**On Line Clinical Reflective Practice Groups**

The Clinical Reflective Practice group creates an informative, supportive, collegial network which contributes to ameliorating stresses and enhancing resilience at work for doctors and other health professionals, who are often working by themselves with their patients for much of the day.

Clinical Reflective practice groups are also known as Balint Groups. They have a rich historical and current application locally and internationally, for GP’s and other clinicians, both in training and on-going clinical practice. This group work is a form of facilitated group discussion which helps to develop a deeper understanding of the patient - doctor relationship and contributes to qualitative clinical practice. The model of facilitation is to have two leaders for the group, one from a medical practice background and the other from a psychotherapy background.

For more information we also suggest following the links:

<http://www.balintaustralianewzealand.org/why-balint-groups/>

and the website

http://www.balintaustralianewzealand.org/

This new online Clinical Reflective Practice group with be a mixed group for doctors and health other professionals. It will be facilitated by;

**Dr Di Nash.** M.B.B.S., FRANZCGP**,** an experienced GP. an accredited Balint leader   
and supervisor with 10 years experience in leading clinical reflective practice groups. Di co-leads an Auckland Balint group. co-led a 4 day group workshop at the International Balint Federation Congress, Oxford, U.K., in September 2017., co-led at the BSANZ 4 day group workshops in Australia in 2017 in Queensland and in New Zealand in 2016 at Hanmer Springs and in 2018 on Waiheke Island.

**Amanda Garland** RAth. With 30 years’ experience in Art Psychotherapy and Supervision both in NHS UK and in private practice Auckland NZ., she has worked as clinical supervisor within MDT’s and for groups, individual clinicians and trainees from various disciplines within mental health settings.

Both are members of BSANZ which is the fast-growing Society promoting Balint work and training in Australasia. <http://www.balintaustralianewzealand.org/>

The cost will be $50.00 per person, per 2-hour group session.

The group will be held monthly from 7 to 9pm on the third Wednesday of the month.

We plan to start on June 19th 2019 from 7.30 pm to 9.30 pm.

No preparation is required for participation in the group.

If you are interested please contact:

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Amanda: [amanda.garland@gmail.com](mailto:amanda.garland@gmail.com) ph: 0210 406 278