



English Summaries

Group Analysis

ESSAYS

KATALIN MISZLER, PETRONELLA NAGY: “The weight of the cloud”. A theoretical and practical overview of the concept of the social unconscious

In recent decades, the concept of the social unconscious has rapidly come to the fore within group-analytic thinking. The present study, following both theoretical and practical considerations, seeks to understand and bring closer to the reader the relevance of this idea. In the first part of the article, we define and describe the main characteristics of the concept. We explore how Foulkes conceptualized the role of the social milieu and culture within his tripartite matrix theory, and how contemporary group analysts have further shaped the understanding of the social unconscious. Mention is made of Earl Hopper’s concept of equivalence, Farhad Dalal’s insights into power relations, as well as the significance of deconstructive approaches. Finally, we present how Carla Penna draws a parallel between the concept of the social unconscious and the bastion phenomenon known from psychoanalysis.

Following this broader perspective, the second part of the theoretical section turns to a shared mental representation located within the social unconscious and preserved by communities — the concept of the chosen trauma. We touch upon the characteristics of traumatized societies, including the structure of Hungarian society. It is emphasized that the social unconscious plays a role in the transgenerational transmission of unresolved social traumas, which may later become a key organizing principle of collective identity. We hold that reflecting on these processes is an important responsibility — both as professionals and as citizens.

Finally, through practical case examples, we illustrate how the concept of the social unconscious can be applied to thinking about groups, to working with groups, and to reflecting on social processes. In closing, we shift perspective and, approaching from the viewpoint of individual well-being, summarize what we see as the therapeutic value of the concept of the social unconscious. The overview, we hope, may also contribute to the advancement of individual and collective healing processes.

Keywords: social unconscious, tripartite matrix, bastion, chosen trauma, Volkan's large-group

KLÁRA HORVÁTH – PIROSKA MILÁK – ESZTER PUSZTAI – TAMÁS DEBRECZENI:
When the toilet paper runs out: who is responsible? From the personal to the societal, and back. Large groups with diverse aims, roles, functions, and their conduct

Our study examines the function of the large group as a specific form of group analysis, its goals, which vary depending on context, and its role. The large group is both a psychological and social space, which can be understood in conjunction with its context. Participants can experience their own impact and responsibility in a large group and learn about community functioning. Due to the loosening of spatial and temporal experiences, fragmented communication, and intense emotional effects, participants' identities may be shaken, and they may experience alienation, anxiety, or even longing. Regressive processes can trigger aggression or scapegoating, but they also provide opportunities for shared learning and reflective work. The task of the leaders is to provide a framework and a safe space for the large group to reflect on itself, but understanding in a large group can only ever be fragmentary. In different contexts—therapeutic regimes, trainings, civil weekends, or international conferences—different functions come to the fore, so the large group both reflects and shapes its environment, contributing to the maturation, reflection, and accountability of communities and individuals. In our study, we would like to review what this group form is for: what its role, purpose, and tasks are, and how these change in large groups with different functions.

Keywords: purpose of large groups, function of large groups, experience in large groups, leadership of large groups, context of large groups

MÁRTA TAKÁCSY – LILLA NIKOLICS: Internalized misogyny

Our study seeks a group-analytic explanation for the phenomenon of misogyny, examining how this social unconscious-rooted phenomenon – emerging from patriarchal society and sexism – appears within women's relationships, therapeutic spaces, and social institutions. Misogyny is interpreted not merely as men's attitudes toward women but as a structural and internalized dynamic fueled by collective fantasies and transference processes. We approach misogyny through the lenses of the social unconscious and intersectionality theories, and analyze its manifestations using concrete examples drawn from psychotherapeutic and group-analytic practice. Particular attention is given to mechanisms of suppressing and discrediting the female voice, as well as to linguistic and institutional forms mediated by social norms that perpetuate anti-women hierarchies. In the paper, we also illustrate through practical examples the characteristics of transference relationships, the manifestation of misogyny in enactments, and their therapeutic interpretations, while highlighting professionals' social responsibility to identify and address both overt and covert forms of misogyny. We argue that by extending psychoanalytic and group-analytic thinking

to social phenomena and actively reflecting upon the systemic patterns sustaining misogyny, we can, over the long term, reshape and modify its imprints rooted in the social unconscious.

Keywords: misogyny, intersectionality, social unconscious, decolonization , female voice

PETER KAVETZKY: Do we dream our world? Dreams in the context of groups, society and social dreaming

Dreams are strange formations, on the couch they were the royal road to the discovery of the personal unconscious, in the circle the royal road to the self through the consciousness of the Other. In the first half of my study, I review the functions of dreams and dream interpretation in the group-analytic clinical situation. In some group analytic groups dreams are analyzed by an “expert” subgroup, in other groups the meaning of dreams does not matter, the conversation organized around dream interpretation takes the therapy forward. Among other things, this phenomenon connects it to the socioanalytic method of the social dreaming matrix presented in the second half of the study, in which participants do not strive for “deciphering”, the discovery of meanings is open-ended, never definitively fixed. Cultural anthropological fieldwork reveals the different treatments of dream interpretation across continents, from the North American indigenous people to the Australian tribes to the Polynesian archipelago: there are tribes that interpret the messages of dreams and there are people who are content with listening to dreams and perhaps talking about them. The group analytic group and the social dreaming matrix are two different functions of the foundation matrix.

Keywords: dream, dream interpretation, group analysis, social dreaming matrix

ZOLTÁN TERENYI: The Group Analysis in Hungary: The Matrix with Holes

The matrix is a dear concept of group analytic thinking, almost as strong an expression of this point of view as the flag is of national identity. What is the Hungarian matrix of group analysis like, how dynamic, how fundamental, how integrated, how alive is it? Can it achieve and demonstrate changes that transcend the Hungarian revolutionary tradition (the recurrent pattern of enthusiasm and failure, which almost inevitably leads to isolation in the ivory tower) and take a more organic and constructive form? Will it remain full of holes or will new generations turn it around, make use of it, fill the gaps with content? Among others these are the questions this study seeks to answer.

Keywords: matrix with holes, freedom, reflectivity, socialization, IGA Budapest

TÍMEA SÁRAY: Issues of personal group analytic self-experience

One of the fundamental requirements of group analytic training is gaining self-experience, which supports the deepening of self-awareness and development of professional identity. In my study, I review the characteristics of block and continuous

self-experience, their indications, and their integration into the training process. Special emphasis is placed on block self-experience, examined within the context of block training systems: its structural and dynamic features, the complexity of “being in the system”, and the multifaceted role of the therapist are explored. The study further addresses potential difficulties and crises that may arise for participants.

Keywords: block and continuous self-experience, group analytic training, training system, self-awareness, therapy, crisis

LILI VALKÓ: The world of the CSAKIT group analytic seminar

In this study, I present the functioning and approach of the group analytic seminars of CSAKIT Iskola (Institute of Group Analysis Budapest). To do this, I place them in historical context and outline the development of the association and the training programme, which is closely intertwined with the evolution of the seminars. I also describe in detail the active seminar working method and the situational practice, and provide insight into the work of the training regime that underpins this development, including the phases of alignment and differentiation.

Keywords: group analytic training, seminar, active seminar method, situational practice

ILDIKÓ LENA VINCZE-NÉMETH: Across the Styx and back: A personal reflection on my years as GASi Forum administrator (2020–2024)

This paper offers a personal reflection on my experience as administrator of the GASi Forum between 2020 and 2024. It describes the evolving dynamics, conflicts, and the breakdown of cohesion in an international online group of psychotherapists. The account examines how broader social and political tensions mirrored themselves in Forum interactions. Using group-analytic concepts—especially Hopper’s Fourth Basic Assumption of incohesion, the notion of ‘uncontainable dynamics’, and the idea of ‘finding home’—it explores the limits of containment in online settings. The aim is to foster dialogue about the conditions for meaningful professional exchange.

Keywords: group analysis, online forum, containment, uncontainable dynamics, “looking for home”, fragmentation, incohesion, Fourth Basic Assumption, GASi Forum