

Newsletter to EFPP

Dear EFPP Colleagues,

For the past year I have been a delegate of the Israeli Institute of Group Analysis to EFPP. For several years my colleague, Dr. Gila Ofer, has been representing our institute and also a board member of EFPP. I think it might be of interest to you to learn about our Institute and its history and particularly about our present-day professional activity. Therefore, I am sending you the following issue of our Institute newsletter, which describes the many aspects of our Institute. I hope you will find of interest.

Yours,



Uri Levin, M.A.

Clinical Psychologist

Member of Board

Israeli Institute of Group Analysis (IIGA)

Background



The Israel Institute of Group Analysis is a relatively young Institute of Group Analysis. It has existed for 15 years and today there are several dozen registered and certified members. In addition 20 students at different stages of their studies are in training for their diplomas. The Institute is a member of EGATIN (the European network for institutes of Group Analytic training), and as mentioned above, also maintains representation in EFPP. Institute members are primarily psychologists and social

workers, but we also have in our membership art and movement therapists, psychiatrists, occupational therapists, psycho-dramatists and even one philosopher.

Most of our members maintain group-analytic therapy groups all over Israel. More than fifty such therapy groups are functioning in Israel today. These open-ended groups have in common a once-a-week meeting and are led by one conductor. Their goal is to help group members improve their social functioning, develop fuller and more significant relationships with those around them and help members realize their professional, social and personal potential.

Even though the Institute does not have its own physical venue, and our meetings take place in temporary facilities, members strive to expand services, expose the wider professional community to the Group Analytic approach, attract new students and in general make the Institute a professional “home”. The hope is that we can raise awareness of our colleagues to the great potential inherent in Group Analysis.

For anyone wishing for further details, please contact:

<http://www.iiga.org.il/en/>

(A new web site is now under construction)

Some History

Since the 1960's, there have been numerous attempts to open an Institute of Group Analysis in Israel. In 1990 a workshop was carried out with the aim of motivating professional therapists to register for an Introductory Course in Group Analysis. The envisioned course would be run according to criteria of the IGA in London. The workshop was successful and the first Introductory Course was carried out in 1991 – 1992.

The Introductory Course generated enough interest so that in 1995, it was possible to open the first diploma course. Its purpose was to train Group Analytic therapists in the IGA method. Participants consisted of senior individual and group therapists: psychiatrists, psychologists, social workers and art therapists. Some of these had already participated in the introductory course. The new diploma course consisted of week-end workshops, held once every several weeks. Teachers were sent by the IGA London to train our colleagues.

Unfortunately, various problems arose that caused IGA to bring the course to a sudden stop after two years. This was a heavy blow to both staff and students.

However, much interest in Group Analysis had by then been generated. With support from colleagues, several members of the interrupted diploma course took the initiative and pushed to open the Israel Institute of Group Analysis. The new organization would be independent of any outside organizations. Eventually, the diploma course was revived in December, 2000. The organization founders (directors) were responsible for all aspects of the course. They invited outside teachers, three from the London IGA and one from the Zurich IGA. Several months later, an additional course opened for senior group

therapists, again with a mixture of conductors from Europe and the IGA London. These two first courses had as their basic organizational structure six block trainings a year.

In November, 2002, the first course, consisting of 30 participants, was completed.

The second course, consisting of 40 professionals, was completed in January, 2005.

In addition, in 2004-2005, two introductory courses were offered. The leadership and supervision of the course was taken over by the newly-certified Israeli trainers.

In 2006, a new GA training course was opened. Students were all graduates of the prior introductory course.

Starting in October, 2008, two new training courses, each of four years duration, were opened, one ever. In October, 2014, the eighth training course opened.

Not bad for such a young institute!

For anyone wishing for further details regarding our history, please contact:

<http://www.iiga.org.il/len/apage/27002.php>

Our Group Analytic Training Program

Group Analysis is a theoretical and applied therapeutic approach based on understanding the individual, the groups and the society in which he/she functions, and the connections among them. Group Analysis focuses on understanding and changing unconscious influences on the behaviors of people towards other individuals in ones group and towards the groups themselves. The goal of the training program is to enhance students' overall theoretical knowledge of Group Analysis and certainly of Group Analytic therapy. These understandings and therapeutic skills are enhanced by a careful study of the works of S. H. Foulkes, the founder of G.A. and his followers.



S. H. Foulkes

The training program consists of theoretical courses, supervision seminars, participation in a small, analytic therapy group and in a variety of workshops. All of these experiences are offered within a framework of groups. The students live, breathe and enhance their learning by being in the same group for all four years, with only minor changes occurring as a result of the contents of particular seminars. The teaching and supervision staff is composed of highly experienced group therapists, certified Group Analytic therapists and/or those who have written and published about their clinical experiences. All teachers bring rich clinical experience to their teaching.

In our training program we add to the Foulkesian and post-Foulkesian studies complementary approaches to therapy from Winnicott and Bion and contemporary relational theories.

The program consists of four years of training: 8 semesters, which include 16 theoretical seminars, 3 years of group supervision, group meetings of various kinds and focused seminars. Beginning with the second year students are required to be in their own analytic groups, which must be run by certified, Institute-trained group analysts during at least 3 years. In these groups, the students participate with other members who are not students. This provides a rich, personal experience that facilitates learning about themselves as individuals and how they function inter-personally and in a group. Students are required to put together and run their own analytic therapy group for at least two years under the guidance of one of the Institute's supervisors. During training and afterwards the students are parts of the Institute community. They are expected to participate in "Institute Days", "Study Days" and conferences.

Professional Activities Organized by the IIGA

The Institute organizes two kinds of professional activities. Six times each year we hold what we call "Institute Days". In these day-long meetings papers are presented and discussions are held in small groups and in one Large Group.

For the professional public at large the Institute organizes special "Study Days" and professional conferences, some of which are on an international basis and held in English. Following is a brief description of international conferences organized by the Israel Institute of Group Analysis.

In reverse order, about a year ago we organized our second international conference, at Kibbutz Gonen in northern Israel. The name of the conference was **INTOUCHABLE**. There were several dozen participants, from Israel, Europe and the US. This was a continuation of our first international conference, held in 2009, which was entitled 'kNOw hard feelings' and was held in Kibbutz Ein-Gedi. In these two international conferences, there were morning lectures, small groups and one Large Group. Participants come from all over the world and have included Palestinian Arabs. Complex and emotionally-charged subjects with inherent conflicts, such as German-Israeli

relationships, Arab-Jewish relationships, relationships between the different age groups in our Institute, etc are discussed.



 **ISRAELI INSTITUTE
OF GROUP ANALYSIS**
www.iiga.org.il

Intouchable

Spring Workshop

The workshop will explore the capacity to get in touch with feelings excluded from ourselves, groups and society.

7-9 March 2013
Kibbutz Gonen, Israel

www.iiga2013.weebly.com

For anyone wishing for further details, please contact:

<http://iiga2013.weebly.com/index.html>

Aside from these serious and intense professional activities, we also celebrate happy occasions such as graduations, successful conclusions of conferences and presentations of final papers followed by what are, hopefully, joyful parties often arranged in calm, pastoral areas.

Members of the Institute have given professional sponsorship to other international conferences. Two workshops, one in Shfeya, the other in Nachsholim, brought together Israelis and Europeans (mostly Germans) and used the group analytic approach to elaborate and process post Holocaust trans-generational trauma.

AWAY FROM AUSCHWITZ ?

The Shoah and Auschwitz... the worst destructive event, humans have willingly designed, happened to 'us' 70 years ago. No descendant of those involved victims and perpetrators is spared the consequences of viciousness and suffering.

In October 2012 a group of more than 70 Israelis and Germans tried in a group analytic workshop to face together the transgenerational heritage of these horrible events through which we are connected and separated. We witnessed fear, shame, guilt, hate and other feelings.

In Nahsholim we shall go on with this and try together to contain the uncontainable and to work through inherited traumatic experiences, as no one can go through these processes alone. The setting will be provided so that we can engage in a necessary dialogue. We have to continue reflecting on the significant conscious and unconscious aspects of our involvement, our identifications and our preoccupations with the Shoah burden. We invite everyone who feels connected to this trauma to join us on this audacious journey. The elaboration will be facilitated through the group analytic approach.

The interaction will enable differentiated emotional elaboration through shared watching of films and small and large groups with group analytic conduction. With this workshop we are setting one of the most challenging dialogues. Our endeavor is to discover together how we can be able to find a way from Auschwitz and not to be doomed to stay there forever.

Organizing Committee
 Robi Friedman, Haifa
 Marita Barthel-Rösing, Bremen
 Mari Joffe-Milstein, Tel Aviv
 Regine Scholz, Düsseldorf

The Small Groups are conducted in a group analytic way.

The Large Group is conducted by an Israeli and a German Group Analyst.

Supported by

THE ISRAELI INSTITUTE FOR GROUP ANALYSIS

Deutsche Gesellschaft für Gruppenanalyse und Gruppenpsychotherapie

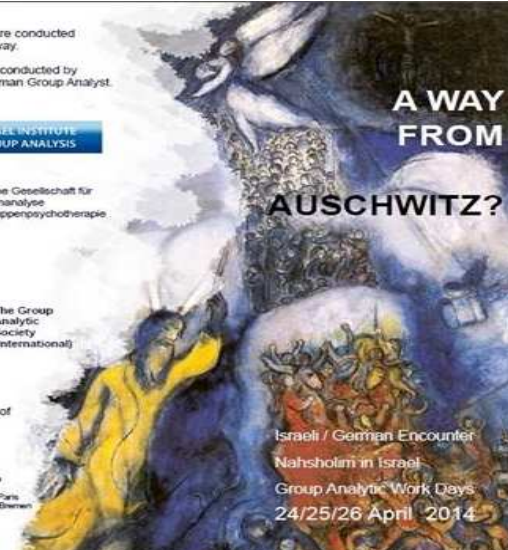
The Group Analytic Society (international)

Under the auspices of Yamik Volkan

Cover picture: Marc Chagall
 The Crossing of the Red Sea (1955) oil on canvas
 Centre Georges Pompidou, Paris
 Design: Angelika Schuberg, Bremen

A WAY FROM AUSCHWITZ?

Israeli / German Encounter
 Nahsholim in Israel
 Group Analytic Work Days
 24/25/26 April 2014



Aside from small groups and a Large Group, several stimulating films dealing with German-Jewish relationships before, during and after the Holocaust were shown.

Additional information about the conference can be found at:

<http://igd2014.weebly.com/>

About a year ago, in July, 2013, the Israeli Institute of Group Analysis initiated, together with two other important Israeli psychotherapy organizations, a conference entitled: "Individuals and Groups – Mutual Vulnerability", with the participation of Prof. Lewis Aron, one of the important writers and clinicians of the inter-subjective school.

Individuals and Groups – Mutual Vulnerability



A Unique International Conference
 with Professor Lew Aron

July 4th and 5th 2013

TEL AVIV, ISRAEL

- **The Israeli Forum for Psychoanalysis & Relational Psychotherapy**
- **The Israeli Institute for Group Analysis**
- **The New School of Psychotherapy**

In the conference, some 500 individual and group psychotherapists came together to discuss the vulnerability of both patient and therapist in their common space in the group matrix. Aside from an interesting case presentation, there was also a live demonstration of group process work. There was also an exciting Large Group, which was a new experience for most of the participants. More information can be obtained at: <http://iarpp.net/article/individuals-and-groups-mutual-vulnerability>

Professional Writing by Institute Members



Members of the Israel Institute of Group Analysis have been very active in the writing and publishing of theoretical and clinical articles in respected journals of group therapy. Following, is a list of members who have published articles in recent years in Group Analysis: Smadar Ashuach, Ben Rippa, Hanna Biran, Bracha Hadar, Miriam Berger, Avi Berman, Yael Doron, Robi Friedman, Eric Moss, Gila Ofer, Haim Weinberg, Herzel Yogev, Joshua Lavie, Mishael Chirurg, Sarah Kalai, Galia Nativ, Dina Wardi and others. Most of the thought-provoking articles written by these colleagues have been published in the area of Group Analysis, and you are invited to find them on the website of Group Analysis:

<http://gog.sagepub.com/>

Final Words

As you can see from all the above, our Institute is very lively one and consists of members who have a passion for all aspects of professional activity. I hope we will continue to develop and grow.

Not everything, of course, is "rosy". There are some difficulties, competition and envy among the members of the various classes. There is a growing difference in the ages of the newer members and the older and aging 'Founding Fathers and Mothers', and how to bridge this gap is a subject that worries many of us. Yet another problem is the difficulty in attracting new, young students. As with any organization, tensions and rivalry exist in all corners, but as an Israeli Institute embedded in the Israeli society and culture, efforts are being taken by all members to explore issues of conflict, dialogue, reconciliation and complexities and to cope courageously with hard feelings that often arise. Not giving up on the effort to create constructive communication is uppermost, even when this sometimes takes a great effort.

I have been happy to share in this newsletter a bit of the atmosphere and content of our Institute. I hope you have found it of interest.

I heartily thank Eric Moss, a senior member of the IIGA, for translating this text to English.

Sincerely,

Uri Levin, Tel-Aviv, Israel

July 2014