

CASE-BASED REFLECTIVE PRACTICE

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

- **First Tuesday, 8am – 9.50am from February 2025**
Participate in this Monthly 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.

Participants: Doctors, Psychologists, Social Workers, Psychotherapists

Beginning date: Tuesday 4th February 2025, 11 monthly meetings.

Time: 8am – 9.50am AEST over ZOOM. A Zoom link will be sent to you in advance each month.

Cost: \$870 (No GST)

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.

Bookings/Enquiries: chelquinn@bigpond.com
kcollings.silvey@bigpond.com

For more about Balint Groups visit www.balintanz.org