

Monthly Balint Group for Clinicians Working with Couples+



Led by Brad McLean

MSc , CTA. PACFA psychotherapist and (certified) supervisor



An online Balint group for Transactional Analysts, psychotherapists, counsellors and coaches who work with couples and relationship-diverse constellations.

What is a Balint group?

Balint group work is an experiential method intended to support clinicians in their clinical work by harnessing the unconscious of the group for case reflection. A clinical situation that has stayed in the clinician's mind is presented informally, without notes or detailed preparation, and the presenter is invited to speak spontaneously about what is on their mind. After a few clarifying questions, the presenter rests and listens while the leader guides the group in "working" with the material.

Why a Balint group for couples+ work?

When we work with couples and relationship systems, the "client" is the relationship itself. This group offers a dedicated space to explore your relationship to that client: how you find yourself taking up roles, holding tensions and carrying feelings on behalf of the relationship. It is a place to reflect on the emotional impact of working with conflict, desire, jealousy, loyalty, secrecy, repair and loss in couples and other relationship constellations.



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Who is it for?

- Certified Transactional Analysts and TA trainees working with couples/relationship systems.
- Psychotherapists, counsellors and psychologists with an interest in relational and psychodynamic perspectives on relationship therapy.
- Coaches and other practitioners who work with adult relationships and want a reflective forum. Previous Balint group experience is not necessary.

Format

Small group (Limited to 8–10 participants plus leader) to support depth and safety.
Monthly 90-minute meetings online via zoom

Contract:

£440 (8 dates) with the potential to extend and continue. Group safety requires that all attend consistently.

Balint Leader

Brad McLean MSc (psychotherapy) is an Australian Certified Transactional Analyst (psychotherapy), PACFA-registered clinical Psychotherapist, Certified Supervisor and BSANZ Balint group leader, working from a relational/psychodynamic orientation with a particular interest in working with relationship-diverse clients.

How to apply / enquire

For more information or to register your interest, email:
bmctherapy@protonmail.com.

You're welcome to contact Brad with any questions about whether the group is a good fit for your current practice.

All applicants will need to attend a brief online individual meeting with Brad which is customary for joining Balint groups.

What can this Balint group offer?

A confidential, supportive space to share and reflect on experiences from couples and relationship-diverse practice. In-depth discussion of clinical interactions between clinician(s) and the "client"-relationship, with attention to what is happening between you and them. Greater understanding and appreciation of the complexity of working with couples and systems, beyond technique or "tips". Collegial support and protection from disillusionment and burn-out through shared reflection on anxieties and tensions in the work. Opportunities to deepen your capacity for mentalisation, holding multiple subjectivities, and working with transference-countertransference in couples+.