

# CASE-BASED REFLECTIVE PRACTICE 2023

An **On-line Monthly** Balint Group for  
Doctors, Psychologists, Social Workers, Psychotherapists, and  
Counsellors

**Tuesday 8am – 9.40am AEST**

**Participate in this Monthly Online Balint Group - 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 Tuesday of the month for 11 meetings** – 7<sup>th</sup> February, 7<sup>th</sup> March, 4<sup>th</sup> April, 2<sup>nd</sup> May, 13<sup>th</sup> June (second Tues.), 4<sup>th</sup> July, 5<sup>th</sup> August, 5<sup>th</sup> September, 3<sup>rd</sup> October, 7<sup>th</sup> November, 5<sup>th</sup> December.

**Time:** 8am – 9.40am AEST over ZOOM. A link will be sent to you in advance.

**Cost:** \$800 – an invoice will be sent to you in January.

**Continuing Professional Development:** This will count towards 1.6 hrs CPD per session. A MHPN Certificate of Attendance will be provided.

## **Leaders:**

- Chel Quinn is a mental health Social Worker and Psychoanalytic Psychotherapist. She is an Accredited Leader Trainer with the Balint Society of Australia and New Zealand (BSANZ).
- Kerrie Collings-Silvey is a Counselling Psychologist and Psychoanalytic Psychotherapist. She is a BSANZ Accredited Leader Trainer.

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For more about Balint Groups visit [www.balintaustralianewzealand.org](http://www.balintaustralianewzealand.org)