

2019 CASE-BASED REFLECTIVE PRACTICE
- the 3D Experience
Saturday Monthly Balint Group for Mental Health Professionals

9am – 11am, February - December 2019

Venue: Suite 16, Ballow Chambers, 121 Wickham Terrace, Brisbane Q4000

Are you looking for a safe confidential environment to explore troubling clinical relationships? A Balint group can provide this experience.

What is a Balint Group?

Current psychotherapy research and clinical experience show us that the efficacy of treatment relies on qualities within the therapeutic relationship and our understanding of our patients/clients through our countertransference experience. However, at times we may feel troubled, disarmed or at an impasse in understanding what is going on in the therapy relationship or casework experience which is impeding our clinical work. We may be feeling quite alone in our practice.

A Balint Group is a small experiential, educational group in which participants meet to discuss difficult and intriguing cases. In a Balint Group the focus for the discussion is on the emotional and dynamic aspects of the case, particularly in understanding the patient/client-practitioner relationship. The work of the group deepens our emotional understanding of those who consult us, of ourselves as mental health professionals, and of what is occurring between us. It enhances our competence in working therapeutically within the relationship that has developed with our patient/client. It supports the growth of our reflective functioning.

The leaders' role is in ensuring the safety of the group and in facilitating the Balint reflective process in discussing a case presentation. The group is led by two psychoanalytic psychotherapists who are accredited leaders with the Balint Society of Australia and New Zealand.

The group is a form of peer supervision. It is not for personal therapy. It provides a confidential and safe thinking space with colleagues.

For more information on Balint Groups visit www.balintaustralia.org and balintinternational.com

Opening to new participants

The greatest benefit of Balint work comes from being in an ongoing group. This monthly group began during 2013. We are opening it to a limited number of new participants.

Participants

The group is for mental health professionals, such as psychologists, psychiatrists, social workers, nurses, psychotherapists and counsellors:

- who are currently involved in clinical work or casework;
- who professionally meet with emotionally difficult situations, relationships or interactions;
- who would value a supportive and safe setting in which to explore and reflect on what is happening in their work without judgment, and
- who are interested in developing their reflective practice skills.

The benefits of a Balint Group are:

- feeling your work is less stressful and more interesting;
- feeling professionally validated and supported;
- hearing different perspectives on the case;
- gaining confidence in using your feelings to contribute to an assessment,
- a deeper understanding about the therapist and patient/client relationship, and
- a deeper understanding about the patient/client as a person;
- rediscovering the human side of your work;
- developing a reflective way of thinking and
- developing more confidence in your work.

Dates: (to avoid school holidays and other known clashes)

February 23

March 16

April 27

May 11

June 15

July 13

August 10

September 7

October 12

November 9

December 7

Time: 9am -11am Please Note: The venue will be open at 8.45am for a prompt start. Plan to arrive early to be ready in time for 9am and to stay until 11am.

Cost: \$750 for the year.

Venue: Ground Floor, Suite 16, Ballow Chambers, 121 Wickham Terrace, Brisbane.

Leaders: Chel Quinn and Kerrie Collings-Silvey have trained in Balint leadership with the Balint Society of Australia and New Zealand and the American Balint Society. We value the benefits of Balint Group work in fostering and developing the quality of clinical practice and casework as well as for the prevention of burn out.

Chel Quinn BA, BSocWk, MMH-Therapies (UQ), MAASW(Acc), QPPA, BSANZ Accred. is a Psychoanalytic Psychotherapist and Mental Health Social Worker in private practice with over 20 years of experience. She has worked in child protection in both government and non-government sectors, and in hospital psychiatry.

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Kerrie Collings-Silvey BA, Grad Dip Psych (UQ), FAPS, FCCounP, QPPA, BSANZ Accred. is a Psychoanalytic Psychotherapist and Counselling Psychologist in private practice with over 30 years of clinical experience. She has worked in child and adolescent community psychiatry, in-patient adolescent psychiatry, a child abuse treatment centre, a university counselling service and refugee mental health.

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