

Annual Report 2025 Lithuanian Group Relations Society

Prepared by President Jurgita Gaukštė

The general members meeting
24st March, 2026

Vilnius

Activity Report 2026
Lithuanian Group
Relations Society



SOCIETY

MISSION

Develop the ability to explore and understand the dynamics of organizations, groups and society using a psychodynamic systemic approach.

Promote the application of this approach in various professional roles.



STRATEGIC DIRECTIONS 2025-2027

1 Nourish tradition

Deepen the expertise and competence of the psychodynamic systemic approach and group relations method practitioners.

2 Invite to experiment

Promote the application of the psychodynamic systemic approach in various professional practices, search for new forms of application.

3 Build community

Bring together community of individuals interested in group relations, bound by mutual support and professional curiosity.

1

Nourish tradition

Deepen the expertise and competence of the psychodynamic systemic approach and group relations method practitioners.



Goals:

- ▶ Create opportunities to strengthen the organization and group consulting competencies by applying a systemic psychodynamic perspective.
- ▶ Develop consulting competencies in group relations conferences, taking on various roles of: administrator, consultant, deputy director and director.

14th International Group Relations Conference Vilnius 2025, with Consultancy Learning Group

LEADERSHIP
AUTHORITY AND ROLE
IN SHAPING THE
LIVING WORLD



14th International Group Relations Conference Vilnius 2025

22 – 26 August, 2025

Directed by Jolita Kašalynienė,
Associate Director Raymond Bakaitis.

23 participants.

4 members in Consultancy Learning Group
and one consultant in training.

The conference reflected strong international
and ethnic diversity.

Income: 17 173 €



Exploring Group Life: Small Study Group (SSG) Consultancy Training in Vilnius for LGRS members

May 28-29, 2025

Consultant: Mark Stein.

Organized by Jolita Buzaitytė Kašalynienė.

6 participants - LGRS members.

Income: 1830 € (co-funded by LGRS).



First Lithuanian-Language Group Relations Seminar “Where Does Organisational Power Lie?”

Directed by Jolita Kašalynienė,
Associate Director Milda Autukaitė

Registration opened: 29 October 2025

Seminar dates: 22–24 January 2026

All places were sold out within two weeks.

**The first Group Relations seminar in
Lithuanian, marking an important step
in expanding the method locally.**



2

Invite to experiment

Promote the application of the psychodynamic systemic approach in various professional practices, search for new forms of application.



Goals:

- ▶ Create various spaces/forms (not only GRC) for the application of a systemic psychodynamic approach in professional practices.
- ▶ Take responsibility for personal development, learning of the new ways of application.
- ▶ Create environment for creativity and experimentation.

Listening Post

Date: 7th January, 2025.
14 participants.

Conveners:

Jolita Buzaitytė Kašalynienė,
Agnė Mažvilaitė, Žilvinad Mažeikis,
Jonas Gustainis.

Working hypothesis:

Participants expressed a tension between anxiety about global instability and a longing for agency and collective containment.



Income: 25 €



Įsiklausymai (angl. *Listening Post*)

**LIETUVA IR PASAULIS
AUŠTANT 2025-IESIEMS**

2025 m. sausio 07 d., 17:50 – 20.30 val.
(vyks lietuvių kalba, *online*)

Interactive Research Presentation

Date: 6th March, 2025 | 20 participants.

Erika Speicytė Ruschhoff presented her doctoral research: “The Third Generation from Siberia: Narratives and Dreams”

Method: Social Dreaming

Participants explored recurring dream symbols within third-generation Siberian exile narratives.

Income: 120 €



**Trečioji karta nuo Sibiro:
pasakojimai ir sapnai**

Tirti remiantis *Social Dreaming* metodu: interaktyvus doktorantūros tyrimo „Iš kartos į kartą“ pristatymas

Erika Speičytė Ruschhoff

2025 kovo 6 d. | 18.00–20.30 val. **ONLINE**

  **University of Essex**  **The Tavistock and Portman NHS Foundation Trust**

2 Reading groups: LT and EN

Reading groups meet 7 times during season 2025 autumn-2026 spring.

LR group – 8 participants
Convened by Jolita Buzaitytė Kašalynienė & Eglė Kuraitė Žičkė, administered by Ona Stravinskaitė.

EN group – 15 participants
Convened by Jurgita Gaukštė & Nastasija Deineko, administered by Vilma Ferrari.

The fee: 70 eur for the full cycle (free for Society members).

Income: 850 €



Deepen your understanding
of group dynamics

READING GROUP | SKAITINIŲ GRUPĖ

7 sessions | Sept 2025 – Apr 2026 | Online

Choose your language:
English or Lithuanian >

Dream(ing) Intelligence An International Social Dreaming Series

November 2025 – April 2026 | Online

Six-session international series exploring the concept of Dream(ing) Intelligence through the Social Dreaming methodology.

Facilitators:

- Erika Speicytė Ruschhoff
- Cosmin Chita
- Boaz Gesthalter

Launched with 14 participants.



LITHUANIAN GROUP RELATIONS SOCIETY SOCIAL DREAMING international NETWORK THE TAVISTOCK INSTITUTE OFEK

DREAM(ING) INTELLIGENCE: Exploring Theory and Practice of Social Dreaming Across Borders

An **ONLINE** Social Dreaming series
between November 2025 - April 2026

1st of 6 events

November 19, 2025 (Wednesday), 6:30-8 pm CET

Members' Professional Initiatives

Members-only internal discussions

“The Group as a Mind: exploring the perspectives of Group Relations and Group Analysis on working, learning and healing in groups”

Session organised by **Tomas & Markus**

8th May | 13 participants

A dialogue between Group Relations and Group Analysis
Exploring Bion & Foulkes in theory and practice.

Company Case Session (12th June)

Organised by **Nastasija**

12th June | 11 participants

Exploration of organisational bankruptcy dynamics
from a psychodynamic perspective.



3

Build community

Bring together a community of individuals interested in group relations, bound by mutual support and professional curiosity.



Goal

- ▶ Ensure sustainable growth of membership and create spaces to strengthen emotional and intellectual relationships between the members.

Annual Members' Meeting

1st March, Vilnius, 16 members.

Reporting about 2024 and planning for 2025.



Members' Residential Meeting

24–25 October 2025 | Trakai region, Lithuania



Informal meetings and joint dinners

- 1) Ending the season – entering summer break on June 16th.
- 2) Christmas dinner on December 30th.
- 3) MO museum tour guided by Žilvinas.

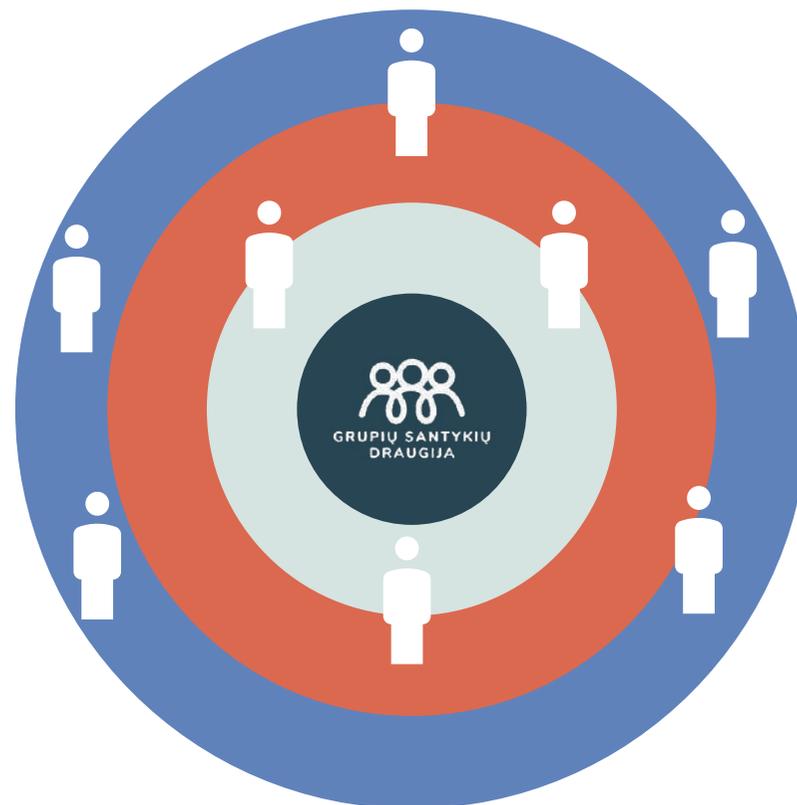


Membership

Society started the year with 23 members and ended with 26.

Three new members joined:
Žilvinas Mažeikis,
Beatričė Gražienė and Sarah Wynec.

At the moment we have 26 members.



ONLINE PRESENCE



LGRS website <https://grupiusantykiai.lt/>
Updating and maintaining by Jurgita.

LGRS presence in social networks:

- Facebook page – 599 followers (last year 499);
- LinkedIn page – 719 followers (last year 480);
- Helps to promote events of Lithuanian Group Relations Society;
- Serves as platform to share information about events organized by our international partners.

Thanks for society members for communication:
Jurgita, Jūratė, Milda, Erika, Agnė.



 Grupių santykių draugija / Group Relations Lithuania

 Group Relations Lithuania

 <https://grupiusantykiai.lt>
<http://grouprelations.lt>

LGRS EVENTS / ACTIVITIES YEAR 2025



Events/ Activities	Responsible	Year 2025											
		January	February	March	April	May	June	July	August	Septemb	October	Novemb	Decemb
International Group Relations Conference, Vilnius	Jolita								22-26 d.				
Preparation for local GRC in Jan. 2026 (Lt)	Jolita, Milda												
Consultancy Learning Group/ Training Group	Jolita												
Interactive Phd Research (using Social Dreaming method) presentation	Erika			6d.									
Communication / Sharing info about GRC abroad	Jolita, Jurgita												
Scholarships for Leicester GRC	Board												
Reading Group	Jolita, Eglė, Ona, Jurgita, Nastasija, Vilma												
Listening Post	Jolita, Agnė, Žilvinas, Jonas	7d.											
Small Study Group Consultancy Workshop with Mark Stein	Jolita					28-29 d.							
Online Presence / Website maintenance	?												
General Members' Meeting	Board												

1st Direction: Nourish tradition

2nd Direction : Invite to experiment

3rd Direction : Build community

The Report of the LGRS Board 2025

Board Composition and Governance 2025 – Year of Board Transition

2025 marked a transition in the Society's governance.

Until 1 March 2025, the previous Board was in office.

On 1 March 2025, a new Board for the term 2025-2028 was elected at the General Members' Meeting:

- Jurgita Gaukštė (elected President on 5 March 2025)
- Jolita Buzaitytė-Kašalynienė
- Kasparas Laureckis
- Milda Autukaitė



Board meetings and key decisions

Board Meetings

In 2025, the Board held 13 meetings:

- 3 meetings before the new Board was elected (January–February)
- 10 meetings after the new Board was formed (March–December)

Quorum was ensured at all meetings.

Key Board Decisions and Developments

- In collaboration with members, the Board approved the **strategic priorities** for the new Board term and the 2026 activity plan.
- A **€1,000 scholarship** was allocated for participation in the 2025 Leicester Conference. *(No applications were received.)*
- Administrative and financial governance processes were strengthened:
 - implementation of the international payment solution **Stripe**
 - improved document management and accounting structure

International affairs

Global Group Relations Forum

Representation of the Society at the Global Group Relations Forum was transferred from Jolita Buzaitytė Kašalynienė to Jurgita Gaukštė.

Group Relations International included the Society's logo and website link in the *Global GRC* section of its website (www.grouprelations.org), strengthening our international visibility.

Sponsorship

LGRS sponsored two annual events organised by IL NODO:

1. GRC Energy, Creative Collaboration and Wellbeing – ECW.
2. Working Conference Learning From Action – LFA.

Gratitude to the Board Members

I am grateful to the members of the Board:

- for their curious and exploratory mindset
- for their care and commitment to the Society
- for the sense that we work as a team
- for maintaining a calm pace, openness and kindness.

Financial Overview 2025

Main Income (2025)

- Largest share: GRC Vilnius – 17,173 €
- GR Seminar (Lithuanian) – 8,850 € (carried forward to 2026)
- Small Study Groups Consulting Workshops – 1,830 €
- Social Dreaming Online Series – 1,200 € (carried forward to 2026)
- Reading Groups LT/EN – 850 €
- Membership fees – 970 €
- Donations – 387 €



Vidaus suvestinė parengta pinigų srautų principu.
Oficialios finansinės ataskaitos sudarytos pagal kaupimo principą.

Main Expenses (2025)

- Largest programme expense: GRC Vilnius – 14,253 €
- Small Study Groups Consulting Workshops – 2,246 €
- Members' Meetings – 2,852 €
- Administrative expenses – 1,213 €
(4% of the Society's income)

2025–2026 Carried-Forward Costs

- GR Seminar (Lithuanian) – to be delivered in 2026
- Social Dreaming Online Series – to be delivered in 2026

Duomenys iš oficialių 2025 m. finansinių ataskaitų

Data from financial statement in Lithuanian language.

2025 m. veiklos rezultatų ataskaita

Pajamos – 30 020 €

Sąnaudos – 19 849 €

Veiklos rezultatas prieš apmokestinimą – 10 171 €

Pelno mokestis – 610 €

Grynasis veiklos rezultatas – 9 561 €

Duomenys iš oficialių 2025 m. finansinių ataskaitų

Data from financial statement
in Lithuanian language.

2025 m. finansinė būklė (pagal 2025-12-31 duomenis)

Turtas, iš viso – 18 294 €

Pinigai ir pinigų ekvivalentai – 17 283 €

Gautinos sumos – 1 011 €

Nuosavas kapitalas – 11 519 €

Finansavimo sumos – 6 165 €

Mokėtinos sumos ir įsipareigojimai – 610 €

THANKS

Many thanks for society members
and members of the board.