

10-Session Online Balint Group – a unique opportunity for confidential discussion and reflection

This 10-session online Balint Group is being offered as an introductory experience for interested helping professionals new to Balint Group work. It is part of the *Special Crisis Response Project – Online Groups* which has been developed by the [Balint Society of Australia and New Zealand](#) (BSANZ).

About Balint Groups:

The purpose of a Balint Group is to help clinicians reflect and think together about difficult, complex and troubling cases. It is about clinicians learning to be with their clients and making better use of themselves in their work.

*The group is facilitated by two Balint Group Co-leaders. Their job is to create and maintain a **safe reflective space and atmosphere** where the **group agreement** is to look at the presented case from both the **clinician and client perspectives**, and to facilitate the group to **a deeper understanding**. 1*

1. L. Sullivan, personal communication, 01/06/20

Participation in Balint Groups may be counted towards continuing professional development (CPD) in your respective professional body.

Invited Group Members: Social workers, psychologists, doctors, psychotherapists, counsellors, community nurses, and other helping professionals

Balint Group Leaders: Chel Quinn and Meredith Waugh

Day/Time: *To be confirmed*

Size: 6-8 participants maximum

Cost: \$300.00 per person for the 10-session series

Venue: Online via Zoom.

To discuss further and/or confirm your place in the group, please contact either Chel or Meredith.

Chel Quinn

Balint Group Leader & Trainer, Social Worker and Psychoanalytic Psychotherapist

Mob: +61 7 438 505 494

Work Email: chelquinn@bigpond.com

Meredith Waugh

Psychologist, Social Worker and Psychoanalytic Psychotherapist

Mob: +61 7 408 400 847

Work Email: mwaugh4221@gmail.com