therapists and trainees both privately and at the Institute of Group Analysis. Sally currently works with individuals and groups in her private practice.

Dr Rachel O'Beney is a Consultant Clinical Psychologist and Group Analyst with over 30 years in the NHS. She manages a team of psychologists in South Westminster and is Deputy Lead Psychologist for Westminster in the CNWL Mental Health Trust. She leads "Pressing Pause," a reflective practice training for mental health clinicians to become group leaders. Rachel integrates analytic ideas into her NHS work, including facilitating groups, reflective practice, supervision groups, and individual therapy. Her research on group analysis in NHS settings includes the paper: O'Beney, R., Salm, A., & Lavender, T. (2018). An exploration of members' experiences of group therapy: an interpretive phenomenological analysis, *Group Analysis*, 52(1), 82-99. She has contributed to *Why It's OK to Talk About Trauma* (Webster, C., 2024) and *The Prevention and Management of Violence* (Khwaja & Tyrer, Eds., 2023, 2nd Ed.).



Dr Rachel O'Beney

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Costs & Payment Plans

Registration Fee: Rs. 20,000

Course Fee: Rs. 350,000

We offer flexible payment options to make participation accessible:

Installment Options:

1. Block-wise Plan

Per Block Charges: Rs. 87,500 (Total of 4 installments)

2. Monthly Plan

Monthly Installment: Rs. 30,000 per month (Duration: 12 months)

Contact Information

For more details reach out to us on the following:

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Email: groupanalysispk@gmail.com

Bank Details for Fee Submission

Bank Name: Soneri Bank

Account Title: Group Analysis Pakistan

Account No.: PK72SONE0031420013292435

Please save these details for your records and use the account information provided above for all payments.

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