

CASE-BASED REFLECTIVE PRACTICE

**An On-line Monthly Balint Group for
Doctors, Psychologists, Social Workers, Psychotherapists, Counsellors
especially for practitioners in an isolated or remote practice**

Starting in 2020, monthly on Thursdays, 5-6.30pm AEST and AEDT

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

In an exciting new initiative we are offering health practitioners, especially in remote areas or isolated practices, the opportunity to join an online Balint group.

Why a Reflective Practice Group?

Current psychotherapy research and clinical experience show us that the effectiveness of any treatment relies largely on the quality of the therapeutic relationship. However, how often do we feel confused and even disarmed as we try to understand what is going on in the experience with our patient or client?

Case-based reflective practice group process offers growth in how we can understand our clients' emotional lives, learn about ourselves as mental health professionals, and think about what is occurring between us. We can enhance our competence in working within the therapeutic relationship as it evolves.

What is a Balint Group?

A small experiential, educational group, in which participants meet to discuss difficult and intriguing cases, a Balint group focuses on emotional aspects of cases, particularly the client-practitioner relationship. The group's co-leaders are accredited Balint leaders whose task it is to ensure the safety and the working of the group.

While the group is a form of peer supervision, it's not intended to encompass full clinical case supervision. It is not for personal therapy.

For more information on Balint Groups visit www.balintaustralianewzealand.org

This is a new Group

We will meet on a Thursday afternoon/evening by Zoom video conferencing software. You will receive an email prior to the meeting with instructions on how to download the free connection software. This is an easy task. Then before each meeting all you need do is click on the link in the email to join that meeting. Zoom 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, OTs and counsellors:

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

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 a case;
- becoming attuned to your own 'gut feelings';
- gaining confidence in using your feelings to contribute to an assessment;
- discovering a deeper understanding about the therapist and patient/client relationship, and about the patient/client as a person;
- rediscovering the human side of your work;
- developing a reflective way of thinking.

The benefits of Balint work increase over time as a member of an ongoing group.

Dates:

The 1st Thursday of each month, February to December:

6th Feb, 5th March, 2nd April, 7th May, 4th June,
2nd July, 6th Aug, 3rd Sept, 1st Oct, 5th Nov, 3rd Dec.

Cost: \$750 for the year.

Leaders: Kerrie Collings-Silvey and Hilary Ash have trained in Balint leadership with the **Balint Society of Australia and New Zealand**. 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.

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.

Practice Address: Suite 81, Silvertown Place, 101 Wickham Terrace, Brisbane Q4000

Hilary Ash M Group Analytic Studies (Monash), BSocWk (MU), BA, MAASW, NTV (Life Member), BSANZ Accred. is a Psychotherapist, Relationship Counsellor, Professional Supervisor and Mental Health Social Worker in private practice, with over 40 years experience. Her work experience has included vocational rehabilitation, couples counselling, and male family violence prevention and counsellor training.

Practice Address: Seymour Rd, Elsternwick, Vic 3185

Bookings/Enquiries: Please contact us if you are interested and would like to find out more information.

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