

***The Third Space***  
**Participate in this Monthly Online Balint Group**  
**- offering a safe and confidential space to reflect on your cases**  
**with colleagues**

Dear Colleagues,

In response to the current Covid-19 situation the Board of the Balint Society of Australia and New Zealand (BSANZ) has been working with its members to build capacity to offer more reflective practice support groups for doctors and other clinicians.

We are offering these monthly online co-led groups at a reduced cost and invite you to join this initiative.

The Balint Group method is named after Dr Michael Balint, a psychiatrist who pioneered peer-group discussion for doctors to help understand and manage the psychological aspects and the emotional content of clinician - patient relationships.

**How might a Balint Group benefit your practice?**

- A regular opportunity to reflect on clinical cases in a secure atmosphere;
- A way of improving our understanding and tolerance of complex patients;
- Learning from colleagues' different perspectives on each case;
- Sharing perspectives and experiences of working in the time of COVID19.

**Participants:** Doctors and other Clinicians

**Proposed beginning date:** Wednesday 19th August 2020, monthly third Wednesday

**Time:** 7.30pm – 9pm AEST over ZOOM. A link will be sent to you in advance.

**Cost:** \$90 for 3 sessions

**CPD:** This will count towards 1.5 hrs CPD per session.

**Leaders:**

Dr Nishanth Jayarajan is a Psychiatrist with a special interest in reflective practice and he is a member of the Balint Society.

Kerrie Collings-Silvey is a Counselling Psychologist and Psychoanalytic Psychotherapist, presently Secretary of the Board of the Balint Society.

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For more about the Balint Groups visit [www.balintaustralianewzealand.org](http://www.balintaustralianewzealand.org)