

Elsternwick Balint Networks 2021



MHPN currently supports two multidisciplinary reflective practice groups in SE Melbourne:
Elsternwick **Tuesday Night** Balint Group & Elsternwick **Wednesday Lunchtime** Balint Group.

Leaders' team: Ruth Dunn, a psychologist, Di Nash, a GP in NZ (Zoom meetings), & Hilary Ash, a social worker. All are Accredited Balint Group Leader Trainers.

Network Details:

- **WHEN?** Each group meets monthly 10 times, February to November:
Tuesdays 6.00-7.30pm; **Wednesdays** 1.00-2.30pm.
- **DATES & VENUE?** Details will be provided to members at the start of the year. Reminders are sent prior to each meeting. The group may occasionally meet on Zoom.
- **WHO FOR?** Members include a range of clinicians: General Practitioners and medical specialists, psychologists, social workers, OTs, and more, whose work engages with people's emotional lives and their wellbeing. Group meetings encourage focused and thoughtful case discussion, through a supportive, non-judgmental model.
- **WHAT HAPPENS?** Through the Balint model of confidential case discussions, members describe increased satisfaction and validation in their work, as well as a deeper understanding of complex issues confronting their patients. Members feel encouraged to participate and learn. Limiting group numbers enables a meaningful experience.
- **HOW MUCH?** An annual subscription of **\$500** is payable in a lump sum on commencement, by cash, cheque or direct debit. (Contact in case of financial issues.) Receipts are provided.
- **CPE/CPD/CME?** MHPN provides Attendance Certificates for those able to claim points for facilitated learning. Balint groups are a well-respected form of professional development and self-care.

Please do circulate this invitation on your workplace noticeboard, and among your colleagues.

APPLICATION TO JOIN

NAME	ORGANISATION
CONTACT ADDRESS	
EMAIL ADDRESS	
MOBILE PHONE	WORK PHONE
PROFESSION/ ROLE TITLE	
WHAT ARE YOU HOPING TO ACHIEVE THROUGH BALINT GROUP PARTICIPATION?	
HOW DID YOU HEAR ABOUT BALINT GROUPS?	

Queries? Email or call group co-ordinator Hilary Ash: 0422 528258

Want to join? Please forward your completed application to: hilarya@netspace.net.au