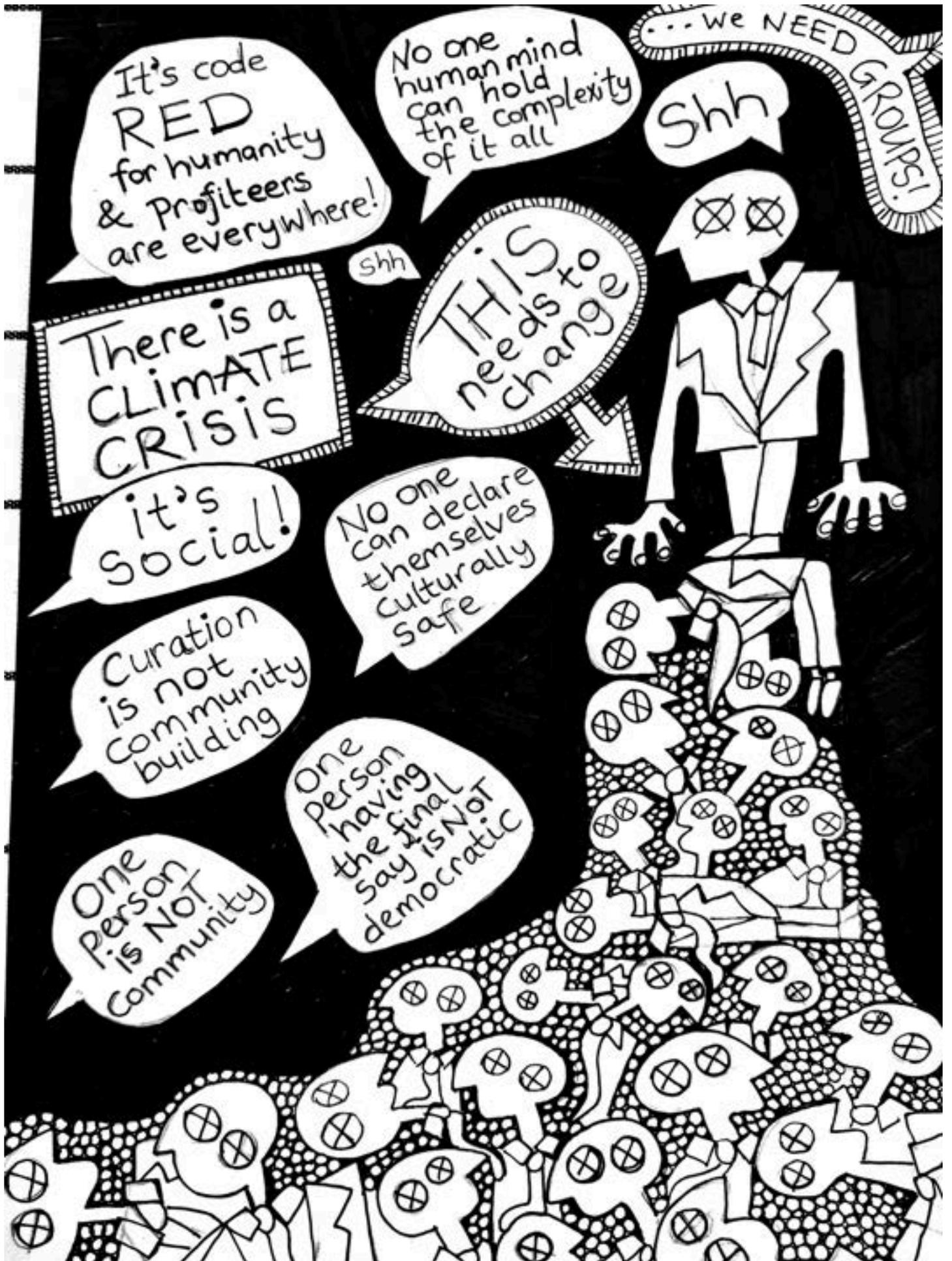


Whisht... Bí Ciúin.

A GROUP ANALYTIC ZINE



2025 Edition



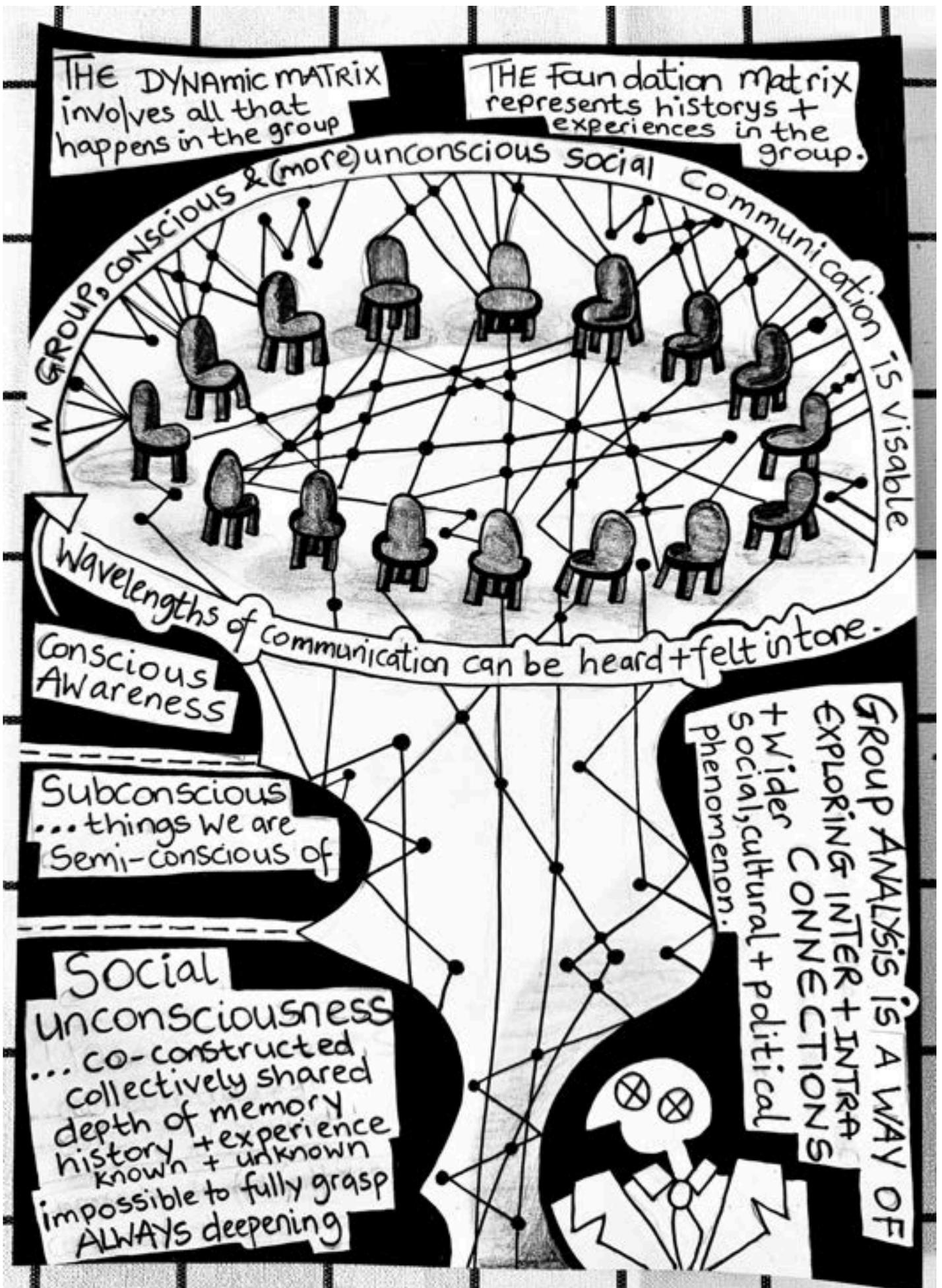
We need groups, not like this. 17th August 2025

FOULKES developed a technique of analysis by groups in which the group itself becomes the apparatus undertaking its own therapy in a constantly shifting gestalt of the individual & the group.



THERE WILL BE CULTURAL RESISTENCES HERE

THERE IS ALWAYS A socio-political context which influences how we are understood & how we understand.



Group analytic concepts, 17th August 2025

THE (GROUP ANALYTIC) LARGE GROUP
IS DEFO NOT A BIG SMALL GROUP!

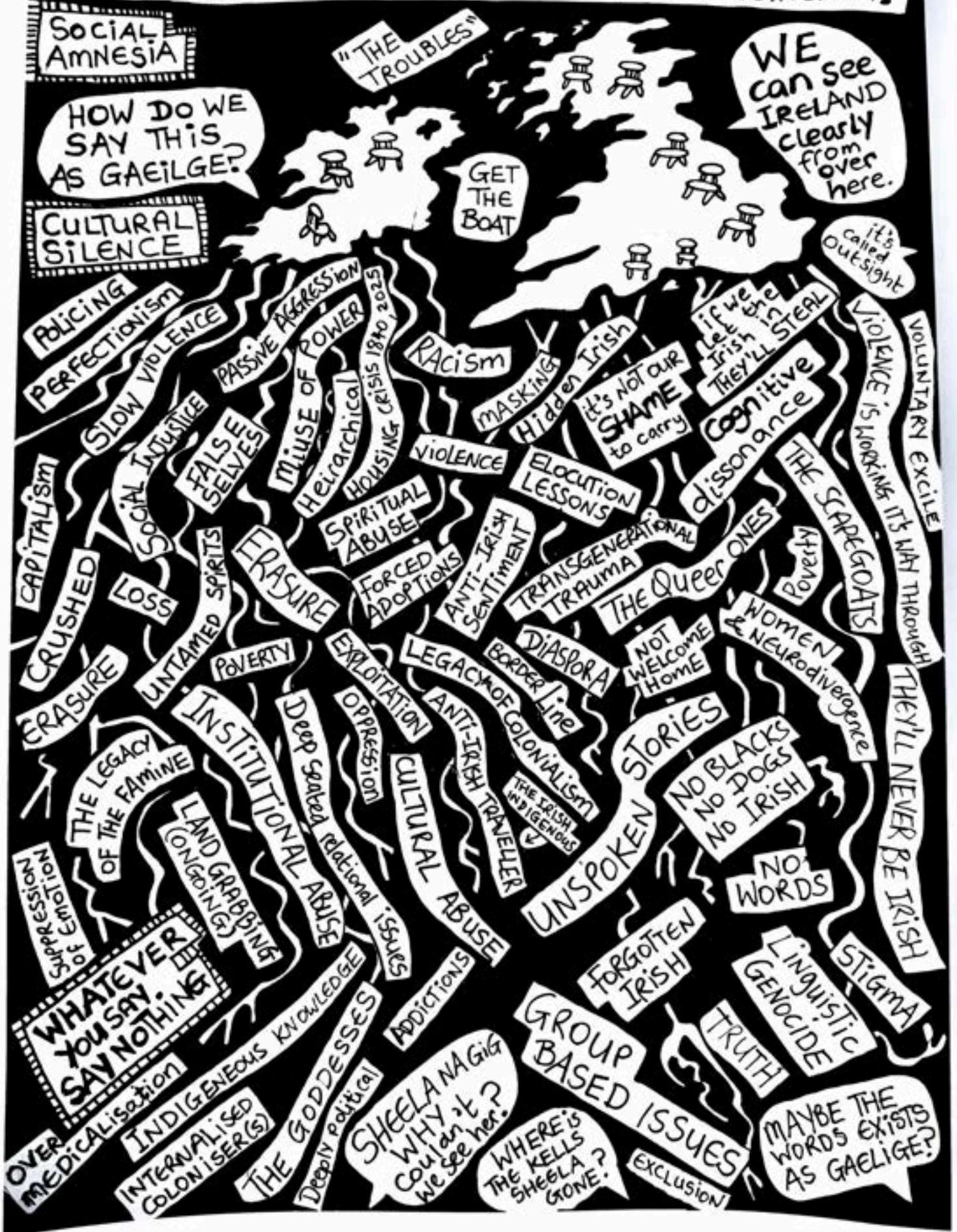


Large groups through Teresa von Sommaruga Howard
29th September 2025



In the Interest of Public Safety in Ireland - 11th October 2025

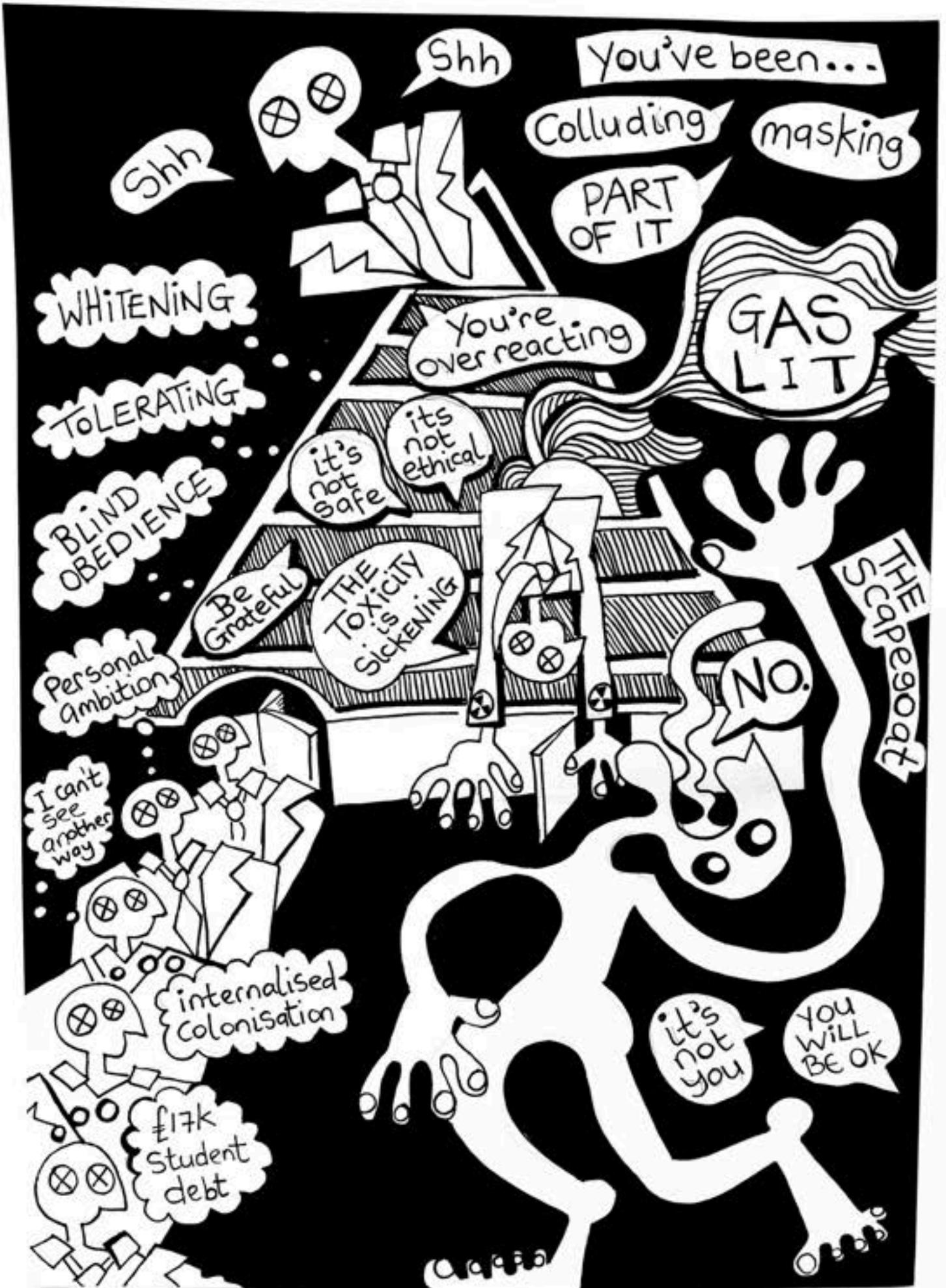
WHY IRISH CULTURALLY SENSITIVE PSYCHOTHERAPY?



19th October 2025



Metabolising through the large group.
22nd September 2024.





Where's everyone else? 29th September 2025



Europe is Lost. (Kae Tempest song) August 2024.



Inertia Creeps (Massive Attack song), September 2024.



Red Right Hand (Nick Cave song), September 2024.



5th October 2025



Parful (Kneecap song), June 2024.

WHITE WALL OF SILENCE

by True Colours

Poetry book:
2 Outspoken 2025



I hear your **SILENCE** from a mile off

You witness **INJUSTICE** and you sly off

PRETENDING you don't know it exists

YOUR SILENCE is the reason it persists

PRETENDING you can't see or hear it

Like **COMPLIANCE** is your gift

When I see people like you my mood shifts

I see you're not moved

it's

clear you don't give a shit

and that's what hurts

you're just not stirred

as long as you are ok

as long as you get paid

there is no way you are going to **SPEAK UP**

and that's why I don't want to know or meet up

with the likes of you

the irony is if it was the other way around

I would fight for you.

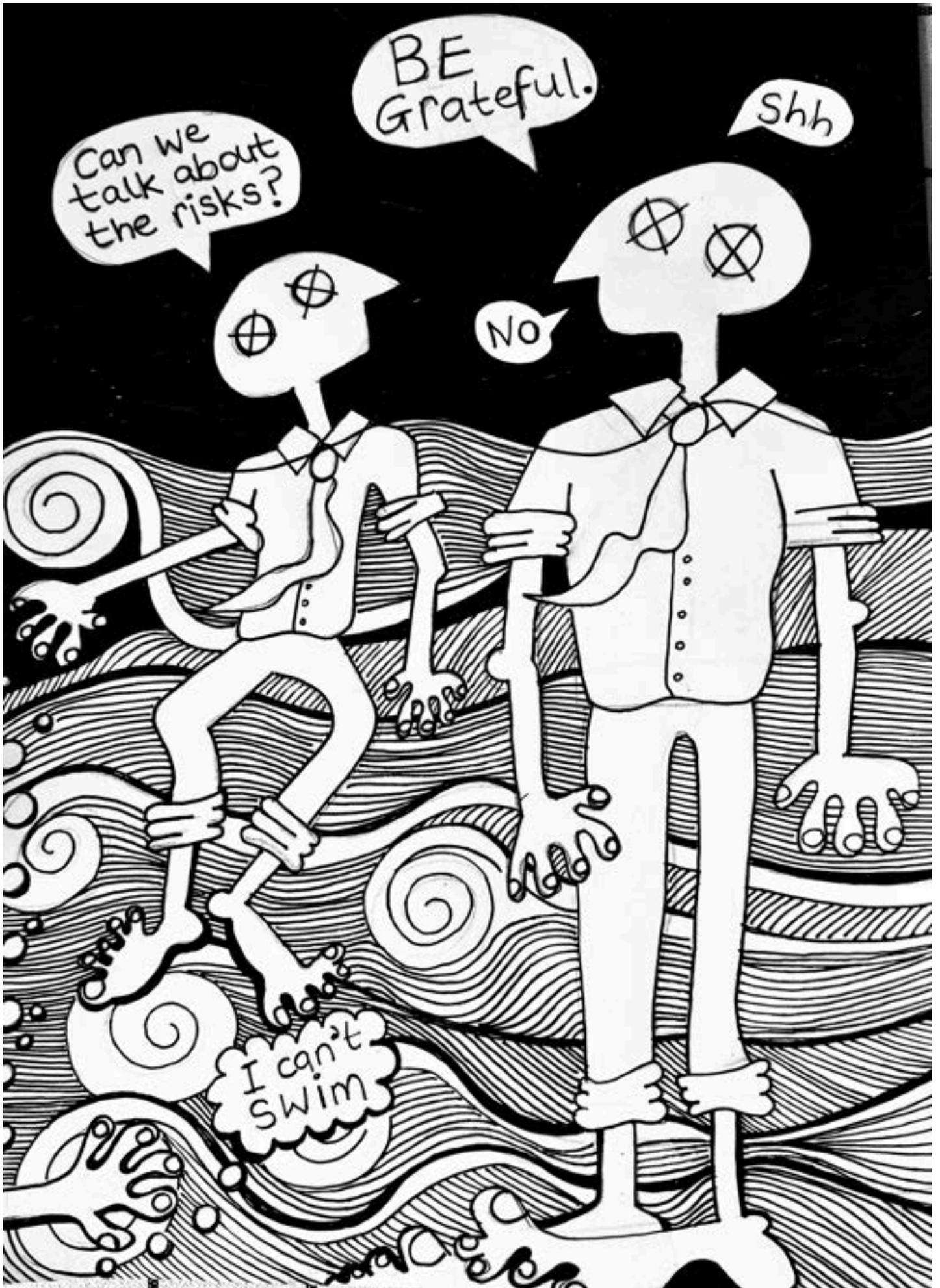


'It's your turn', 13.07.24



The pedestal, 15th August 2025





Harmful Currents, 15th August 2025



Me & My Mummy (Song by Bobby "Boris" Pickett & The Crypt Kickers). 14th August 2025.



Out of Space (Prodigy song) October 2024



One is the loneliest number, 14th August 2025



Window of Opportunity, 22nd August 2025





Pots and Pans Protest, 26th July 2025.



Gaza Guernica, September 2024.



Shame (Republic of Loose song) 09.09.2024



That Stare - poem by True Colours. 10th October 2025



“Can’t you just turn your antenna off?”
- No. No, I can’t. 22nd Sept 2024.



“They”, “they”, “they”, “they”.
Clinical supervision training. Sept 2024.

THE LAST MOTHER & BABY HOME
CLOSED IN 1998

About
10 years later
in Dublin

You're
ALL
SICK

WE ARE
THE 1st GEN
...POST THESE
PLACES

WHY
AREN'T
THE PROFESSIONALS
LINKING IT?

Is there
a LINK?

THIS IS
ALL
POLITICAL
CULTURAL
SPIRITUAL

- UNSTABLE
- depressed
- Suicidal
- Promiscuous
- Sexualised
- Self-harming
- angry
- Untamed

WHY
ARE WE
ALL HERE?

ARE WE
ALL STILL
ALIVE?

CB what?
...T?

What you mean by
B... what?
... PD?

...polar

WHAT
WERE WE
TALKING
ABOUT?

Are we all
Neurodivergent?

ARE YOU
SURE WE
NEED ALL
THIS MEDICATION?

Tá sé
Yafásach.

NOT
ANY OF
THIS

WHY IS IT
ONLY WOMEN
& NON BINARY
FOLX HERE?

WE WERE
SICK
Remember

WHY CAN'T
I HEAR?
... SEE?

THERE IS
SOMETHING
WRONG.
with us

were
we
sick?



DIVERGE + DIVEST

No

CAN WE LEARN TOGETHER?

What does she know?

She's disrupting the dialogue

TRUTH.

Shh

GROUP ANALYST'S cannot be homogeneous

We don't all have the same kinds of ABILITY

YES

THIS is dialogue!

THIS is DECOLONISATION

You're belittling

Shh

Shh

ERASING

dehumanising

THIS is FASCISM

STEAMROLL HER

I am worried for all involved

NOW

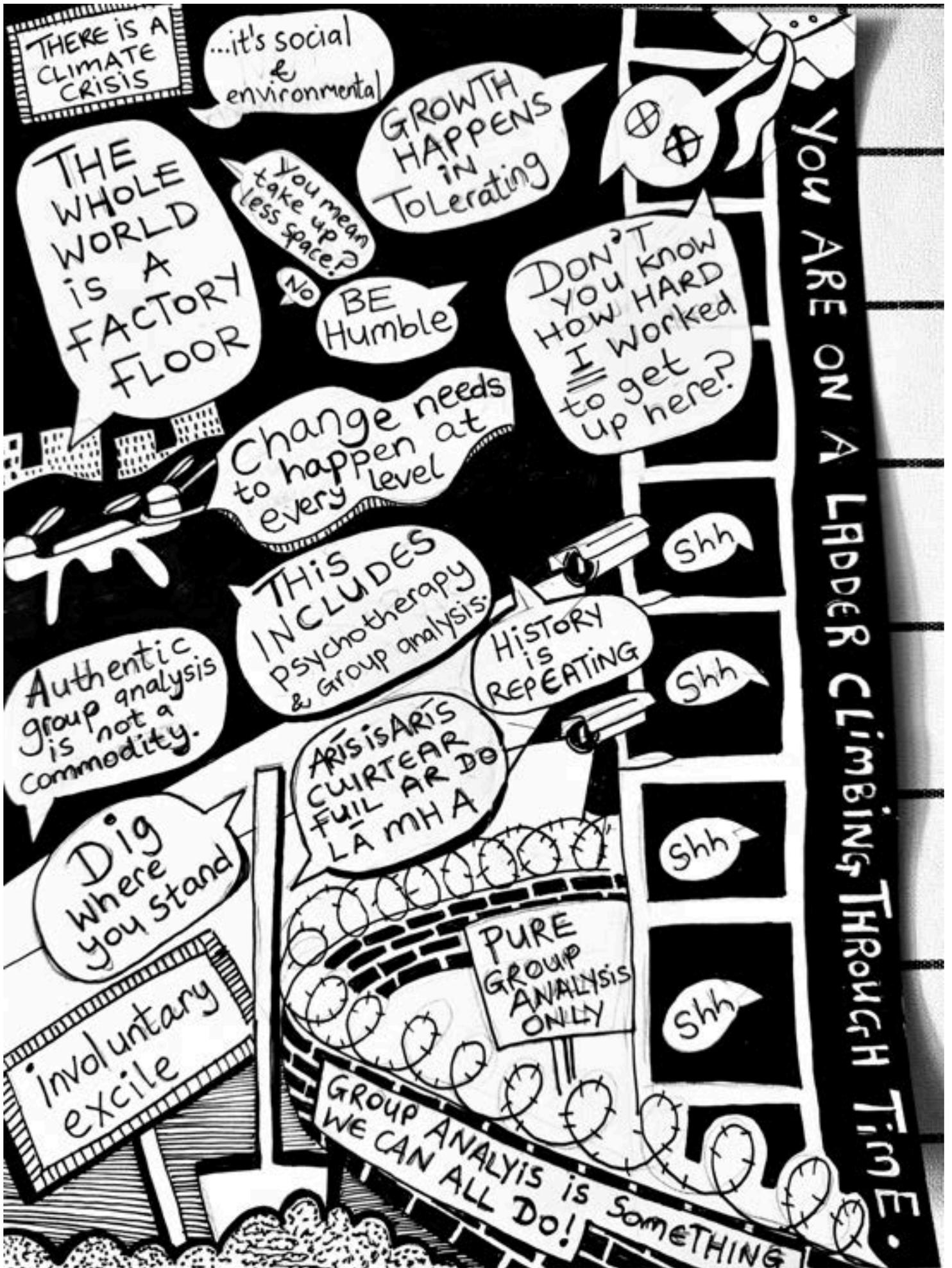
THIS ISN'T OK

I am going nowhere. I am in the soil

MY KIND of knowledge is in SOIL, BONES + BLOODLINES

I'LL HOLD ON. WHAT I AM EXPRESSING is BECOMING undeniably visible.

Radical Progressive Steamroller, 15th August 2025



Ladder climbing through time, 15th August 2025



Don't forget your shovel. (Christy Moore song). 28.06.24



THE ANTIDOTE

Ingredients:

Listening
climate consciousness
belonging
working at the speed of TRUST
UNLEARNING
letting go of POWER
seeing patterns
activism
authentic CARE
being Accountable
doing things intrinsically because
of CARE, not status
ethics
social Justice
Reclaiming + Rewilding
Divesting
Openness
Long-term Commitment
De-centring
Not Knowing (Once you know
-it's F'cked.)
...

WHAT is Decolonisation in Psychotherapy?

“... means creating space for ancestral knowledge, collective memory, political consciousness, and community-defined forms of healing. It is not simply about adapting therapy to the client's culture; it is about transforming the assumptions that underpin what therapy is, who it serves, and whose truths it honours.”

Restitution

possibility from pathology to dialogue, from expertise, from recognition

It is not a solo project

Reclamation

It is not a checkbox.

It moves the centre of gravity from pathologies to the wounds of exiles, displacement and cultural erasure.

POLITICAL

...tending to the wounds of exiles, displacement and cultural erasure.

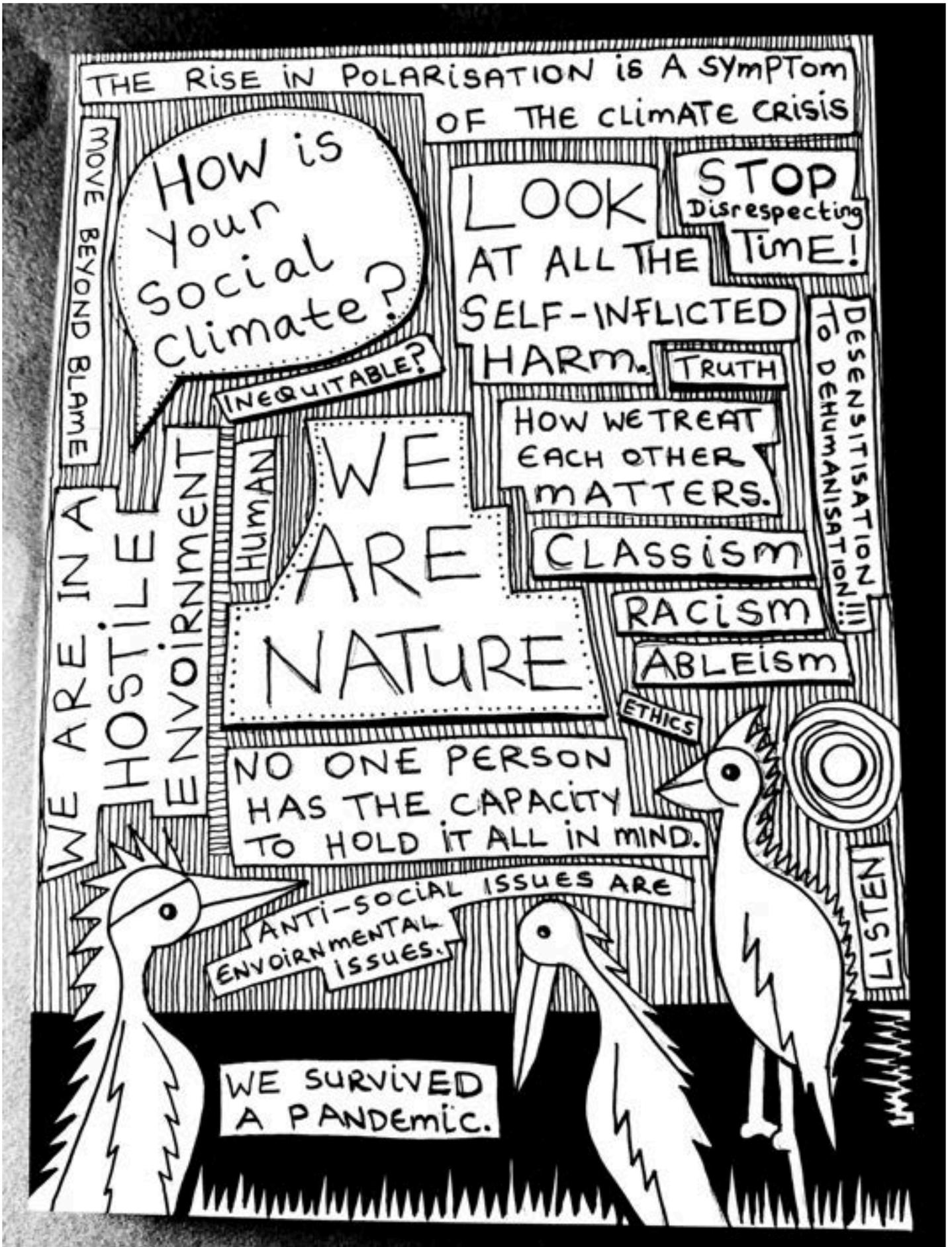
It is a shift in how we understand the purpose of our work

It is a reclamation of identity, spirit and memory

Decolonisation is ReWILDING

deeply personal

Decolonising Psychotherapy through Talha AlAli
(from Talha's book: Decolonised Minds: When Radical Becomes Rational: A Framework for Decolonising Psychotherapy)
19th October 2025



I like Birds (Eels song), 27.06.2024



Give the land back.
Give the narratives back.
Disrupt all forms of domination
agus “go domhain laistigh de croí shocair mo bheithe go
bhfaighidh mé síocháin.”

‘Deep within the still centre of my being, may I find peace.’
@eimear_burke_druid

Whisht... Bí Ciúin?
(Shh... Be Quiet.)

DEIR SHEELA NA GIG, "NÍL LE TOST!"
(Sheela Na Gig says, "No to silence.")



Created through Group Work

Scan for
Instagram page

