

CASE-BASED REFLECTIVE PRACTICE 2023

A Saturday Morning Monthly Balint Group For Doctors, Psychologists, Social Workers, Psychotherapists & Counsellors

SATURDAY 9am – 11am

Offering a confidential safe space to reflect on your cases with
colleagues

Dear Colleagues,

Would you value the opportunity to explore the emotional and relational aspects of your cases? A Balint Group is a type of peer clinical supervision group, with two leaders, who support participants in unpacking a troubling or challenging case while protecting the presenter from intrusive questions or criticism. The focus is on understanding the emotional and psychological dynamics between the clinician and the patient, not on diagnostics, treatment regime or finding clinical solutions.

The Balint Group method is named after Dr Michael Balint, a psychoanalyst who pioneered peer-group discussion for doctors to help understand and manage the psychological aspects and the emotional content of clinician - patient relationships.

How might a Balint Group benefit your practice?

- A regular opportunity to reflect on clinical cases in a secure space;
- A way of improving our understanding and tolerance of complex patients;
- Learning from colleagues' different perspectives on each case; and
- Refreshing your interest and building confidence in your clinical work.

DATES: First Saturday of the month for 11 meetings. 4th February, 4th March, 1st April, 6th May, 3rd June, 1st July, 1st August, 2nd September, 7th October, 4th November, 2nd December.

ADDRESS: Suite 16, Ground Floor, *Ballow Chambers*, 121 Wickham Terrace, Spring Hill, Brisbane.

COST: \$800 payment in advance – an invoice will be sent to you in January.

LEADERS:

- Chel Quinn is a mental health Social Worker and Psychoanalytic Psychotherapist in private practice in Brisbane.
- Kerrie Collings-Silvey is a Counselling Psychologist and Psychoanalytic Psychotherapist in private practice in Brisbane.
- Chel and Kerrie are Accredited Leader Trainers with the Balint Society of Australia and New Zealand (BSANZ)
- For more about Balint Groups visit www.balintaustralianewzealand.org

ENQUIRIES: chelquinn@bigpond.com; kcollings.silvey@bigpond.com