

**“Bilbao 1974-1999: Group Being and Group Training”<sup>1</sup>**  
by  
**Hanne Campos**

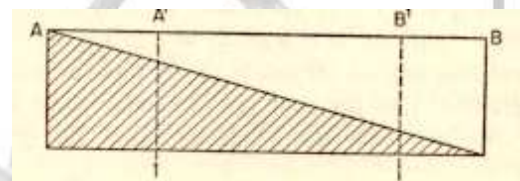


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<sup>1</sup> This is the contribution to a round table the organizers of the XXV Anniversary of Training in Group Work, promoted by APAG and OMIE, had asked me to prepare. It was presented under the title of “Bilbao 1974-1999: la grupalidad humana a debate”. Bilbao, 1999.

I thank the organizers for the honor of being invited. It is not by chance that we are meeting today; it is because every one of us represents a part of our common history. I feel that the part which I can think as mine escapes from the networks and classical training programs which is what connects these 25 years of history of the experience of Bilbao. However, perhaps it may not exceed our interests if we, group therapists and people who live in groups —this is to say, everybody— reflected on the idea of the human 'group being' as a vital problem, only comparable to the problem of human personality.

This meeting of commemoration invites us to look back. The way I shall read the history is in view of the future. To visualize what I would like to transmit I shall use the well-known scheme of S. H. Foulkes, the one that he and the Preparatory Commission created as they advanced in their work and, eventually, for the presentation made to the International Congress of Mental Health in London in 1948, with the title "Study of communication in a group by a group". This scheme represents the relationship between structured group in which communication is more institutionalized —as for example a didactic group— and unstructured groups in which communication is more spontaneous —as for example a groupanalytic group. One of the hypothesis of that Commission was that both types of communication go on in all groups, although the type more prominent in one group (A') in the other one is more latent (B'). Another hypothesis was that all groups can be located somewhere on that scale, and in keeping with decreasing or increasing organization spontaneity and institutionalization of communication are inhibited or facilitated.



Having observed a progressive institutionalization in the development of training programs in groupanalytic group psychotherapy not only in Bilbao and Spain but also in the rest of the world, the scheme of Foulkes seemed useful to me in determining the relationship which could be considered desirable between one type of groups and the other on the different levels of programs, in view of a communication which facilitates the training process as well as social maturity.

Before I shall try to situate the Bilbao experiment on the scheme, I would like to mention two facts —as I elaborated on another occasion<sup>2</sup>— which mark the origin of group psychotherapies. The development of these psychotherapies is intimately related to the two World Wars. In the first one is identified what has been called war neurosis, a "pathology" so

<sup>2</sup> H. Campos, "Visión grupoanalítica del psicoanálisis" (A groupanalytic point of view of psychoanalysis), chapter of the *Pensum* on "Psychoanalysis and Sociology", a Seminar of one semester for doctoral students of the Department of Sociology of the University of Barcelona, 1994.

named by the recent profession of psychoanalysis and which defined a group of men who could not support the experience of killing or being killed. I consider that these were the healthy ones, but we lacked a group view of humanity for treating it not as pathology of the individual but of the human group. In the second of these wars, the military psychiatrists were entrusted to take care of these soldiers and that they rehabilitate them as fast as they could to return them to the front —or later on, to reintegrate them in the industrial-capitalist society. It is true that by then in the United States different types of group experiences had been tried out, not always of a therapeutic kind. It is important to remember and recognize the enormous work of Trigant Burrow, the founder first of group analysis as continuous and regular analysis of the obstacles to a harmonious and peaceful group functioning. It is also true that Maxwell Jones as well as Tom Main, with the development of therapeutic communities also offered contents to what previously only was a philanthropic and humanitarian ideal to what we could call “a community for living and learning”. However, *a grosso modo*, it was from the Second World War onwards and in England that group psychotherapy, the groupanalytic therapies and the therapeutic communities were developed. I consider that it was then that the human group is converted into an instrument of and for individual conduct and repressed is what is problematic of this group being, the grupalidad of the human being. Once again we lack a group vision, a collective perception and conception of H(humanity as a whole. This development makes that as professionals we are converted into experts, and as groups we convert ourselves in obstacles in the way of social and collective change. But, this is a very complex subject which in case we have to leave for another moment.

The experience Bilbao is born in the second half of last century, in the middle of a group effervescence on a national as well as on an international level. According to data which I collected for a report for the IAGP, in the first half of last century three group associations per lustrum are founded , while between 1965 and 1985 more than seven are founded in the same period, the one of maximum expansion being 1971-1975 when 9 new association come into being. In Spain in 1974 already exist four recognized group associations, teachers from two of these come in support of the recently started group program to Bilbao. I recommend you to read the “Historia abierta...”<sup>3</sup> (“Open history...”) which the SEPTG (Sociedad Española de Técnicas y Psicoterapia de Grupo) edited last May in celebration of its 25th anniversary. There you will also find an interesting article of Juan Campos in which he retraces the influences exerted in the foundation of group associations by the colleagues who introduced psychoanalytic thought in Spain. He speaks about the

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<sup>3</sup> “Historia abierta... 25 años de la Sociedad Española de Psicoterapia y Técnicas de Grupo (SEPTG)” (Open History... 25 years of the Spanish Society of Psychotherapy and Group Techniques (SEPTG), Boletín de la SEPTG, Epoca IV, Número Monográfico – Mayo de 1998, coordinadora H. Campos.

eclecticism of Sarró, the ecumenicism of Mira, the fundamentalism of Garma, and the group-gestation of Molina.

When Foulkes and his group—a first generation in the 40ies of last century— invented the above mentioned scheme, the idea of different types of communication in groups more structured and groups less structured emerged from the very same professional diversity of the members of that group. However, I think that a process of progressive institutionalization appears in all groups of our society, only that the differences or the extremes manifest themselves in different sub-groups. More spontaneous and personal communication is possible in one subgroup, for example of patients or students, while the institutionalization and greater rigidity are sustained by others, for example the conductors or teachers. If activities and functions of these subgroups are not articulated in a continuous and regular process, this rigidity cannot but be a place of repetition which keeps us from growing and maturing socially and as human species. This is the point towards which my analysis and my proposal for the future are directed.

I have elaborated a synopsis<sup>i</sup> of the last 25 years of the experience of Bilbao which seeks to visualize the relation between the development of the training activities, on one side, and the process of institutionalization of these on the other.

The organization during the first decade is in function of a basic dynamic professional training, very varied in contents and professionals which bring them. Luís Yllà speaks about that first heroic stage in which from 1978 onwards supervision is added—this is to say the group-gestated co-vision— with Juan Campos. The latter's objective was to create group community of global teaching-learning ("enseñaje" as he said) in three definite stages: "operation reading", "from the reader to the writer" and "from the author to the authorship". The basic ideology was that to give titles was question of the University, to give professional guarantee was question of the Professional Colleges, and for the continuous training and the theoretical and practical congress of our sciences are necessary learned societies that permit the free interdisciplinary, inter-group and inter-institutional discussion. During 1980 and 1981 respectively two intensive and residential Workshops in Group Analysis were held, one in Barcelona and another one in Guipúzcoa, a period when from '81 onward the Psychiatric Reform in the Basque Country was promoted. In '82, on one hand, an Introductory Course in Group Work in Psychiatry is offered by the University of the Basque Country and, on the other hand, throughout the same year, four Sequential Seminars of three-day weekends are celebrated. I should mention that the students from the Introductory Course were integrated in the Sequential Seminars, and each Seminar had a reporter of the global experience who made an internal chronicle of the experience, an enormous lot of work executed by Hernán Kesselman for the first one, and Diego Luna for the three others. It took

Diego one year to finish the last chronicle... Ah, what could have been and was not!

In a historical account of the first eleven years of the experience Bilbao it is written textually: "In September of 1983 we reinitiated the training program for Group Psychotherapists which we had interrupted four years before." According to my reading, it is from there onwards that the institutionalizations of the training in group work and group psychotherapy starts to accelerate.

In the beginning, the Institute of Psychotherapy of Bilbao, a joint clinical practice, and the personal relations with the Faculty of Medicine of the Autonomous University of Bilbao and with the Basurto Hospital served as the minimum organizational structure necessary. In 1979 OMIE (Basque Foundation for Investigation and Teaching in Mental Health) is created, a foundation which progressively widens to back the institutional framework and give official recognition to the successive training programs, of late Expert Programs in Group Work and Master in Analytic Group Psychotherapy taught in Bilbao, Barcelona, La Laguna and Geneva by a diverse professorial staff. In 1982 teachers from the Institute of Group Analysis London contributed to the development of the first Introductory Course in Group Work of the Department of Psychiatry of the UPV and the four Sequential Seminars already mentioned. Between 1983 and 1987 takes place an important institutional development in training. In 1985, OMIE creates its own Institute of Group Analysis and in 1986 founds the Institute of Mental Health which in turn shelters the Section of Analytic Psychotherapy. In 1988, OMIE associates itself with CITRAN of the San Pablo Hospital of Barcelona and together they offer their General Course in Group Work in sequential blocks of four week-ends in that city, which in turn comes to be part of the teaching program of the Catalan Society of Psychiatry.

1989 brings two institutional novelties: on the national level APAG (Association of Analytic Group Psychotherapy) is founded and on the international level the latter one adheres to EGATIN, the European Group Analytic Training Institutions Network. In 1995 APAG adheres to FEAP (Spanish Federation Associations of Psychotherapists), which in turn inserts itself in the corresponding European federation.

Why do I bring these reflections? Firstly, because I think that the twenty-fifth anniversary of this professional association is a good moment for reflections which could serve as a base for future projects. Secondly, because I believe that everyone should make him or herself an idea of the shared history in view of becoming conscious of the place and time which has fallen to their lot to live in this trajectory, and which has been his or her function. I also bring these reflections to call attention to the problems of our human social world which is not essentially different but more complex than the world of group psychotherapy, and if we —who are

interested in groups and who have accumulated so much knowledge this last century— don't investigate seriously these problems, then I don't know who possibly could approach this task. We need in the teaching and caring institutions continuous and regular spaces for articulating in an efficient manner the disciplines and professions, and to assure a feedback between ideas and practice. To create and sustain these spaces has been the objective of my own clinical work of investigation, teaching and of my publications these last twenty years. Structured groups or unstructured, institutionalization or no-institutionalization are not mutually exclusive dichotomies or alternatives. It is more a questions of divisions which need to find once and again new articulations if we want to avoid the annihilation or annulations of human beings for one or another reason. We need to generate an immovable will to reintegrate what language inevitably joins in units which are uprooted from the human being and the human groups who sustain and uphold them. It's clear that this paper does not fit easily in the market economy of today. Looking for some recognized endorsement for what with a lot of difficulty I am trying to present, I refer you, between others, to Pierre Bourdieu who in a conference-debate on "The social uses of science" meditates on a clinical sociology of the scientific field, something directly related to what just said. This little publication brings together fertile thoughts on the harmful split between teacher and investigator and on what to do with the enormous quantity of knowledge accumulated be different sciences, especially all the social ones. These are some of the important problems which we discuss nowhere. "Everyone —says Bourdieu— arranges himself in his intimacy. Everyone resolves it in his way, a little ashamed, not always honest nor always rational... If only, he says, there were structures for collective deliberation, able to overcome the divisions between theorists, practitioners, fundamentalists, men, women and what have you, persons who would enunciate the important and urgent questions; this certainly would be a good thing for science as well as society." I shall leave it here with these words of Bourdieu in trying not to tire you with more testimonies of my good sense.

It goes without saying that I join these celebrations of the experience Bilbao and the homage to José Guimón and the colleagues who with admirable tenacity have made possible the construction of these training programs in group psychotherapy and group work. I encourage them to look into the future starting from an exhaustive analysis of the distance already traveled.

"Bilbao 1974-99: la grupalidad humana a debate"							
1974-1978	1979-1981	1982	1983-1987	1988	1989-1990	1991-1995	1996-1999
Experiencia y formación en grupo de la 1ª generación. Drs. Yllá y González, analistas de Peña Retama, Madrid, el Dr. O'Donnell, psicodramatista, y profesores visitantes.	Covisión grupogestada para crear una comunidad g. de enseñanza aprendizaje total: 1) Operación Lectura 2) De lector a escritor 3) Desde el autor a la autoría.	4 Seminarios Secuenciales de fin de semana de 3 días; reporteros de la experiencia redactan las 4 Crónicas Internas	1983: Se considera reiniciada la Formación de Psicoterapeutas Grupales interrumpido en 1979  1983: Curso Introd. selectivo para la formación.	<b>Curso General de Trabajo Grupal</b> (4 fines de semana) Barcelona Director: José Guimón, Catedrático de Psiquiatría de la UPV Profesorado de Bilbao, Barcelona y Londres.	Programa Master de Post-grado en <b>Psicoterapia de Grupo</b> (Bilbao y Barcelona) <b>1er nivel: Curso Introductorio al TG</b> <b>2º nivel: Diploma en TG</b> <b>3er nivel: Psicoterapeuta Grupal (2 años)</b> 1990: Profs. Bilbao y Barna.	<b>Experto en Trabajo Grupal</b> (1 año) y <b>Master en Psicoterapia Analítica Grupal</b> (2 años) (Bilbao y Barcelona)  Director: Jose Mª Ayerra, Director Uribe Costa (Bilbao)	Programas <b>Master y Experto</b> se imparten en Bilbao, Barcelona, La Laguna y Ginebra.  El profesorado figura con nombres propios.
1978: Alumnos se analizan en grupos de pacientes con los Drs. Guimón o Yllá.	1980: Primer Workshop Residencial Intensivo de Group Analysis Castelfelers (Barcelona)	Curso Introductorio al Trabajo Grupal  Los alumnos del Curso se integran en los 4 Seminarios Secuenciales	1984: Se requiere además entrevistas de selección. 1986: Se admiten profesionales de la enseñanza, de los SS, etc.				1996: <b>Filosofía y Ciencias de la Educación Deusto</b>
1978: Covisión grupogestada por el Dr. Campos, grupoanalista de Barcelona Ideología: Dar títulos es cuestión de la Universidad. Dar garantía profesional es cuestión de los Colegios Profesionales. Para la formación continuada y el progreso teórico y práctico de nuestras ciencias son necesarias asociaciones doctas — <i>learned societies</i> — que permitan la libre discusión interdisciplinar, intergrupala e inter-institucional	1981: Segundo Workshop Residencial Intensivo de Group Analysis Cestona (Guip.)		Títulos: Diploma en Trabajo Grupal Y Psicoterapia Grupal  Dic. 1985: <b>Instituto de Grupoanálisis Sección IGA de OMIE</b> Oct. 1986: <b>Instituto de Salud Mental Sección ISM de OMIE</b> <b>Sección de Psicoterapia Analítica SPA del ISM</b> <b>Densto Ciclo 3º /Postgrado Fil. y CCEE</b>	<b>CITRAN</b> (Hospital Sant Pau Barcelona) Certifica <b>OMIE</b> Progr. Docente Soc. Catalana de Psiquiatría.		1995: <b>FEAP</b>	
		<b>Psiquiatría de la UPV</b> <b>Institute of Group Analysis IGA (London)</b> Colaboran: Basurto, y Uribe Costa Patrocina: Sanidad del PV					
	Octubre 1979, se funda <b>OMIE</b> (Fundación Vasca para la Investigación y Docencia en la Salud Mental)						
Relación con: Medicina UAB, y Basurto Apertura del Instituto de Psicoterapia de Bilbao							
1975: Muere Franco	1981: Reforma Psiquiátrica País V	1982: Primer Gobierno Socialista				1995: Gobierno del Partido Pop.	