

CASE-BASED REFLECTIVE PRACTICE

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

Monthly on Thursdays, 5-6.30pm AEST (varies during daylight saving)

Are you looking for a safe confidential environment to explore troubling clinical relationships? A Balint group can offer just that.

An online Balint group is a safe opportunity for health practitioners, especially in remote areas or isolated practices, to think about their work.

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 work 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 to engage with the therapeutic relationship as it evolves.

What is a Balint Group?

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

While the group may resemble peer supervision in some ways, it's not intended to encompass full clinical case supervision. Furthermore it is not for personal therapy.

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

Meetings

We will meet on a Thursday afternoon/evening by Zoom video conferencing software. Prior to each meeting you will receive an email with simple instructions on how to download the free connection software. 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 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, non-judgemental and safe setting in which to explore and reflect on what is happening in their work;
- are interested in developing their reflective practice skills;
- are currently involved in clinical work or casework;
- practice in either isolated or in a remote area;
- professionally encounter emotionally difficult situations, relationships or interactions and/or
- work with trauma and complex trauma.

The benefits of a Balint Group include:

- 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 first Thursday of each month, February to December:

4th Feb, 4th March, 1st April, 6th May, 3rd June, 1st July,

5th Aug, 2nd Sept, 7th Oct, 4th Nov, 2nd Dec.

Cost: \$550 + 5% gst 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 researched 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, individual & couple therapy, 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.

kcollings.silvey@bigpond.com

hilarya@netspace.net.au

Kerrie: 0414 856 523 or Hilary: 0422 528 258