

## ***The Third Space***

### **Participate in this Monthly Online Balint Group**

**- offering a confidential safe space to reflect on your cases with colleagues**

Dear Colleagues,

Would you value the opportunity to explore the emotional and relational aspects of your cases? A Balint Group is a type of peer clinical supervision group, with two leaders, who support participants in unpacking a troubling or challenging case while protecting the presenter from intrusive questions or criticism. The focus is on understanding the psychological dynamics between the clinician and the patient, not on diagnostics, treatment regime or what else other forms of supervision require.

The Balint Group method is named after Dr Michael Balint, a psychoanalyst 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; and
- Refresh your interest and build confidence in your clinical work.

**Participants:** Doctors and other Clinicians

**Beginning date:** Wednesday 10th February 2021, monthly.

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

**Cost:** \$180 for 6 sessions (BSANZ *Covid Response* Initiative reduced rate)

**Continuing Professional Development:** This will count towards 1.5 hrs CPD per session. A MHPN Certificate of Attendance will be provided.

#### **Leaders:**

- Dr Nishanth Jayarajan is a Psychiatrist with a special interest in reflective practice and he is a member of the Balint Society of Australia and New Zealand (BSANZ).
- Kerrie Collings-Silvey is a Counselling Psychologist and Psychoanalytic Psychotherapist. She is a BSANZ Accredited Leader Trainer.

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