

Balint Society

OF AUSTRALIA & NEW ZEALAND

Self care for health practitioners
through collegial group work

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The electronic newsletter of the Balint society of Australia and New Zealand published quarterly for members.

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New Zealand medical student Claudia Harrison has won the 2013 International Balint Federation Ascona Prize

Claudia's prize includes a trip to Heidelberg, Germany to the International Balint Federation Congress in early September to receive the prize and to present her prize winning essay

"To the men who told me so much – without words"

We are immensely proud and delighted that Claudia has won the prize. She is an Otago medical student, currently taking a Medical Science Honours year in the middle of her degree to do research in Auckland.

The essay is about some of her clinical contacts with patients in her second and third year, and she speaks eloquently about the human aspect of patient contact as a medical student in the context of intensive academic learning.

There are eight members of our BSANZ Society attending the Heidelberg Congress, and we are excited by Claudia's achievement and look forward to seeing her there.

The essay will be published on our website after she has presented it to the Congress.

Balint in China and Kazakstan

Further Gains in Translation - a Developing Journey in Partnership.

Leonie Sullivan and Laurie Lovell-Simons

Many things have followed from our Balint workshop at the IPA “Freud and Asia” Conference in Beijing in 2010, which we wrote about in the paper “Gained in Translation – Evolution of Partnerships – A Balint Narrative from China” for the IBF congress in Philadelphia 2011. Regular and ongoing visits to China and a visit to Kazakhstan have followed.

Shortly after the IPA event we were invited to join a small international team of Balint leaders (three from Germany, one from Israel and the two of us from Australia) to support the development of Balint work in China.

We have been pleased to develop an ongoing relationship with our Chinese colleagues and since 2011 have begun annually visiting the Peking Union Medical College Hospital for their Balint Intensives. This is a 3000 bed hospital in the centre of Beijing.

Every year over 100 Chinese clinicians, from a variety of disciplines: psychiatrists, neurologists, psychologists, oncologists, traditional Chinese medicine practitioners, attend, all with a keen interest to both experience Balint work and to learn Balint leadership.



Beijing 21.5.11

A recent development has been a new invitation to the Beijing Oncology Hospital, a major treatment and research centre, to develop and run the faculty for their inaugural Balint Intensive in September 2013. We are very much looking forward to this new opportunity to work together and with our Chinese colleagues.

In recognition of our contribution to the development of the Chinese Balint Federation we were delighted to have been granted Honorary membership of their Federation, which has become a member of the International Balint Federation this year.



Beijing 12.6.13

A recent development has been a new invitation to the Beijing Oncology Hospital, a major treatment and research centre, to develop and run the faculty for their inaugural Balint Intensive in September 2013. We are very much looking forward to this new opportunity to work together and with our Chinese colleagues.

Apart from our work together Leonie has conducted a Balint workshop and contributed to a panel on the use of Balint work on the conference theme of "Loss and Love" at the Third Chinese Psychoanalytic Congress in Shanghai in 2012.

Furthermore since 2011 Leonie has been conducting the Balint leadership strand in a closed group for 22 participants of the Chinese National Psychoanalytic Training Program. This is run twice yearly in the last 3 years, and is held at the Wuhan Hospital for Psychotherapy, Wuhan, central China.

Many of those attending these Balint workshops are senior clinicians from around China who are keen to take Balint work their home city. Our Chinese colleagues have also recently published Michael Balint's "The Doctor, the Patient and his Illness" into Mandarin.

In Kazakhstan

In response to an invitation by the Kazakhstan Psychoanalytical Association and the Institute of Psychoanalysis for Central Asia to run a 7 day summer school on “Methods and Techniques of Working with Groups” we together developed a lecture and experiential program around group development and Balint work. This was a very full and intense program including evening activities where our role was to facilitate discussion, using the group, of the movies “Salmon Fishing in the Yemen” and “A Dangerous Method”.

We were also invited by the Chief Psychiatrist for Kazakhstan to present an introduction to Balint work followed by a fishbowl at the Republic Psychiatry, Psychotherapy and Narcology Centre in Almaty, Kazakhstan.



Kazakhstan 21.6.12

In the two countries the experiential component of the work is done in Mandarin or Russian, interpreted by a clinician. This work in different languages and different cultures has reinforced our belief in and commitment to the universality of Balint work, and has invigorated and offered inspiration to our group and individual work back in Australia.

Report from the Board

Dr Sally Warmington was appointed to the Board of the society at the AGM on July 16th. Sally is a consultant rehabilitation physician, and is a member of the Balint in Medical Schools Think Tank.

Her appointment brings new skills into the management of the society, and she is warmly welcomed onto the Board.



Publications

Useful new book for GPs, specialists, and health professionals.

Hamish Wilson, a GP and senior lecturer at Otago University, has just co-published a book about the challenges of modern medical practice. With Wayne Cunningham, the authors have woven a number of clinical stories into this book, including links to the benefits of Balint work. With its focus on the benefits of engagement with patients through a thoughtful doctor patient relationship, this book will be useful for all health professionals as well as for leaders of Balint groups. Wilson H, Cunningham W. *Being a Doctor: Understanding Medical Practice*. Otago University Press, Dunedin, 2013. See <http://www.otago.ac.nz/press/booksauthors/>

To be published March 2014

Learning about Emotions in Illness

Integrating Psychotherapeutic Teaching in Medical Education

Edited by Peter Shoenberg and Jessica Yakeley

In this book, Peter Shoenberg, Jessica Yakeley, and their contributors, who include students and teachers, discuss two different teaching approaches developed at University College London to help medical students understand the role of emotions in illness, communicate more effectively, and gain a deeper understanding of the doctor patient relationship. The benefits of Wolf and Treadgold's Student Psychotherapy Scheme are considered alongside Shoenberg and Suckling's short term student Balint discussion group scheme to provide clear guidance about how psychotherapeutic understanding can be used to inform medical education, with positive results.

For more details, or to request a copy for review, please contact:
Rebecca Hogg, Marketing Assistant Rebecca.Hogg@tandf.co.uk

[Andrew Elder : The Michael Balint Memorial Lecture 2013](#)

An edited version is available as a podcast on the Balint Society website News page
at www.balint.co.uk.

Local Noticeboard

**The Balint Society of Australia and New Zealand
Intensive Workshop at Noosa Heads, October 24th-27th 2013**



For further information and to register:
Contact Chel Quinn : chelquinn@bigpond.com

THE AUSTRALIAN SOCIETY FOR PSYCHOLOGICAL MEDICINE AND THE RACGP

Joint Conference in Melbourne 13-15 September

“Connecting Minds: Upskilling in Psychological Medicine”

Speakers include Psychologist Michael Carr-Gregg (keynote address), Prof Patrick McGorry (2010 Australian of the Year), Dr Russ Harris (Author of “The Happiness Trap”), Professor Graeme Meadows, Dr Arne Rubinstein

Pre-Conference workshops will also be held on the Friday, including one presented by The Black Dog Institute. Complete program and registration at www.aspm.org.au

International Diary of Balint events

The 18th International Balint Congress, Heidelberg, Germany
September 7th – 11th 2013

Information and registration: www.int-balintcongress-heidelberg.com

BRITISH BALINT SOCIETY 2013

Balint weekend:

27th – 29th September 2013: Corpus Christi College, Oxford

All details on www.balint.co.uk

AMERICAN BALINT SOCIETY 2013

Balint Leadership Training Intensive

17th -20th October 17-20, 2013: Engleside Inn, Beach Haven, New Jersey

All details on <http://www.americanbalintsociety.org/>

FRENCH BALINT SOCIETY 2013

Balint at Besancon 25-26 October 2013

Full details at <http://smb-2013.fr>.

General Information:

Two intensive leadership training workshops are held in the US each year, a spring workshop on the west coast and a fall workshop on the east coast.

Info : americanbalintsociety.org/

Enrollment is open and no prior Balint experience is required.

The United Kingdom Balint Society schedules joint study days, lectures, and 4-5 weekend workshops per year. Some are leadership training workshops, and all are a great way to meet others involved in the Balint work, and to experience the work.

Info: balint.co.uk/

Contributions to this newsletter are welcome. If you do not wish to receive this newsletter, please contact drdinash@gmail.com and I will remove you from the mailing list.