



Group Relations Australia Inc
PO Box 92
Kangaroo Ground Vic 3097
Australia

A PROFESSIONAL DEVELOPMENT OPPORTUNITY

'Exploring sociogenic defences
and their potential transformation through art.*

A Viewing Group

facilitated by Anne Jeffs and Allan Shafer

~

The Swimming Lesson by Mary Oliver

Feeling the icy kick, the endless waves
Reaching around my life, I moved my arms
And coughed, and in the end saw land.

Somebody, I suppose,
Remembering the medieval maxim,
Had tossed me in,
Had wanted me to learn to swim,

Not knowing that none of us, who ever came back
From that long lonely fall and frenzied rising,
Ever learned anything at all
About swimming, but only
How to put off, one by one,
Dreams and pity, love and grace, --
How to survive in any place.

~

***Sociogenic autistic encapsulation—a defence against annihilation anxiety that has been awakened by an extremely traumatic social environment and through which a person attempts to seal him or herself off from the sensations, affects, and representations associated with it (paraphrase of Francis Tustin).**

~

This viewing group will meet on five occasions with the same membership to watch together two purposively selected cinematic films, to explore the theme of sociogenic defences as manifested within and by the characters and the societal and organisational systems that produce them, and well as within us as the viewing audience.

During and after each viewing, which will be paced over the course of the meetings, the group members will be invited to share their responses, associations, identifications and reveries.

In a space that is neither expressly theoretical nor directly experiential, the facilitators will support the participants to play with their own experiences of 'projector and projected' as a pathway to deeper insight, imagination and creativity in considering individual, group and institutional experience and behaviour. No interpretation of personal material will be undertaken. All references will be to what is evoked by the films, and as they may pertain to broader unconscious group and social processes and themes. The methodology will be informed by Gordan Lawrence's 'Social dreaming as a form of thinking' (2003).

Throughout the program, related conceptual material will be offered and suggested as the facilitators and participants seek the wider relevance of thoughts, feelings, memories and associations which have been brought forward. This will include consideration of the role of the 'Arts' as an indirect conduit to unconscious connections, insight and creativity.

There will be a maximum of 15 participants.

The cost is \$350 per person (GRA member) or \$400 (non-GRA member) payable in advance. Some concession (on request) may be available to assist participation.

Priority will be given to GRA members in good standing who apply by **5th April 2019**. Three spaces will be reserved specifically for professionals currently employed as direct service workers in the human service field (welfare; health; education).

The program spans 15 ½ hours. Session dates and times are:

Saturday 4th May	1.00 - 5.00pm
Thursday 9th May	7.00 - 9.30pm
Thursday 16th May	7.00 - 9.30pm
Thursday 23rd May	7.00 - 9.30pm
Saturday 1st June	1.00 - 5.00pm

You are discouraged from enrolling if you will need to miss more than one session.

All sessions will be conducted at the rooms of the Victorian Association of Psychoanalytic Psychotherapists (VAPP), 18 Erin Street, Richmond.

Expressions of interest, further details, payment arrangements and application forms are available from annejeffs@hotmail.com or allanshafer@me.com .

Facilitators:

Anne Jeffs BA(Ed); Grad Dip Prof Writing; MAASW; VAPP; PCPPAA; Assoc. GRA; IARPP is a Clinical Social Worker and Psychoanalytic Psychotherapist working as a therapist in private practice in Northcote, Melbourne. In addition, she provides individual and group clinical supervision, and facilitates reflective practice to a broad range of professionals working within the public health and welfare sectors. She has extensive experience working clinically in a hospital network, including as Project Leader in a process instigating a culture of reflective practice amongst clinical staff. Anne has a longstanding passion for the creative arts, especially fiction and film, and often draws upon these to provide a safe and creative space for reflection, association and working through.

Allan Shafer MA (Clinical Psychology) D Litt et Phil, Clinical Psychologist, is a psychoanalytic psychotherapist and clinical supervisor in private practice in Melbourne, a socioanalytic consultant and an international group relations consultant. He has held leadership roles in group relations and psychoanalytic organisations. He has published articles and chapters in socioanalytic and psychoanalytic journals and books and he edited the Special Issue on "Seeking Asylum" of GRA's international journal *Socioanalysis* which grew from his interest in the impact of social-political systems on the mind of the individual and his concerns for socially just systems. Allan has directed or consulted on the staff of Tavistock-style group relations conferences in Australia, the UK, India, China, Israel, and Poland. He co-directed the 2018 Inaugural Taiwanese group relations conference and is associate director of the Tavistock Institute's 2019 'Leicester Conference'.