



Self care for health practitioners  
through collegial group work

Balint Bulletin No.21  
December 2012

## Balint Bulletin No. 20

*The electronic newsletter of the Balint society of Australia and New Zealand published quarterly for interested people.*

## December 2012

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### President's Report :

2012 has been a busy year for the Balint Society of Australia and New Zealand.



Frank Meumann

It has seen the establishment of a training pathway for Balint leadership accreditation.

At the time of writing this report the BSANZ has nine people enrolled for Balint leadership training. The next step for the BSANZ is to attend to many of the issues associated with training including the networking of supervisors and support for those in training.

We are very fortunate to have Dr Mark Davis leading this initiative.

The BSANZ held a highly successful four day Balint Leadership Intensive in Noosa in October. Special thanks go to Penny Love and the Intensive Committee for all their hard work on this.

We are currently exploring a range of options for Balint leadership training in 2013.

The visit to Australia by Dr Peter Schoenberg was also a highlight for the BSANZ in 2012. He presented seminars on the use of Balint groups for medical students in the United Kingdom and how these successful programs might be extended to Australian universities. Alexa Gilbert-Obrart did a great job in leading this initiative. She and her team are taking this work further.

I have been pleased to see the steady development of Balint group work in Australia and New Zealand. Many new Balint groups started in 2012. One can attribute these positive developments to our society spanning Australia and New Zealand. The support of Balint groups in the more remote regions of Australia and New Zealand is one of the challenges facing the BSANZ.

The International Balint Federation will be holding its 18<sup>th</sup> International Congress in Heidelberg, Germany from 7 to 11 September 2013. The Congress homepage is available at [www.int-balintcongress-heidelberg.com](http://www.int-balintcongress-heidelberg.com). Readers are invited to visit the website for information about the congress and how to submit papers for presentation. It would be great to have a strong contingent from Australia and New Zealand to join Balint people from all over the world.

I would like to thank all those people who have contributed their time and effort in supporting the work of the BSANZ. Their activities have been wide and varied on both sides of the Tasman. I am looking forward to further exciting Balint developments in 2013.

Frank Meumann,  
President, BSANZ

## ***Balint Groups accepting new members in 2013***

All groups and workshops are credited in the post graduate education programmes of the RACGP and RNZCGP as CPD, CME, or peer review

### **Victoria**

#### **The Hawthorn Group**

Leaders: Dr Bill Betts, *Psychiatrist, Accredited leader and trainer with the BSANZ*

Ruth Dunn, *Psychotherapist, Accredited leader and trainer with the BSANZ*

Meets monthly, 5.30-7pm Tuesdays

*A general practitioner group*

Contact: [ruthdunn@ozemail.com.au](mailto:ruthdunn@ozemail.com.au) or [williambetts@netspace.com](mailto:williambetts@netspace.com)

#### **The Heidelberg Group**

Leader: Dr Marion Lustig, *former G.P., Psychiatrist and psychoanalyst,  
Accredited leader and trainer with the BSANZ*

Meets monthly except during holiday periods

*A mixed group including including general practitioners, medical specialists and psychologists*

Contact: [marion-lustig@bigpond.com](mailto:marion-lustig@bigpond.com) 03 95715111 (w)  
03 95715444 (h)

## The West Footscray Group

Leaders: Dr John Barton *G.P., Psychotherapist, Accredited leader and trainer with the BSANZ*

Dr Kate Strasser, *G.P., Accredited leader and trainer with the BSANZ*

Meets: First Thursday of the month, February to December inclusive  
6.30-8.30pm

Funded by the Macedon Ranges and North West Melbourne Medicare Local Ltd., and meets at one of its offices.

Contacts: [jbarton@aapt.net.au](mailto:jbarton@aapt.net.au) or [kmstrasser@gmail.com](mailto:kmstrasser@gmail.com)

## Thornbury Groups:

Leader: Dr John Barton

For the Mental Health Professionals Network (MHPN)

Group One: Full

Group Two: First Friday of the month 12.30-2pm

Group Three: First Friday of the month 2.30 – 4 pm

Contact: [jbarton@aapt.net.au](mailto:jbarton@aapt.net.au) or Lauren Tyrrell <[L.Tyrrell@mhpn.org.au](mailto:L.Tyrrell@mhpn.org.au)>

## Tasmania

### The Hobart General Practitioner Group

Leaders: Dr Frank Meumann, *G.P., Accredited leader and trainer with the BSANZ*  
Stephen Pinkus, *Clinical Psychologist*

*A general practitioner group*

Time: Meets for 1.5 hours on the second Wednesday evening of the month

Contact: [frankm@netspace.net.au](mailto:frankm@netspace.net.au)

### The Hobart Mental Health Professionals Network Multidisciplinary Group

Leaders: Dr Frank Meumann, *G.P., Accredited leader and trainer with the BSANZ*  
Dr Jenny Presser, *G.P., womens' reproductive health practitioner*

Time: Meets on the last Wednesday of each month

*A mixed group of general practitioners, psychologists, psychoanalysts, social workers, grief counselors*

Contact: [frankm@netspace.net.au](mailto:frankm@netspace.net.au)

## New South Wales

### St Leonard's Groups:

Leader: Leonie Sullivan, *Psychoanalyst, Accredited leader and trainer with the BSANZ*

Meets Opposite North Shore Hospital

Group One: 1<sup>st</sup> and 3<sup>rd</sup> Mondays at 6.30pm

Group Two: 2<sup>nd</sup> and 4<sup>th</sup> Mondays at 8pm, *a mixed doctors' group*

Group Three: *A new group to be convened for psychologists* on Tuesdays at  
1pm, awaiting more enrolments

Group Four: A Skype group to be convened, awaiting more enrolments

Contact: [lesull@optusnet.com.au](mailto:lesull@optusnet.com.au)

## Lane Cove Groups:

Leader: Laurie Lovell-Simons, *Psychoanalytic Psychotherapist, Accredited leader and trainer with the BSANZ*

Two New Groups will be offered in February 2013

*These will be mixed groups of general practitioners, psychotherapists, psychologists and others.*

Times: Thursdays 4-5.30pm

Wednesdays 6.30 - 8pm

Contact: [+61 \(0\)2 9427 6610](tel:+61294276610) or [lauriels@tpg.com.au](mailto:lauriels@tpg.com.au)

## Queensland

### Brisbane:

#### Wickham Terrace Groups:

##### Group One:

Leaders: Penny Love, *Psychoanalytic therapist, Accredited leader and trainer with the BSANZ*

Chel Quinn, *Psychoanalytic psychotherapist*

*A general practitioner group*

Time: Meets once monthly on the second Thursday of the month, 6.30-8.00 pm.

##### Group Two:

*A mixed group of mental health workers, general practitioners, psychologists, psychiatrists, nurses, social workers*

Time: Meets once monthly on the 3<sup>rd</sup> Thursday of the month.

Supported by the Mental Health Professional Network, Health Department

##### Group Three:

Leaders: Chel Quinn, *Psychoanalytic psychotherapist*

Kerry Collins-Silvey *Psychologist and psychotherapist*

*A group for Mental Health Practitioners commencing February 2013*

Time: early morning

Contact: [kcollings-silvey@westnet.com.au](mailto:kcollings-silvey@westnet.com.au) or [chelquinn@bigpond.com](mailto:chelquinn@bigpond.com)

## South Australia

### Adelaide

#### Glenside Hospital Group:

Leader: Anne Sved Williams, *Psychiatrist*

Venue: Helen Mayo House, Glenside Hospital

Time: Meets first Tuesday of the month 7.30-8.30 am over a shared breakfast.

Contact: Anne on 0407870000 or [svedwill@gmail.com](mailto:svedwill@gmail.com)

## New Zealand

### Auckland

#### Ponsonby Groups:

##### Group One:

Leaders: Louise de Lambert, *Psychotherapist*

Dr Richard Fox ex G.P., *Psychotherapist*

*Balint leadership practice group, a mixed group of G.P.'s, psychotherapists, psychiatrists, physicians, and a lawyer, close to full.*

Venue: 4 Paget St Ponsonby

Time: Meets every four weeks on a Monday evening, 7.30-9.30 pm

Contact: [hotfoxes@xtra.co.nz](mailto:hotfoxes@xtra.co.nz)

##### Group Two:

Leaders: Dr Richard Fox, ex G.P., *Psychotherapist*

Dr Peter Veenhuijsen

*A general practitioner group*

Venue: 4 Paget St., Ponsonby

Time: 4<sup>th</sup> Tuesday of each month, 7.30-9.30 pm Can take two more members.

Contact: [hotfoxes@xtra.co.nz](mailto:hotfoxes@xtra.co.nz)

##### Group Three:

Leader: Dr Di Nash, *G.P.*,

Venue: 4 Paget St., Ponsonby

*A general practitioner group*

Time: Meets once monthly on the second Monday of the month, 7.30-9.30 pm

Contact: [drdinash@gmail.com](mailto:drdinash@gmail.com)

##### Mt Eden Group:

Leaders: Dr Renske Van Den Brink, *general practitioner, psychotherapist, counsellor in MindBody Healthcare issues*

Prue Bonifant, *ex physiotherapist, psychotherapist*

Venue: 575 Mt Eden Rd

*A multidisciplinary group to be established from April 2013, monthly on Tuesday evenings, following two introductory sessions 24<sup>th</sup> March and April 28<sup>th</sup>.*

Contact: [pruebonifant@ihug.co.nz](mailto:pruebonifant@ihug.co.nz) or phone Renske +640 21 101 3224

## Noticeboard Australia and New Zealand

### Auckland

*A multidisciplinary workshop, open to general practitioners and other health professionals*

Saturday 23<sup>rd</sup> February 2013, 9.30am-4.30 pm

Leaders: Dr John Barton, G.P., *Psychotherapist, Accredited leader and trainer with the BSANZ*

Dr Diana Nash, *general practitioner*

Venue: 9 Kotare Ave., Westmere

Contact: [jbarton@aapt.net.au](mailto:jbarton@aapt.net.au) or [drdinash@gmail.com](mailto:drdinash@gmail.com)

*A one day workshop run in conjunction with the Goodfellow Symposium,  
The Langham Hotel, Symonds St.*

Friday 22<sup>nd</sup> March 2013, 9.30am - 4.45 pm

Leaders: Dr John Barton, *G.P., Psychotherapist, Accredited leader and trainer with the  
BSANZ*

Dr Diana Nash, *general practitioner*

Either of these events will be a suitable introduction to Balint work for GP's,  
psychotherapists or psychologists.

Contact : [jbarton@aapt.net.au](mailto:jbarton@aapt.net.au) or [drdinash@gmail.com](mailto:drdinash@gmail.com) for information or to register.

## Mt Eden, Auckland

*Two multidisciplinary Balint taster workshops*

Sunday 24<sup>th</sup> March 3-6 pm

Sunday 28<sup>th</sup> April 3-6 pm

Leaders: Dr Renske Van Den Brink, *general practitioner, psychotherapist, counsellor in  
MindBody Healthcare issues*

Prue Bonifant, *ex physiotherapist, psychotherapist*

Venue: 575 Mt Eden Rd., Mt Eden

Contact: [pruebonifant@ihug.co.nz](mailto:pruebonifant@ihug.co.nz) or phone Renske +640 21 101 3224

## New South Wales

*Balint Tasters for Hospital Staff*

Leader: Leonie Sullivan, *Psychoanalyst, Accredited leader and trainer with the BSANZ*

Contact: [lesull@optusnet.com.au](mailto:lesull@optusnet.com.au)

## International Diary of Balint events

### **Annual Intensive Balint Leadership Course of the Polish Balint Society**

January 25th-January 27th, 2013.

Czestochowa, Poland

Cost of participation, including room and board is 112,- USD.

Groups will be held in Polish and Russian, and, if necessary, in English and German. International participation is very welcome.

Contact: [b.wasilewski@ips.pl](mailto:b.wasilewski@ips.pl)

[http://www.balint.pl/aktualnosci\\_pliki/Balint%202013\\_i\\_.pdf](http://www.balint.pl/aktualnosci_pliki/Balint%202013_i_.pdf)

### **United Kingdom: Time to think: Masterclass in Reflective Practice**

Saturday 26th January 2013 London, U.K.

This event is being held by the Royal College of General Practitioners in partnership with the Royal College of Psychiatrists, the Institute of Group Analysis and the Balint Society, and will be led by Dr Clare Gerada, Chair of the RCGP Council. The day offers a space for GPs to discuss and think about their working lives and experience one of a number of reflective group methods, including Balint work. Members of the Balint

Society will be facilitating at the meeting and available to discuss Balint groups with anyone who is interested.

For full details of the meeting visit: [Time to Think](#) or <http://balint.co.uk/>

### **American Balint Society Leadership Training Intensive**

March 21st – March 24th 2013

Santa Rosa, California.

See: [http://ambalintsociety.clubexpress.com/content.aspx?page\\_id=22&club\\_id=445043&module\\_id=122926](http://ambalintsociety.clubexpress.com/content.aspx?page_id=22&club_id=445043&module_id=122926)

OR on the ABS home page: <http://www.americanbalintsociety.org> and follow the links. Enrollment is open and no prior Balint experience is required.

### **Celebrating the Romanian Balint Association's 20th anniversary**

May 9<sup>th</sup>-11<sup>th</sup> 2013

#### **“Soma and Psyche”**

*Main languages English and Romanian*

Venue: Salvator Hotel, Miercurea Ciuc-Sumuleu

**Contact : Albert Veress** [albert.veress@yahoo.com](mailto:albert.veress@yahoo.com)

**Further details:** [www.associatabalint.ro](http://www.associatabalint.ro)

A most hospitable conference, reasonably priced, with a social programme and sight seeing.

“This looks to be a very exciting event “ (IBF secretary Paul Sackin)

### **The 18<sup>th</sup> International Balint Congress, Heidelberg, Germany**

September 7<sup>th</sup> – 11<sup>th</sup> 2013

Call for papers by 31<sup>st</sup> January 2013

Information: [www.int-balintcongress-heidelberg.com](http://www.int-balintcongress-heidelberg.com)

### **The International Ascona Prize for Medical Students, 2013**

Prizes of 5000 SFR (= CHF) each for the three best essays, **submitted by 31<sup>st</sup> December 12**, and in addition, reasonable travel expenses paid, congress fee waived, and free accommodation provided for a trip to Heidelberg in September 2013 for a short presentation to the Heidelberg Congress.

Papers must be in English. They should describe a student-patient relationship, an experience, or experiences, from the student's medical studies and include critical

reflection on personal meetings with patients. The papers should be between 3,000 and 10,000 words.

For details and examples of winning essays see  
<http://www.balintinternational.com/asconaprize.html>

***Contributions to this newsletter are welcome. If you do not wish to receive this newsletter, please contact [drdinash@gmail.com](mailto:drdinash@gmail.com)***