

**Balint Bulletin No. 16**

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***Balint groups are a well established and unique approach to training GPs in psychological aspects of general practice. This is an electronic newsletter circulated by the Balint Society of Australia (BSA). Its purpose is to disseminate information and news about Balint work to interested people in Australia and New Zealand. Contributions are welcome. If you do not wish to receive this newsletter, please contact us and we will remove you from the mailing list.***

## **NATIONAL COMMITTEE OF MANAGEMENT (COM) NEWS**

The members of the current Committee of Management of the BSA are

President-Sally Manuell (Vic)

Vice-President – Penny Love (Qld)

Secretary –Ann-Marie Diggins (Vic)

Treasurer – Ruth Dunn (Vic)

Immediate Past President – John Barton (Vic)

Committee members - Alexa Gilbert-Obrart (NSW) and Frank Meumann (Tas).

Sally Manuell is a Melbourne-based GP working in Heidelberg and part-time at the Austin Hospital, and has been involved in a Balint group for 9 years run by Marion Lustig and now based at Sally's practice in Heidelberg.

Penny Love is a psychoanalytic psychotherapist based in Brisbane, with a private practice, and involvement in Balint work for a number of years.

The COM now meets at least bi-monthly by telephone link-up, and

also now holds twice yearly weekend retreats which began in April 2009.

The COM has been busy since the AGM held in July 2010 working on our constitution and on the process involved for accreditation of Balint leaders in Australia.

### ACCREDITATION OF BALINT LEADERS

The BSA is pleased to announce the 'grandfathering' accreditation of several Balint leaders based upon their already extensive experience in leadership, and demonstrated skill in this work.

These leaders are:

Dr Marion Lustig, Melbourne

Dr John Barton, Melbourne

Dr Bill Betts, Melbourne

Ms Ruth Dunn, Melbourne

Ms Laurie Lovell-Simons, Sydney

Ms Leonie Sullivan, Sydney

Ms Alexa Gilbert-Obrart, Sydney

Ms Penny Love, Brisbane

Dr Frank Meumann, Hobart (Darwin later in 2011)

We appreciate the contributions to leadership in Balint work in Australia (and New Zealand) demonstrated to date by these people.

### **Balint Intensive Workshop in Auckland**

The BSA, in conjunction with the Goodfellow Unit, Faculty of Medical and Health Sciences, Auckland University, presented a Balint Leadership Intensive Workshop in Auckland from 17th to 20th June, 2010.

Leaders who attended from overseas were John Salinsky, Lenka Speight and Shake Seigel from UK, and Ann Sinclair and Don Nease from USA. This was an excellent opportunity to broaden professional contacts and meet members of the international Balint community, and many new professional and personal connections were made.

There were 32 attendees from New Zealand and 23 from Australia.

The Intensive ran very smoothly overall and was a valuable time for furthering Balint work and interactions for the participants. Several workshops were also run during the course of the Intensive, including discussion in relation to possible future structures of Balint connection between Australia and New Zealand.

Many thanks must be extended to the organizing committee, and especially Peter Huggard of the Goodfellow Unit at University of Auckland, and John Barton and Penny Love based in Australia. These events require a significant amount of work and attention to detail, and the smoothness of the arrangements during the Intensive were testament to how well this was performed.

## **FORTHCOMING EVENTS**

### **Balint Leadership Intensive in Melbourne May 2011**

The Melbourne Intensive to be held at the Metropole in Fitzroy from 5<sup>th</sup> to 8<sup>th</sup> May 2011 is now full with a waiting list. This Intensive is the first to be held with all the leaders being members of the BSA, and as such is a milestone in the development of our work.

## **BALINT GROUP OPPORTUNITIES**

Please contact state representatives to enquire about joining or starting a Balint group in your area.

**Perth** A Balint group for GPs meets regularly in Perth. Contact Judy Griffiths at HYPERLINK "mailto:judygriffiths@gmail.com"  
[judygriffiths@gmail.com](mailto:judygriffiths@gmail.com)

**Sydney** Contact Laurie Lovell-Simons at lauriels@tpg.com.au There are groups looking for additional members in Sydney.

**Rural Australia** Leonie Sullivan is exploring the possibility of a Balint group by audio- or tele- conferencing. A few more participants are needed. Please contact her at HYPERLINK

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

**Port Macquarie** Contact Brenda Campbell: HYPERLINK

"mailto:campbelldesign@bigpond.com"

[campbelldesign@bigpond.com](mailto:campbelldesign@bigpond.com)

**Victoria** Contact John Barton at HYPERLINK

"mailto:jbarton@aapt.net.au" [jbarton@aapt.net.au](mailto:jbarton@aapt.net.au) There are groups in Frankston, Richmond, Footscray, Heidelberg and Lilydale,

**Queensland** There are groups in Brisbane and Townsville Contact

Penny Love: HYPERLINK "mailto:pl273743@bigpond.net.au"

[pl273743@bigpond.net.au](mailto:pl273743@bigpond.net.au)

**Northern Territory** Contact Frank Meumann: HYPERLINK

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

**South Australia** There are two Balint groups in Adelaide. Contact Dr

Anne Sved-Williams at HYPERLINK "mailto:svedwill@hcn.net.au"

[svedwill@hcn.net.au](mailto:svedwill@hcn.net.au)

**New Zealand News** The BSA Leadership Intensive in Auckland in June 2010 was attended by 32 New Zealanders including 18 GPs.

A week later several leaders who had been at the Intensive presented Balint work at the RNZCGP Medical Educators Convention.

It has been exciting to know that the effect of these two events on the interest in NZ in ongoing Balint work has been considerable. New Balint groups for GPs have started in Wellington and Auckland with planning for others in Dunedin, Hamilton and Hawkes Bay. The NZ Institute for Rural Health is funding a Balint group by teleconference for Remote rural GPs. One Balint group for GP registrars has begun and several GP teachers are using the Balint method. Other initiatives include Balint groups for Psychiatric registrars, in a hospice, with PGY2 doctors. There are ongoing groups in Christchurch, Auckland and Nelson.

Contact Dr Mark Davis at HYPERLINK "mailto:davisltd@xtra.co.nz"

[davisltd@xtra.co.nz](mailto:davisltd@xtra.co.nz)

**Australian Balint in China** Leonie Sullivan and Laurie Lovell-Simons submitted a proposal to run a Balint Workshop at the first International Psychoanalysis Association Conference in Asia, "Freud in Asia". The proposal was accepted and 23, mostly Chinese, clinicians attended. The workshop was conducted with a translator. The feedback was very positive. It was very exciting to use the Balint model in a cross cultural and cross language setting at such a significant international event.

## **OVERSEAS NEWS**

### **International Balint Federation**

The 17th International Balint Congress will be held in Philadelphia Sept 7<sup>th</sup> to 11<sup>th</sup>, 2011.

From the website, 'Come join us for the 17<sup>th</sup> International Balint Congress as we join to explore the heart of patient-centred care through discussions about and using the group methods begun by Michael and Enid Balint. Enjoy 4 days of stimulating and thoughtful interaction with colleagues from around the world, as we share experiences of Balint work, training and healing.'

Other details about the Congress are on the American Balint Society or IBF websites.

Members of the BSA who attend can be assured of a warm welcome from international Balint colleagues at the Congress.

### **American Balint Society Leadership Intensive Workshops**

These workshops are held twice yearly, the next one being in Seattle in March. These intensives are highly recommended. For more information visit the website: HYPERLINK

"<http://americanbalintsociety.org>" <http://americanbalintsociety.org>

### **Balint Weekends in UK**

Annual Balint weekends are held in the UK.

For further details contact Dr David Watt (Secretary) at HYPERLINK "mailto:David.Watt@gp-f84093.nhs.uk" [David.Watt@gp-f84093.nhs.uk](mailto:David.Watt@gp-f84093.nhs.uk)