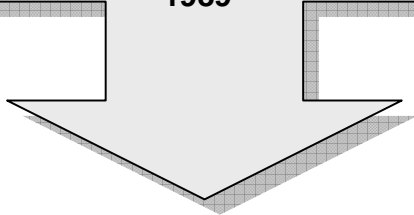


«Grup d'Anàlisi Barcelona» Soc. Coop. Ltda.

**Frame of Reference,
Organization,
Objectives
and Activities
1989**



«Grup d'Anàlisi Barcelona» is a services oriented cooperative association for professional scientists in the fields of Psychoanalysis, Group Analysis, Analytical Social Psychology and related Human Sciences. Ever since 1963 its founders have been engaged in action research of the processes of institutionalization of professional associations on a national and international level. The Conceptual Frame of Reference, Organization, Objectives and Activities of this cooperative have been adopted in accordance with the results of these years of research.

1. Conceptual Frame of Reference and Historical Context

«Grup d'Anàlisi Barcelona» is conceived as a space for scientific investigation and theoretic elaboration of mental processes and group dynamics implicit in human life and living together; it is constituted as a professional praxis that includes the analytic function in all its associative dimensions. In order to understand the theoretical and scientific-methodological propositions held by "Grup d'Anàlisi Barcelona", it is necessary to spell out the development of its conceptual and ideological framework as it arises historically within the national and international context.

«Grup d'Anàlisi Barcelona» is an offspring of that Freudian tradition which, through investigation and treatment of neurosis, proceeds from hypnosis and suggestion to analysis of dreams and resistances in the analytic situation. Once this step had been taken, the therapist-investigator, including himself in the process, is forced to question his own scientific objectivity becoming conscious of his own neurosis. Later, realizing that neurosis is not only an individual but a collective phenomenon, he is obliged to question as well the objectivity and mental health of his professional group. For the neurosis of the individual, Psychoanalysis offers a cure: the classical analytic cure for the patient or the didactic analysis for the psychoanalyst. In the case of collective neurosis, however, including that of the group of psychoanalysts, the psychoanalytic method, as Freud points out, comes up against a double difficulty: to find criteria of normality for the diagnosis of a cultural community where all members are neurotic and to find an authority who can impose analytic treatment on that community.

From this individual centered social conception, the "only correct solution" can come from a leader or a leading idea, a perspective that already proved inadequate for solving the differences that arose in the Psychoanalytic association shortly after its foundation in 1910. The break with Adler and Jung can be seen as the result of applying an authoritarian outlook of this type.

The first psychoanalytic investigation of the authority principle that included the analytic function of a group process carried out by a group, was the one presented at the Congress in Bad Homburg in 1925 by the then President of the American Association of Psychoanalysis, Trigant Burrow. His article was on "The Laboratory Method in Psychoanalysis", method which he presented the same year to the American Association under the title of "The Group Method of Analysis". The Group Analysis that Burrow defended was different to the group psychotherapies that were beginning to develop at the time. In the latter, the group is conceived as a collectivity of patients who must readapt their thoughts, feelings and behavior to "more normal ways"; where the prevailing criteria of normality in the community are not questioned nor the therapist's authority to interpret. On the other hand, the aim of Group Analysis is to investigate the obstacles for coordinated group functioning; it is a group method of analysis that implies the subjective participation of all members of a social group, where every investigator is both an observing subject and an object of observation.

The studies in group and community pathology, started by Trigant Burrow and his collaborator Clarence Shields in 1918, which led them to adopt the group method of analysis in 1923, culminated in the creation of the Lifwynn Foundation for Laboratory Research in Analytic and Social Psychiatry in 1927. Kurt Goldstein wrote to Burrow in 1948: "You are one of the few scientists who make me feel that, for you, life and work are intimately related".

At that time, after reading the works of Burrow and before beginning his training as a psychoanalyst, Foulkes, a student of Goldstein, thought of using Group Analysis for psychotherapeutic purposes. He was unable to follow up this idea until, once completed psychoanalytic training in the Institute of Viena and emigrated to England at the beginning of World War II, he dared to interview patients together with their families and to see several of his individual patients together in a group. Later, already a didactic analyst of the Freudian branch in the British Psychoanalytic Society, the discoverer of this "second version" of Group Analysis in 1952 founded the Group Analytic Society (London) and in 1967 started Group Analysis International Panel and Correspondence (G.A.I.P.A.C.).

Both groupanalytic developments are based on the conviction that the group is the matrix of the mental processes of the individual and that these processes are of a transpersonal nature. This hypothesis led Trigant Burrow to formulate the Neurosis of Man as a Neurosis of the Species, and it took S. H. Foulkes to produce the Network Theory of Neurosis. Both outlooks have in common that they attempt to overcome the dilemmatic dichotomies between cause and effect, physical and mental, inside and outside, conscious and unconscious, individual and group, personal and social, etc.; all of which have been introduced by the particular evolution of language in man, both in its ontogenetic and phylogenetic aspects. The radical difference between them is in the way they conceptualize and put into practice the social organization of that knowledge. Trigant Burrow, as he progresses in his research, advances and publishes his theories, which in turn modify his social praxis and experiments. S. H. Foulkes, on the other hand, is more explicit in exposing his method than his theory, to the extent that he has not finished his much announced "theory book" when he dies in 1976. Politically, Trigant Burrow intended that the psychoanalytic community apply the group method of analysis to itself, something which he managed only with the few colleagues of the Lifwynn Foundation, that way being ostracized from the psychoanalytic movement as well as the movement of group psychotherapies. Foulkes, on the other hand, was convinced from the beginning that the development of Group Analysis should take place within the wider context of psychotherapies, specifically group therapies, and outside of Psychoanalysis. Thus, in 1951, Foulkes joins the International Committee of Group Psychotherapy, promoter of the international movement of group therapies that created G.A.I.P.A.C. in 1967, before the foundation of the Institute of Group Analysis. G.A.I.P.A.C. was conceived as a large study group or continuous laboratory by correspondence from which emerged the European group analytic movement within the Group Analytic Society (London) which, right from the beginning, counted with a third of "overseas" membership.

«**Grup d'Anàlisi Barcelona**» is conceived as a nodal point, a new group plexus, within the European Network of Group Analysis. This group, a cooperative association, arises in answer to a need to find an alternative association of psychoanalysts who work with groups and group workers whose approach to the group is analytic, different to the traditional modes of association between psychoanalysts. From the beginning, Psychoanalysis suffers a problem of professional identity linked to its therapeutic implications. In order to develop, Psychoanalysis needs the cooperation of other disciplines, arts and sciences, not only medicine and psychiatry. The paradox is, nevertheless, that in order to learn psychoanalysis one must go through clinical work, not only as a personal experience in being analyzed but also in conducting the analysis of others. Curiously, the first account of "group neurosis", made public during the Symposium on War Neurosis in 1918, known as the Congress of Budapest, coincided with the proposal of a training scheme for medical and non-medical psychoanalysts which included didactic analysis. When in 1926, following Freud's ideas in "Lay Analysis", the psychoanalytic corporation adopts the model

of the Berlin Polyclinic as a standard for training of both doctors and non doctors, it aims at turning Psychoanalysis into a science and a profession, not controlled by any State or public legislation. The psychoanalytic community, by not analyzing the individual and social unconscious dimensions in its own group and in interaction with other groups such as those of healers, educators or governors, turns Psychoanalysis into an impossible profession, when maybe it should never have been a profession to start with.

Groupanalytic activities have developed in Barcelona since 1958 and since 1963 the city counts with trained and qualified group analysts. For fifteen years now, and after a new surge of the analytic movement at the end of the Dictatorship in Spain and with the immigration of Argentinean psychoanalysts and social psychologists familiar with the thought of Pichon-Rivière, the founder members of «**Grup d'Anàlisi Barcelona**» have participated in a movement of intra- and inter-group questioning of interdisciplinary and transcultural nature, which has been developing at a local, national and international level. The specific objective of the investigations has centered on the problem of the professional identity of the analysts and on the nature of the groups that the latter establish. From these investigations it can be deduced that, depending on the task to be carried out, the groups formed by analysts are of three types: groups of identification, of belonging and of reference. The first are based on the identification of its members with a leading person or idea, a method or theoretical orientation, an adequate operation during the period of initiation and basic training. The second have their origin in the traditional guild associations, and are groups addressed to the acquisition and maintenance of professional status and privilege. Finally, the third type are conceived as spaces for confrontation that count with the necessary conditions of material and psychological security where the scientific-practitioner, by contrasting experiences and ideas with a group of colleagues of different orientations and methodologies, may achieve maturity and identity as an author and professional.

«**Grup d'Anàlisi Barcelona**» is conceived as a reference group, as a socio-professional space promoting groups and group activities with the objective of investigation, conceptualization and oral and written transmission of the analytic function insofar it concerns individuals, groups, institutions and society, and their mutual interrelations.

2. Organization

In accordance with the aforementioned principles and their historical and geopolitical parameters and in order to achieve the social and personal objectives specified by its Constitution and By-laws, «**Grup d'Anàlisi Barcelona**» is legally constituted as a Catalan Cooperative Limited Society. Classified as a Service Cooperative, it is subject to the principles and dispositions of the Law of 4/1983, of March 9th on Catalan Cooperatives, according to article 33,2 of the "Estatut d'Autonomia" of Catalonia. It is the wish of the founder members that constitutional by-laws and regulations reflect the spirit of the founders of Group Analysis as expressed by S. H. Foulkes in his "General Groupanalytic Principles" and taken up by Trigant Burrow with the Lyfwynn Foundation.

As a Cooperative, «**Grup d'Anàlisi Barcelona**» counts with the following social organs for its government: General Assembly, Board of Directors, Auditor and Director. Membership of «**Grup d'Anàlisi Barcelona**» falls into one of the following categories: Founder Member, Member or Associate Member. Founder Members are those who constituted the initial nucleus of the

cooperative. Members may include professionals, physical or legal entities, who according to actual legislation and in agreement with the social objectives, share a need for co-operative action for the advancement in theory and practice in the field of their dedication. Finally, Associate Members are those physical or legal entities who contribute to the achievement of the social objectives of the Cooperative exclusively through economic means.

Even though the Founder Members of the Cooperative are professionals trained and qualified as psychoanalysts and group analysts, the same than the majority of its future Members and Associate Members, being a member of «**Grup d'Anàlisi Barcelona**» confers no qualification nor professional accreditation.

3. Objectives

«**Grup d'Anàlisi Barcelona**» is a place for research, a living laboratory for professionals who wish to question their analytic praxis and the theories that sustain it. For this purpose, the primary objectives of «**Grup d'Anàlisi Barcelona**» are the following:

1. Constitute itself as a group of reference where the analytic function is operative and promote in turn groups of reference integrated by professionals of different occupations and disciplines belonging to or identifying with groups of different theoretical obedience and/or methodologies.
2. Offer spaces for experimental research and shared reflection, where it is possible to explore the coherence between clinical and teaching praxis and the theoretical formulations that inspire and sustain them.
3. Offer the necessary professional and instrumental support to those institutions, organizations and professional groups who wish to incorporate the analytic function in the development of their organization by establishing continuous and regular spaces for reflection.
4. Establish documentation centers and communication networks - face to face, in writing or by other means with individuals, groups or professional associations interested in similar objectives, at a national and international level.

It is not the objective of «**Grup d'Anàlisi Barcelona**» to develop a professional alternative nor a new competitive disciplinary framework that offers "the right answer" or the "only good solution" to all human problems. On the contrary, its aim is to promote an analytic attitude which facilitates the establishment of social contexts that allow the study of the sociological, psychological and biological factors interfering with the human capacity for cooperative action as an individual and as a species within its ecosystem.

4. Activities

The activities of «**Grup d'Anàlisi Barcelona**» will be defined according to the progress of the aforementioned investigations and the specific work of its members. At present, activities in the following areas are considered:

4.1. Area of Groups of Reference

4.1.1. Large Group

Since May 1988 «**Grup d'Anàlisi Barcelona**» maintains analytic interprofessional sessions at two-weekly intervals with a group of over 30 people, originally inspired by the experiences and theoretical formulations of the Large and Medium Group of Pat de Mar,. The academic year for this experience is divided into three terms with seven sessions each.

Similar experiences are being carried out in other contexts, for example, at the level of university interdepartmental doctorate and masters courses.

4.2. Area of Experimental Research and Reflection

4.2.1. Sequential training programs

4.2.1.1. Confrontations of the Author with his Work and the Group

Starting in January 1990, three times a year and during a two year period, a group of psychoanalysts and group workers have formally agreed to critically study the work of six different authors, with each of whom they will have the chance to discuss their work. One weekend will be dedicated to each author. Four months prior to the meetings, the author will supply an autobiographical list of reading material and texts that he considers to be significant in the development of his work. Also, before the meeting with the author, the members of the group will provide a summary of the issues and questions that the reading of the texts has evoked.

The results of these confrontations will be edited by «**Grup d'Anàlisi Barcelona**» and published in specialized journals.

4.2.1.2. Group-managed Supervisory Groups

Since 1979, and in different parts of Spain, members of «**Grup d'Anàlisi Barcelona**» have regularly held supervision groups with a double purpose: 1) that members of the group be capable of contrasting their activity as group conductors with the formulation that sustains it and 2) that they become able as a group and in a reasonable period of time to take on the responsibility of the supervisory function originally deposited in an external supervisor. This type of task-centred supervision is offered both to preformed groups, constituted or not within institutions, and to heterogeneous groups constituted for this purpose.

4.2.2. Group Praxis

Originally, the training of the future analytic group worker included going through the personal experience of being a member of a therapeutic group; afterwards he was included as an observer in a group and, finally, he assumed the responsibility of conducting a group under supervision. This sequence is relatively easy with captive populations such as clients of public institutions or beneficiaries of compulsive insurance schemes. Under these conditions, nevertheless, it is difficult to select the patients and constitute adequate groups for training, something that is

usually possible only in private practice. Also, it is difficult that an experienced colleague accept someone in training as an observer. It is equally difficult to constitute the first group to take to supervision or to conduct supervision "in situ". «Grup d'Anàlisi Barcelona» hopes to overcome these obstacles through a system of group practice and reference.

4.3. Area of Consultation in Group Work

4.3.1. Impossible Professions

Professionals who attempt to introduce a group approach in the fields of health, education and psychiatric or psychological assistance come up against various types of difficulties which bring them to consultation. Depending on the nature and source of the demand - the institution itself, a member of the institution responsible for group activity or an independent professional who works with groups or teams of professionals - the specific response varies according to the diagnosis of the total situation. Leaving aside the specific answer that can be given in every case, from a group and analytical point of view, it is also convenient that the professionals have a platform where, together with other colleagues who participate in different experiences, they may understand their specific problems as a symptom of a more general social disequilibrium. For this purpose, «Grup d'Anàlisi Barcelona» will organize the necessary groups.

A sample is the group project which members of S.E.G.P.A. present in the X Intl. Congress of Group Psychotherapy in Amsterdam 1989, on "The Actual Significance of the Group: A Place of Encounter and Divergence, a Formulation by Spanish Group Workers".

4.4. Area of National and International Intergroup Cooperation

4.4.1. Documentation Centre

For some time now, members of «Grup d'Anàlisi Barcelona» have promoted in the different associations to which they belong the recollection and classification of works and literature in the group field. At present, the Cooperative collaborates with the Laboratory of Group Analysis in Palermo extending the Critical Bibliography in Italian started there to the rest of Latin languages. Also, S.E.G.P.A. (Spanish Society for the Development of Group, Psychotherapy and Psychoanalysis) has started a Documentation Center on the writings of its own members.

4.4.2. Networks of Communication and Interchange

At an international level and during many years, the promoters of «Grup d'Anàlisi Barcelona» carried out their international activity as subscribers of Group Analysis International Panel and Correspondence and as members of the International Association of Group Psychotherapy. Since the Zagreb Congress of 1986, the latter association recurs to setting up networks of correspondence to consolidate intercommunication between its members. In this sense and within this context, «Grup d'Anàlisi Barcelona» assumed the responsibility of launching two projects:

4.4.2.1. Plexus Editors

Plexus editors is an initiative to establish a reciprocal correspondence between editors of group journals and periodic publications. The objective is to activate the network of journals and create a personalized common network, a pool of information, book reviews and syndicated columns, in which all can participate and contribute. All the journals are authorized to reproduce, at their discretion, whatever arises in the correspondence of the editorial network, as long as credit is given to the author and the source of origin is quoted. The first journal responding to this initiative was "Clínica y Análisis Grupal", official organ of the S.E.G.P.A., offering a specific space within its pages to Plexus, starting with No. 47. Vol. 10 (1) January-April 1988.

4.4.2.2. Publications

«**Grup d'Anàlisi Barcelona**» also promotes the interchange of journal offprints, reduplication of texts of public domain or texts without copyright by xerocopying, microfilms or electronic media, and the computer assisted edition of original texts that are not easily accessible through commercial editorial and distribution channels. Whenever it is possible, the publications are bilingual, thus respecting the original language. The edition of "The History of Large Group Phenomena in relation to Group Analytic Psychotherapy" by Patrick De Maré was the first in this line of publications.

4.4.2.3. International Network of Study Groups in Group Analysis

Already in 1956, S.H.Foulkes while he was Vice President of the International Council, promoter of the International Association of Group Psychotherapy, contemplated the possibility of establishing a specialized section in Group Analysis within the Association. In April 1973, this idea was put forth again in a seminar of group analysts at the University of Sacre Cuore in Rome within the context of Group Analysis in Mediterranean Countries. There the decision was taken to formally ask the Board of Directors of the I.A.G.P. for the creation of an Analytic Section Specialised in Group Analysis. After close consideration and during a meeting in September 1988, the proposal was approved as long as it would not be formulated as a "permanent section" but as a "Network of Study Groups in Group Analysis".

Also, more recently, «**Grup d'Anàlisi Barcelona**» is actively engaged in a developing correspondence network of collaborators of the Lifwynn Foundation.

At present, these are the ideas, organization and activities that constitute «**Grup d'Anàlisi Barcelona**» as a socio-professional space. Its future development will articulate with these formulations and the group analytic praxis of its members.

Barcelona, June 1989