

Curriculum Overview

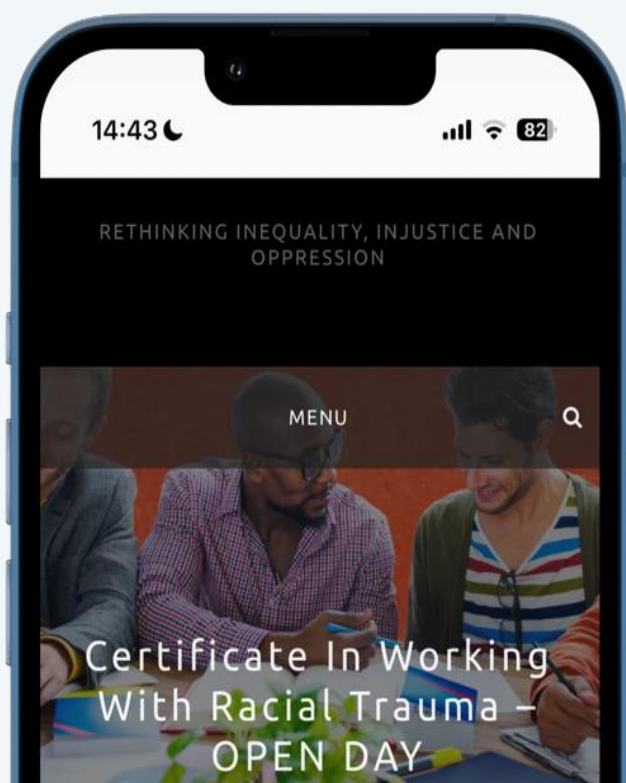
The programme combines theoretical seminars, conceptual foundations, decolonising approaches, and applied practice through problem-based learning (PBL). It runs from January to December, with monthly seminars and periodic group learning activities (see below).

TRAUMA TRAINING/SEMINARS: Feb-April 2026

The course will start with a theoretical and practical training on racial trauma. However, mandatory preparatory reading and learning will be taken before joining the course via Race Reflections' online portal which will help with these self-guided studies. Access will be arranged once a place is accepted.

The racial trauma training/seminars will cover;

- Racialisation and mental health
- Case conceptualisations and formulations of racial trauma
- Mechanisms of group and intergenerational transmission
- Matters of assessment and evaluation
- Basic clinical interventions
- Self-reflection as related to racial transference and countertransference



Overview

May 2026

Focus: Group analysis and racialised phenomena: unique intersections and challenges.

**Introduction
to Group
Analytic
Thinking &
Practice
Seminar 1**

The relevance of Group Analysis to racialised phenomena remains largely unexplored. Why may this intersection matter? What is unique about Group Analysis which may be relevant and helpful to understanding and working with racial trauma and racialised violence? This seminar aims to present challenges and opportunities to using a group analytic approach to social, cultural and historical material including matters naturally related to race and racial wounds.

June 2026

Focus: Forming and conducting groups with justice in mind.

**Introduction
to Group
Analytic
Thinking &
Practice
Seminar 2**

The ability to conduct effective groups in the real world is central group analytic practice. This requires significant reflection and preparation well before the group is formed. From member and setting selection all the way to communication about the group with peers and colleagues, these tasks (which we will later understand as dynamic administration) have the potential to reproduce race inequality and racial trauma, if they are not carried out with justice and liberation in mind. This seminar will consider ways group formation may disrupt exclusion and marginalisation..

July 2026

Focus: Group functioning and group-specific factors from a racialised perspective.

**Introduction
to Group
Analytic
Thinking &
Practice
Seminar 3**

Group functioning and group specific factors. In order to understand the unique potential and opportunities that groups provided, it is necessary to explore the unique processes they engender. In this session we will firstly review these factors. In the second part we will interrogate them from a racialised perspective. Implications for understanding racial trauma and for liberatory/decolonial therapeutic practice.



Overview

August 2026

**Introduction
to Group
Analytic
Thinking &
Practice
Seminar 4**

Focus: An examination of the dynamics of difference and othering in groups, with a psychoanalytic lens.

There is a long legacy of using psychoanalytic ideas to understand race, racialisation and processes of othering which contribute to racial injustice, marginalisation and thus psychic injuries. In this seminar we will look at those defences and processes which are most relevant to understanding group functioning including defences of projection, introjection, splitting and (co/counter) transference using applying the thinking of key analytic scholars to racial happenings in groups.

September 2026

**Conceptual
Foundation
Seminar 1**

Focus: Putting Fanon and Foulkes in conversation to explore points of convergence and divergence.

Foulkes and Fanon are two of the key thinkers for the foundation course. Whilst the psychoanalytic and critical foundation of Fanon's thinking is without question, his group analytic praxis has received much less attention. Similarly, whilst Foulkes is credited for creating Group Analysis which he extensively based on psychoanalysis, he is much less recognised for his critical thought. Here we put the thinkers in conversation. We explore points of convergence and divergence as well as the implications of their radical theorisations for our understanding of racialised violence and associated vulnerabilities. We also ask what other contemporary thinkers outside of Group Analysis must contribute to these thinkers overlapping line of thinking; in particular, we consider black feminist thought's concept of intersectionality for its group analytic relevance.



Overview

October 2026

**Conceptual
Foundation
Seminar 2**

Focus: Using the group analytic matrix to formulate racial trauma, exploring resonance, repetition, and mirroring across time and space.

The group matrix is a core tenet of Group Analysis. Foulkes defined it as the intersubjective field within which the group operates, a 'field effect' which is primarily unconscious and, which interconnects all people in a network, in which they 'meet, communicate and interact'. (Foulkes and Anthony, 2003, p 26) highlighting the transformational and transpersonal dimensions of groups. This seminar aims to critically examine how the concept of the matrix may illuminate repetitive, mirroring and resonance phenomena across time and space and how as a conceptual tool, it therefore offers great scope to help us formulate and disrupt the repetition of racialised harm.

November 2026

**Conceptual
Foundation
Seminar 3**

Focus: Dynamic administration — maintaining group boundaries, structure, and how this links to racial trauma and group defenses.

Directly related to the analytic matrix and uniting matters of group structure and group contents is the issue of 'dynamic administration' or the management of the group architectural boundaries and physical organisation. The concept of dynamic administration is attributed to Foulkes and refers to the activities the group conductor undertakes to ensure the stability of the group by supplying; creating and maintaining the group setting (Pine, Behr and Hearst; 1983). Dynamic administration is an important exercise in group analysis which cannot be viewed in isolation from other group dimensions. In this seminar the centrality of this task and issues of communication, reverberations, patterns, 'announcements' are explored, links to group defences will be made. Once more, implications for understanding racial trauma and for liberatory/decolonial therapeutic practice.



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December 2026

**Conceptual
Foundation
Seminar 4**

Focus: The location of disturbance in group analysis — how disavowed group material is projected onto designated individuals.

The concept location of disturbance is used to describe and understand symptomatic behaviour exhibited by an individual, which is a representation of a wider, unconscious group dynamic. Foulkes and Anthony (1965) wrote about the group's defensive mechanisms operating "to preserve its ignorance of its own wishes which are then projected onto an individual scapegoat." (p. 243). How group analysis conceptualises dysfunction or pathology within a network of connected nodes or individuals, or matrix carries far reaching implications for how we are to formulate 'mental illness', dysfunction', traumatisation thus racialised wounds. In this seminar we will concentrate on the relationship between disturbance, the disavowed at group or collective level and racial trauma. As always implications for liberatory and decolonial therapeutic practice will be considered.

January 2027

**Decolonising
Seminar 1**

Focus: Decolonising group analysis: challenging colonial hegemony in trauma formations.

Whose trauma is it? So far, our formulation of trauma has largely focused on the black/brown object as the site of distress and the carrier of racial trauma, trauma arising from experiences had in the 'here and now' and certainly experienced directly. This seminar will first invite students to consider the colonial hegemony and presuppositions contained within these separatist orientations and examine the case for more radical ways of thinking about disturbance, thus shifting 'the analytic gaze'. We will then rethink subject/object and past/present temporal boundaries and finally revisit intergenerational and transgenerational trauma as formulated within group analysis and adjacent disciplines. Implications for understanding racial trauma and for liberatory/decolonial practice will again follow.



Overview

February 2027

**Decolonising
Seminar 2**

Focus: Introduction to Afro-analytics (Kinouani, 2024) examining Africanness, indigeneity, Black consciousness as alternatives to Eurocentric Group Analysis.

In this seminar we continue to think about intergenerational and transgenerational transmission. While there has been a growing impetus within the discipline of Group Analysis to decolonise the field, there has been little engagement with 'alternative' modes of thinking about group phenomena which are anchored in the global south and in subjugated worldviews. Here we propose that black consciousness provides a radical alternative frame to white modernist assumptions to encapsulate both group phenomena and racialised experiences. Implications for understanding racial trauma and implications for liberatory/decolonial therapeutic practice will be considered.

March 2027

**Decolonising
Seminar 3**

Focus: Witnessing and storytelling as ancestral mechanisms of communication; exploring the roles of the West African Griot and Central African Nzonzi in transmitting memory and resisting erasure in line with Afro-analytics.

Witnessing and storytelling and central processes in Afro-analytics which views trauma and suffering as (a)temporal and (a)spatial bodily archives. Going slightly more deeply into African onto-epistemology and cosmology thus, we think here about issues of memory and transmission of suffering across time, space boundaries not as incidental, accidental nor pathological but as ancestral mechanisms of communication. We consider two specific 'archetypical' frames or community roles to support this reframing; that of the Western African Griot and the Central African Nzonzi. Roles fulfilled by individuals designated to be memory bearers and who constitute links between the living and the dead, tasked with passing on community knowledge, heritage across generations, and with ensuring the transmission of what is at risk of erasure, disappearance. Those two formulations are compared and their implications for understanding trauma transmission, racial trauma and for liberatory/decolonial therapeutic practice are considered.



Overview

April 2027

**Decolonising
Seminar 4**

Focus: Integrating micro, meso, and macro phenomena using the tripartite matrix, contrasting this approach with Fanonian analysis.

To interrogate how wounding socio-political happenings occurring in our macro context (in group analytic term the 'foundation matrix') intersect with our 'personal' history (what we refer to as our 'personal matrix'). What she refers to as 'the intersection of trauma' (Kinouani, 2021) and how this in turn affects our interactions in groups (what we call the 'dynamic' matrix) and indeed the roles, functions and scripts we tend to play outside of the group. Such use of the tripartite matrix allows us to add complexity, multiplicity, and at times fragmentality to the totality of human experiences while not discarding traditional and individualised formulations of distress or personality formation. In this seminar we will explore the model, contrast it to a Fanonian approach and consider its radical underpinnings.

May 2027

**Concluding
Seminar:
Resistance**

Focus: Resistance, justice, and liberation — personal accountability, community healing, and collective care in disrupting racial trauma and injustice.

In the final seminar we will concentrate on matters of resistance, justice and liberation. As agents of change, each student is implicated in racialised violence, injustice and trauma and none of us can place the impetus for change and healing outside of ourselves. In this session we will consider questions of personal accountability, community healing and collective care when it comes to buffering race-related suffering and disrupting repetitive patterns of harm. We consider ways we may support anti-racism organising and solidarity/coalition building with allied causes in people who may seek support for race-based suffering.



Additional Programme Components



Guilaine Kinouani

Founder and convenor

Large Group on Whiteness and Psychotherapy

Format: A monthly unstructured large group to explore and reflect on whiteness at work.

Small Experiential/Reflective Group

Format: A monthly small closed group designed to reflect on one's own processes and on the group dynamics as they emerge.

Problem-Based Learning (PBL) Sessions

Format: 4 quarterly sessions, normally in person, in Milton Keynes. Students present anonymised race-related workplace case studies, applying group analytic theory, followed by peer feedback and discussion.

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I am proud and excited to be delivering such an innovative and meaningful analytic course, which I know can make a real difference within our clinics, communities and institutions. It is necessarily a learning journey for all involved, myself included and thus I welcome all those committed to resisting and healing from racialised violence, who are not afraid to challenge and be challenged, to come and grow with us.

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