REFLECTING ABOUT THE WORK

A BALINT GROUP for DOCTORS

A Balint group is a small experiential, peer support group in which doctors discuss cases from their own practice with a focus on the doctor-patient relationship. It promotes reflective practice, fosters the growth of self-awareness and has been shown to reduce burnout. It was named to acknowledge Enid and Michael Balint who developed a unique method of studying the doctor-patient relationship in London in the 1950’s. The aim was not to teach or supervise but to understand what the doctor experiences as he/she treats the patient and what the patient might be experiencing that he/she could not express to the doctor. These groups proved so useful that they are still functioning today in most countries of the world. To read more visit the International Balint Federation website: <http://www.balintinternational.com> and the Balint Society of Australia and New Zealand (BSANZ): <http://www.balintaustralia.org>

**A group of Brisbane Doctors is seeking to establish a new Balint Group.**

Ballow Chambers

121 Wickham Terrace

Spring Hill

The group will meet once a month on the 3rd Thursday of each month,

July to November 2106

6.30pm to 8.30pm.

*Leaders*: Penny Love, B.A., M.Ed.St. Chel Quinn B.A., B.S.W., M.M.H.

*Psychoanalytic Psychotherapist Psychoanalytic Psychotherapist*

*Accredited Balint Group Leader and Trainer Accredited Balint Group Leader*

*To express an interest or discuss this group further please contact:*

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