

CURRICULUM VITAE 2025

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CURRENT WORK

I am in private practice as a Lecturer, Psychotherapist & Supervisor
www.groupworks.info

Supervisor of a clinical practice supervision group, lecturer in case presentation, lecturer in group analytic theory & large group convenor, Masters (Universidad Autonoma de Barcelona) Dance Movement Therapy.

<https://masterdmt.uab.cat/> (Since 2003)

EAP Counsellor CiC www.cic-eap.co.uk

ACTIVE MEMBERSHIPS

Registered (no. 09160315) with the [United Kingdom Council for Psychotherapy](#)

Full Member GASi ([Group Analytic Society International](#))

- Former member GASi Management Committee;
- Former Editor *Group Analytic Contexts*, Newsletter of GASi. (2014 - 2021)
- Former Editor GASi website;
- Former member Editorial Board, Journal of Group Analysis;
- GASi Symposium, Belgrade 2023, Chair Bursary Committee

Since 2000, member of the [Barcelona Network of English Speaking Therapists](#)

PSYCHOTHERAPY TRAINING

University of London, Goldsmiths College. 1988-1991

Professional Diploma in Group Psychotherapy, UKCP registration in 1999

Honorary Attachment (Group and Individual Psychotherapy) The Psychotherapy Unit, St. Bartholomew's Hospital, Department of Psychological Medicine Sept 89-July 94

Supervisor (group): Dr. Vivienne Cohen (Group Analyst)

Supervisor (individual): Joan Reggiori (Jungian Analytical Psychologist)

EDUCATION & TRAINING

SCHOOL: King Edward VI School, Aston, Birmingham. 1972-1979

HIGHER EDUCATION: University of Sheffield. 1980-1983 BA (Hons) Political Theory and Institutions with minor in Existential Philosophy

TEACHER TRAINING

1. University of London, Institute of Education. 1986-1987 PGCE in Social Studies.

Specialism: Gender in Education *UK-DES number: RP86/51712*

2. *Trinity College Cert. TESOL*, Next Training, Barcelona (October 99)

COUNSELLING/PSYCHOTHERAPY EXPERIENCE

1991-1999 Group Psychotherapist, Assessment Counsellor & Lecturer in group theory. **WPF Counselling**. Supervisors: Derek Love and Kay Preston

Oct 98-July 99 Psychotherapist (waiting-list project) **Bexley and Greenwich Child and Adolescent Mental Health Services**

1993-1998 Group Psychotherapist. **Open Door, Hornsey Young People's Consultation Service**. 12 Middle Lane, Crouch End, London. N8 8PL Tel: 0208 348 6235

Supervisor: Group Analyst, Dr. Harold Behr

Team Supervisor: Psychoanalyst, Dr. Anthony Bateman

June 97-July 99 Employee Assistance Programme Counsellor, **Kent County Council Support Line**.

Jan 98-May 98 Psychotherapist (waiting-list project) Invicta Community Care NHS Trust. **Sevenoaks Hospital Clinical Psychology Service**

Oct 89-July 94 Honorary Group and Individual Psychotherapist, The Psychotherapy Unit, **St. Bartholomew's Hospital**, London

SHORT COURSES GIVEN

2002-2018: 'Grupos y Personas' – an introduction to living and working in groups. A short course of between 4 and 8 hours given annually in Spanish and now English as either part of Metafora's Art Therapy summer school in Spanish and English or Metafora's introductory courses in art therapy.

2010-2016: La Massana, Escola de Arte, Barcelona: Teorías y técnicas grupales.

2010-2016: Short course given in English and Spanish in Metafora's International Workshop: 'Las Artes y Psicoterapia': on the ways in which psychotherapy and the arts combine. Metafora, *Centre d'estudis d'art terapia*.

Spring 2020 "Introduction to Psychotherapy" – 10 lecture online course on Advanced Diploma in Art Therapy, Metafora, *Centre d'estudis d'art terapia*

TEACHING EXPERIENCE

2000-2018 Lecturer in the theory and practice of group analysis & large group convenor: Masters and postgraduate Diploma in Art Therapy *METAFORA Centre d'estudis d'art terapia*, *Papin 29, 08028, Barcelona*. www.metafora.org/

Feb 94-Dec 97: Individual Learning Support Teacher. Southwark Education Learning Support Service, 2 Davey Street, London. SE15 6LH

Sep 89-Dec 93: Teacher-in-charge, The Alternative Education Centre, 18 St Mary's Road, London. SE15 2DW. Southwark Education Authority

Sept 88-Aug 89: Teacher of Sociology and Economics
Cophall School, Barnet Education Authority

Sept 87-Aug 88: Teacher of Sociology
Enfield County School, Enfield Education Authority

PAST PROFESSIONAL ASSOCIATIONS

- European Association of Transcultural Group Analysis
- Professional member (former Secretary) - British Association of Group Psychotherapists
- Goldsmiths Association of Group Psychotherapists (Former Chair and co-founder)
- Psychotherapists and Counsellors for Social Responsibility - Education Group founder member
- [International Association for Group Psychotherapy and Group Processes](#)

PUBLICATIONS/WRITING

Zelaskowski, P. (1997). Group Psychotherapists and Schools. *Group Analytic Contexts*, 10.

Zelaskowski, P. (1998). The Suboptimal Group. *Group Analysis*, 31:4, 491-504.

Zelaskowski, P. (2014) Adrift on the Med: My struggle to join the group. *Group Analytic Contexts*, 63.

Panhofer, Garcia and Zelaskowski (2014) The challenge of working with the embodied mind in the context of a university-based Dance Movement Therapy Training. *The Arts in Psychotherapy*.

Zelaskowski, P. & Ramos, C. (2014). Trencadis: Social Imaging Group. *Group Analytic Contexts*, 64.

Panhofer, H., Bräuninger, I. & Zelaskowski, P. (2016). Dance movement therapy training: the challenges of interculturality and cross-cultural communication within a diverse student group-analytic large group. In: Dokter, D. & Hills De Zarate, M. (2016) *Intercultural Arts Therapies Research: Issues and Methodologies*. Routledge, Oxon and New York.

Barnet-Lopez, S., Pacheco, M., Panhofer, H., Zelaskowski, P., Pérez-Testor, S. y Guerra-Balic, M. (2016). La alianza terapéutica en la danza movimiento terapia con pacientes con discapacidad intelectual. Estudio de Caso. *Revista de Psicoterapia*, 27(104), 233-251.

Zelaskowski, P. (2020). The Large Group as a Sewer and other Emergent Metaphors Group. *Group Analytic Contexts*, 89.

For other writing on psychotherapy [CLICK HERE](#)

For my BLOG *Barcelona PsychoBLOG* [CLICK HERE](#)

CITATIONS

Bledin, K. (2006). Empty Spaces in Group-Analytic Psychotherapy Groups. *Group Analysis*, 39: 203-213.

Hopper, E. (2003). *Traumatic experience in the unconscious life of groups: the fourth basic assumption*. Jessica Kingsley Publications: International Library of Group Analysis.

Nitsun, M. (2000). The Shadow of the Group in the Dawn of the 21st Century: The Journey from Varniai. *Group*, Vol. 24, Numbers 2-3, 115-122.

Rowland, C. (2003). Against the clock—time-limited dynamic group work in a student counselling service. *Psychodynamic Practice: Individuals, Groups and Organisations*, Vol. 9, Issue 4, 463–483.

Schlapobersky, J. (2016). *From the Couch to the Circle: Group-Analytic Psychotherapy in Practice*. Routledge, London.

Sally Skaife, Kevin Jones & Panagiotis Pentaris (2016) The impact of the Art Therapy Large Group, an educational tool in the training of art therapists, on postqualification professional practice, *International Journal of Art Therapy*, 21:1, 23-34, DOI: 10.1080/17454832.2015.1125382

To link to this article: <http://dx.doi.org/10.1080/17454832.2015.1125382>

CONFERENCES AND TRAINING ACTIVITIES

- Group Analytic Society 'Median Group Dialogue' 1991-1992, convened and conducted by Sheila Thompson and Kevin Power.
- British Association of Group Psychotherapists workshop on 'The Suboptimal Group', March 1997.
- International Association of Group Psychotherapists' Congress - London, August 98. Paper presented: 'The Suboptimal Group.'
- European Federation of Psychoanalytic Psychotherapists, Group Section Congress - Barcelona, May 1999, "From Fragmentation to Cohesion."
- 3er Congreso Nacional de la Asociación de Psicoterapia Analítica Grupal – Sitges, Spain. November 1999.
- Solution Focused Brief Therapy and Working with Depression, PPC Affiliate training course, Oxford, spring 2004.
- Keynote address to the Goldsmiths Association of Group Psychotherapists' annual conference, paper entitled: 'Exploring Our Roots', 22nd May 2004
- European Association for Transcultural Group Analysis Congress, "Europe, Myths and Realities", Budapest, 25th - 28th May 2006.
- International Association of Group Psychotherapists' 3rd Regional Mediterranean Congress, Barcelona, February/March 2008. Paper presented: 'Adrift on the Med: a Northern European Moves South' – presented in Spanish.
- Group Analytic Society, 14th European Symposium in Group Analysis: Trinity College, Dublin, Ireland, August 2008, "Despair, Dialogue, Desire."
- Barcelona Network of English Speaking Therapists workshop opening talk on: 'Networks, Network Theory and Social Networking', 25th May 2010.
- Group Analytic Society, 15th European Symposium in Group Analysis: Goldsmiths College, London University, August 29th to 2nd September 2011, "Cultures, Conflict & Creativity."
- European Consortium for Arts Based Therapies in Education (ECARTE) 11th European Arts Therapies Conference: 21st to 24th September 2011, Lucca, Italy, "Arts Therapies and the Intelligence of Feeling". Paper presented on the use of large group work in the training of Dance Movement Therapists.
- 10th Anniversary Jornadas celebrating 10 years of the masters in Dance Movement Therapy at the Universitat Autònoma de Barcelona. 5th to 7th July 2013. Convened and conducted large group 'A dialogue through the years'.
- Group Analytic Society International, 16th International Symposium in Group Analysis: Lisbon, Portugal, July 28th to August 1st 2014, "Art Meets Science." Paper presented: 'Trencadis: Social Imaging Group'.
- Barcelona Network of English Speaking Therapists first NEST Talk...: "Barcelona: Addicted to Tourism?" 22nd February 2015.
- Staff member: Group Analytic Society International, Foulkes Spring Weekend, Tavistock Clinic, May 2015
- Staff member Group Analytic Society International Summer School, Prague 15th – 19th July 2015, "Who's Afraid of Groups?"

- Staff member: Group Analytic Society International, 41st Winter Workshop, “Exploring Fundamental Fears in our Groups”, IGA, London, 6/7 November 2015
- Staff member Group Analytic Society international, Foulkes Spring Weekend, Royal College of Physicians, May 2016
- VII Congreso Nacional de la Asociación de Psicoterapia Analítica Grupal: “El Grupo, Tierra de acogida: Integrando la diferencia”. Paper presented: “Dance movement therapy training: the challenges of interculturality and cross-cultural communication within a diverse student group-analytic large group.” Palma, Mallorca, Spain. November 25-27, 2016.
- Group Analytic Society International, 17th International Symposium in Group Analysis: Berlin, Germany, August 15th to 19th 2017, “Crossing Borders: Social, Cultural and Clinical Challenges.” Workshop conducted: ‘Writing the Group’.
- XIX Jornadas de la Asociación de Psicoterapia Analítica Grupal: Aprendizaje Emocional Grupo-analítico. Experiencia creativa desde la complejidad. 3 y 4 de noviembre 2017.
- Large group conductor: Group Analytic Society International Winter Workshop, ‘Northfield Revisited’, 19th and 20th January 2018.
- Chair panel discussions: Discourse on Terrorism Conference (GASi/IGA), Amnesty International, 26th and 27th January 2018.
- Online lecture/workshop "Containing contradictions and multitudes: the person as a group" for the Experiential Psychotherapy Initiative Community, 27th June 2020
- 10 lecture course (15 hours) – An Introduction to Psychotherapy. Taught on the Advanced Diploma in Art Therapy, Metáfora, Art Therapy Study Centre, Barcelona, April to May 2020
- Symposium Chair: Group Analytic Society International, 1st Online Symposium in Group Analysis: 4th to 6th September 2020, “The Languages of Groups: the power to include or exclude”.
- Symposium Bursary Committee Chair: Group Analytic Society International, 18th International Symposium in Group Analysis: Belgrade, Serbia, August 2023, “When Divided Worlds Meet: Confluences of Identity, Culture, Continuity and Change.”

PERSONAL PSYCHOTHERAPY

1988 – 1992 Member of Psychotherapy Group conducted by group analyst Tom Hamrogue at the Institute of Group Analysis

LANGUAGES SPOKEN

English mother tongue.
Fluent functional Spanish.