

EGATIN – EUROPEAN GROUP ANALYTIC TRAINING INSTITUTIONS NETWORK

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Riječi dobrodošlice dočekaju svakoga tko otvori ove godine novouređenu internetsku stranicu EGATIN-a, Europske mreže grupnoanalitičkih trening-institucija ili na engleskome jeziku, koji je prema statutu njezin službeni jezik, *European Group Analytic Training Institutions Network* (1).

EGATIN svojim statutom određuje da je to savez organizacija koje nude program edukacije iz grupne analize koji se sastoji od osobne terapije, teorije i supervizije. Statut EGATIN-a određuje da EGATIN postoji kako bi promovirao neprofitne znanstvene, edukacijske i kulturne aktivnosti grupne analize unutar njezinih teorijskih i stručnih paradigmi. Naglasimo i važan aspekt tih aktivnosti, a to je da one nemaju nikakve izravne ili neizravne poveznice s vladom, državom, političkim strankama ili nekim drugim političkim tijelima.

U hrvatskom psihoterapijskom krugu smatram na neki (ili svaki) način važnom i zanimljivu činjenicu da se prvi put rasprava o ideji umrežavanja

Words of welcome greet anyone who opens this year's newly edited website for EGATIN, the European Network of Group Analytical Training Institutions or, in English, which is its official language according to the statute, the European Group Analytic Training Institutions Network (1).

EGATIN stipulates in its statute that it is an association of organizations that offer a program of education in group analysis, which consists of personal therapies, theoretical education, and supervision. The EGATIN Statute stipulates that EGATIN exists to promote the non-profit scientific, educational, and cultural activities of group analysis within its theoretical and professional paradigms. Let us also emphasize an important aspect of these activities, which is that there is no direct or indirect connection with the government, the state, political parties or any other political bodies.

In the Croatian psychotherapeutic community, I think that in some (or every) way the crucial fact is that the discussion on the idea of the networking of Europe-

europskih grupnoanalitičkih instituta provela 1984. godine u Zagrebu, tijekom sastanka europskih kolega čiji je interes bio grupna analiza.

Nakon dvogodišnje aktivne korespondencije među europskim institutima drugi se sastanak njihovih predstavnika održao u rujnu 1986. godine za vrijeme 9. Međunarodnog kongresa o grupnoj terapiji zahvaljujući „srdačnim dogovoru (našeg) profesora Klaina“, kako ga je opisala autorica Zoe Voyatzaki u osvrtu na povijest EGATIN-a (*On the History of EGATIN*),⁽¹⁾

Budući da i ovaj lako pamtljivi i zvučan akronim EGATIN ima asocijativnu logiku i filozofiju njezina tvorca, grčkoga grupnog analitičara Yannisa Tsegosa koji je „tražeći dobro kombinaciju slova povezanih s edukacijom, grupnom analizom, mrežom itd., pomislio na Engadin, europski grad koji je blisko povezan s Nietzscheom i europskom filozofijom, pa mu je baš ta pomisao pomogla da se odluči za taj akronim“⁽¹⁾, posvetimo nekoliko redaka filozofiji nastanka EGATIN-a. Grupna analiza u nekom formalnom smislu započela je u Engleskoj. Njezin je začetnik S. H. Foulkes 1975. godine u jednom svojem uvodniku ⁽²⁾ napisao da je ultimativni cilj grupnih analitičara povezivanje u međunarodnoj asocijaciji. Tako se na popisu onih koji formaliziraju to povezivanje među trinaest institucija čla-

an group analytical institutes took place in 1984 in Zagreb during a meeting of European colleagues whose interest was group analysis.

After two years of active correspondence among European institutes, the second meeting of their representatives was held in September 1986 during the 9th International Congress on Group Therapy thanks to “the cordial agreement of (our) Professor Klain”, as described by Zoe Voyatzaki in a review of history of EGATIN ⁽¹⁾.

Because this easy-to-remember and sonorous acronym, EGATIN, also has a link with the associative logic and philosophy of its creator, the Greek group analyst Yannis Tsegos, who “looking for a good combination of letters related to education, group analysis, network, etc., thought of Engadine, a European city closely associated with Nietzsche and European philosophy, and it was this very thought that helped him decide on this acronym”⁽¹⁾, let us dedicate a few lines of this text to the philosophy of the origin of EGATIN.

Group analysis began in some formal sense in England. In 1975 its founder, S.H. Foulkes, wrote in one of his editorials ⁽²⁾ that the ultimate goal of group analysts is to connect in an international association. Thus, the Training Committee of the Center for Mental Health Zagreb is on the list of those who formalize this connection among the thirteen founding member institutions.



nova osnivača našao i Trening-komitet Centra za mentalno zdravlje Zagreb.

Autorica Ljiljana Moro u izvještaju sa sastanka delegata, pod naslovom „Drugi sastanak EGATIN-a, Zagreb, 19-20.3.1988.“ objavljenom u ovom časopisu, koji drugi put nakon više godina ponovo daje prostora ovoj temi, kaže da „Zagreb ima posebnu ulogu u osnivanju EGATIN-a“ pa nastavlja: „... smatram da možemo biti ponosni da je i naša zemlja predstavljena s tri organizacije u ovom udruženju (Jugoslavija u to vrijeme nap. a.). Vodeći je od tih triju organizacija Centar za mentalno zdravlje, koji je tako ušao u prvu skupinu članica, a to su one koje organiziraju stalne edukacije iz grupne analize.“ (3).

Tijekom godina koje slijede članovi Instituta za grupnu analizu Zagreb ostaju angažirani na različite načine. Pa su tako počasnim članovima EGATIN-a postali Eduard Klain i Ljiljana Moro koja je bila i članica uprave EGATIN-a nekoliko godina. Kao istaknutog člana neizostavno moramo spomenuti i Ivana Urlića koji je bio član uprave EGATIN-a kao i njezin predsjedatelj. Dugogodišnji delegat Instituta za grupnu analizu Zagreb bila je Gorana Tocilj. Više od posljednjih deset godina čast mi je kao delegat predstavljati naš institut u međunarodnoj zajednici. Ovom prilikom i javno zahvaljujem njezinoj upravi na postojanom povjerenju.

The author Ljiljana Moro, in the report from the meeting of delegates entitled “Second meeting of EGATIN, Zagreb, March 19-20, 1988”, published in the same magazine, which for the second time in many years addresses this topic again, said that “Zagreb has a special role in the founding of EGATIN”, and continues: “I think we can be proud that our country is represented by three organizations in this association [Yugoslavia at the time]. The leading of these three organizations is the Center for Mental Health, which thus entered the first group of members, and they are those who organize continuous education in group analysis.” (3).

Over the years that followed, members of the Institute for Group Analysis Zagreb remain engaged in a variety of ways. Eduard Klain and Ljiljana Mora, who was also a member of the EGATIN board for several years, became honorary members of EGATIN. As a prominent member, we cannot fail to mention Ivan Urlić, who was a member of the EGATIN Management Board as well as its chairman. Gorana Tocilj was a long-term delegate of the Institute for Group Analysis Zagreb. For more than the last ten years, I have been honored to be a delegate representing our institute in the international community. I would also like to take this opportunity to publicly thank its management for their continued trust.

It is a tradition of EGATIN to hold study days in another European city every year. IGA Zagreb hosted study days twice. The first time was in Split in 2004 under the

U tradiciji je EGATIN-a da se svake godine u drugom europskom gradu održavaju studijski dani. IGA Zagreb dva puta je bio domaćin studijskim danima. Prvi put u Splitu 2004. godine pod nazivom „Supervision in training and in professional life“.

Drugi put u Zagrebu 2017. godine pod nazivom „Vison-Super-Vision“.

EGATIN potiče visoke standarde u programima edukacije iz grupne analize. Takav poticaj ponajprije dolazi putem rasprava o stručnim aspektima i dijeljenjem različitih iskustava u provođenju treninga koje članice EGATINA-a imaju, a čiji je današnji broj 52 iz dvadesetak europskih zemalja. Takvi se razgovori u formalnom smislu provode na „Sensitivity meetings“ delegata uz istodobno potpuno respektiranje karaktera, integriteta i unutarnjih pitanja svakog instituta. Uporni, dugogodišnji i, usudujem se reći filigranski rad, doveo je do strukturiranja standarda edukacije koje svi instituti koju su članovi EGATIN-a moraju poštovati u realizaciji edukacijskih programa koje provode. Jedino realizacija takvih standarda u edukaciji omogućuje primanje pojedinih instituta u članstvo EGATIN-a. Tim se standardima određuje podliježuća filozofija i bazične pretpostavke grupno-analitičkog treninga, bazični teorijski koncepti, vještine koje edukanti moraju savladati kao i struktura treninga.

name “Supervision in training and in professional life“.

The second time was in Zagreb in 2017 under the name “Vison-Super-Vision“.

EGATIN encourages high standards in education programs from group analysis. Such encouragement comes primarily through discussions on professional aspects and sharing different experiences in conducting trainings that EGATIN members have, and whose current number is 52, stemming from about twenty European countries. Such talks take place in a formal sense at the so-called “Sensitivity meetings” of delegates, while fully respecting the character, integrity and internal issues of each institute.

Persistent, long-term and, I dare say filigree work, has led to the structuring of educational standards so that all institutes that are members of EGATIN must respect the implementation of educational programs they conduct. Only the achievement of such standards in education enables the admission of certain institutes to the membership of EGATIN. These standards determine the underlying philosophy and basic assumptions of group analytical training, basic theoretical concepts, skills that educators must master, as well as the structure of the training.

Delegates' meetings take place each year in a different European city during the aforementioned study days. The host is



Sastanci delegata svake se godine održavaju u drugom europskom gradu za vrijeme već spomenutih studijskih dana. Domaćin je stoga svaki put neki drugi europski institut pa to daje priliku članovima uprave EGATIN-a i delegatima da se približe upoznaju sa „životom“ pojedinih instituta, da upoznaju njihove članove i da se susretnu s njihovim edukantima kako bi se senzibilizirali za njihove sveukupne doživljaje tijekom edukacije iz grupne analize. Studijski dani daju puno mogućnosti za susrete i zajednički rad edukantima iz različitih instituta pa članovi uprave EGATIN-a neizostavno u program svih studijskih dana uvrštavaju diskusijske grupe u koje su pozvani predstavnici grupa edukanata iz svih instituta članica. Često uz ručak. A u današnje vrijeme, zbog epidemije bolesti COVID-19, putem *zooma*. Bez ručka.

Pandemija bolesti COVID-19 sasvim je promijenila mizanscenu našeg rada. Pa je tako i stalni džentlmenski pratitelj našeg rada EGATIN aktivan na drugačiji način. Scenu je za delegate njezinih članica osmislio *zoom*. Velike promjene izazvane epidemijom uvele su novu dinamiku pa se tako sastanci delegata koji su se, kao što sam već spomenu- la, održavali jednom godišnje, unazad šest mjeseci održavaju uglavnom svaka dva mjeseca. Povod je češćem sazivanju sastanaka razmjena iskustava koje različiti europski instituti imaju u

therefore always another European institute, which gives EGATIN board members and delegates the opportunity to learn more about the “life” of individual institutes, to meet their members, and to meet with their educators in order to sensitize them to their overall experiences in education in group analysis.

Study days provide many opportunities for meetings and joint work of educators from different institutes, so members of the EGATIN board inevitably include discussion groups in the program of all study days, to which representatives of groups of educators from all member institutes are invited. Often with lunch. And in today’s “crown” time over Zoom. No lunch.

Covid-19 has completely changed the *mise-en-scène* of our work. Therefore, the constant gentleman companion of our work, EGATIN, is active in a different way. The stage was designed by Zoom for the delegates of its members. The great changes caused by the epidemic have introduced a new dynamic, in which the meetings of the delegates that, as I mentioned earlier, took place once a year, have mostly been held every two months for the past six months.

The reason for convening meetings more often is the change in experience that different European institutes have had in the application of online group analytical work with patients and educators. The institutes of all member states have accepted the implementation on-

primjeni *online* grupnoanaličkog rada s pacijentima i edukantima. Instituti svih zemalja članica prihvatili su *online* provedbu. Svi su se delegati složili se taj prijelaz iz rada uživo na *online* rad može okarakterizirati kao „doživljaj kao da smo prvi put zajedno“.

Pitanja postavljanja granica novog *settinga* okupirala su veći dio vremena tijekom sastanaka. Česta iskustva o kojima izvješćuju delegati su da *online* način rada oduzima znatno više energije nego rad uživo i da su nakon rada umorni na neki drugačiji način. Težinu u radu izazivaju nemogućnost kontrole ili uvida u sve elemente *settinga* kao što su to očuvanje privatnosti razgovora tijekom *online* seansi, pogodnost strukture osobnosti, razlika u „samo“ nastavku terapije *online* i početku terapijskog procesa. Intenzivan je novi doživljaj svakako i uvid u privatni prostor pacijenata i terapeuta koje *online* aplikacije omogućuju. Isto tako, novi je doživljaj, bolje rečeno podražaj, a posljedično i reakcija, stalan pogled na vlastito lice koje u uobičajenom radu uživo terapeut ne može imati. Novi su elementi i obrambena ponašanja članova grupe koji za vrijeme seansi jedu, piju, „dolaze“ u pidžama, šalju SMS poruke. *Online* izvedba omogućuje da samo par ili dio grupe komunicira tako da se to ne vidi u cijeloj grupi.

Što se edukacijskih programa tiče, s prilično je velikim strahom i zadržskom

line therapy. All delegates agreed that this transition from live work to online work could be discussed “as if we were experiencing it together for the first time”.

Issues of setting the boundaries of the new “setting” occupied most of the time during the meetings. Frequent experiences reported by delegates are that online work takes a lot more energy than face-to-face work and that they are tired in a different way after work. The difficulty of the work is caused by the impossibility of control or insight into all elements of the “setting”, such as preserving the privacy of conversations during online sessions, the suitability of personality structure, the difference in “only” continuing online therapy, and beginning the therapeutic process.

Online sessions are an intense new experience for everyone and provide an insight into the private space of patients and therapists. Likewise, it is a new experience, or rather a stimulus with a consequent reaction, to constantly look at one’s own face, a therapist cannot experience in normal face-to-face work. New elements are the defensive behaviors of group members who eat, drink, “come” in pajamas, and send SMS messages during the sessions. Online sessions allows only a few members or part of the group to communicate in a way that is not seen by the whole group.

As far as educational programs are concerned, it was with great fear and re-



otvorena mogućnost da zbog „Covid-realiteta“ oni započnu i završe a da do izravnog kontakta među članovima grupe i voditelja nikad ne dođe. Kakvih su razmjera učinci takva *settinga* na intimizaciju, ostaje predmetom dubljih stručnih i znanstvenih studija.

Zasad je samo u razmatranju ideja da se nadograde standardi EGATIN-a u smjeru potpunog odobravanja *online* provođenja edukacijskog procesa. U ovom, svi se nadamo samo privremenom stanju, odobrava se *online* održavanje treninga jer statut predviđa adaptaciju u nekim posebnim okolnostima (kao što je sadašnja epidemija). Može se reći da je trenutačni rakurs gledanja taj da EGATIN podupire fleksibilnost u traženju rješenja provedbe edukacijskih programa, ali da se zasigurno standardi neće mijenjati sve dok kriza zbog epidemije bolesti COVID-19 traje.

straint that we had to consider the possibility that, due to the “COVID reality” the programs would will start and end without direct contact between group members and leaders. The extent of the effects of such a “setting” on intimacy remains the subject of deeper professional and scientific studies.

For now, it has only resulted in the idea of upgrading EGATIN standards in the direction of full approval of the online implementation of the educational process. In this measure (we all hope only temporary) online training is approved because the statute provides for adaptation in some special circumstances (such as the current epidemic). It can be said that the current perspective is that EGATIN supports flexibility in finding solutions for the implementation of educational programs, but that the standard will certainly not change as long as the COVID-19 crisis lasts.

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