

CASE-BASED REFLECTIVE PRACTICE

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

[Starting Tuesday 11th February, 2020, 8am to 9.40am AEST \(Brisbane\)](#)

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

Why a Reflective Practice Group?

Current psychotherapy research and clinical experience show us that the efficacy of any treatment relies largely on the quality of the therapeutic relationship. However we may feel confused and even disarmed in understanding what is going on in the experience with our patient or client and how to be with it.

A case-based reflective practice group process supports growth in our emotional understanding of our patients or clients, 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 or client.

What is a Balint Group?

It is a small experiential, educational group in which participants meet to discuss difficult and intriguing cases. The focus of the group is on the emotional aspects of the case, particularly the client-practitioner relationship. The group is co-led by two psychoanalytic psychotherapists who are accredited Balint leaders.

The group is a form of peer supervision, though not intended to encompass full clinical case 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.balintaustralianewzealand.org

[This Group](#) has been meeting for three years and there are places available for next year. We meet on a Tuesday morning by Zoom video conferencing software. You will receive an email prior to the meeting with instructions on how to freely download the connection software. This is an easy task. Then before each meeting you need just to click on the link that will be sent in an email to join that meeting. The software is reliable and allows for all participants to be seen on screen at once.

Participants

Health professionals such as GPs, 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 work with trauma and complex trauma;
- 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;
- becoming attuned to your own 'gut feelings';
- gaining confidence in using your feelings to contribute to an assessment, and
- 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.

The greatest benefit of Balint work comes from being in an ongoing group.

Dates:

February 11

March 10

April 14

May 12

June 9

July 14

August 11

September 8

October 13

November 10

December 8

Cost: \$750 for the year.

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), AASW, PPAA, BSANZ Accred. is a Psychoanalytic Psychotherapist and Mental Health Social Worker in private practice with over 20 years experience. She has worked in child protection in both government and non-government sectors, and in psychiatry.

Practice Address: Suite 16, Ballow Chambers, 121 Wickham Terrace, Brisbane Q4000

Kerrie Collings-Silvey BA, Grad Dip Psych (UQ), FAPS, CCounP, PPAA, 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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Bookings/Enquiries: Your enquiries are welcome. You can also peruse the **BSANZ website about Balint Groups and see what other groups are available.**
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