

# Balint Society of Australia and New Zealand

## Balint Bulletin No. 19

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

## May 2012

Editor: Diana Nash

Contact: +64 9 816 8896 or drdinash@gmail.com

## The New Look Website is up and running!

The BSANZ website has been upgraded and much of the information has been updated.

There's still some way to go yet, but the Board is pleased with the new look and the flexibility of the site.

Information relevant to our members and all interested in the work of the Society will be regularly updated on the site.

Many thanks to our President and Secretary for working hard to achieve the improvements.

## Watch that space!

Have you considered becoming a member of the BSANZ? For all who value the benefits of being in a Balint Group, and would like to contribute to the growth and development of Balint Groups in Australia and New Zealand, feel free to contact us.

You'll find our details on the website at <http://balintaustralia.org>

Membership application form: <http://balintaustralia.org/membership/>

*Discounted fees for Australasian Balint Intensive Workshops are available to BSANZ members.*

## **ACCREDITATION OF BALINT LEADERS**

The Accreditation subcommittee has approved the accreditation pathway for Balint leadership and leadership training in Australia and New Zealand.

The Accreditation Committee is receiving applications for enrollment in the pathway. Contact: Dr Frank Meumann, [frankm@netspace.net.au](mailto:frankm@netspace.net.au)

## **BALINT GROUP OPPORTUNITIES**

**An updated list of contacts for Balint groups presently active in Australia and New Zealand will be sent out separately**

### ***Feedback from Balint Leadership Training Intensive***

***Portland, Oregon, March 29 – April 1, 2012***

It was a pleasure to attend this intensive, sponsored by the American Balint Society. Seeing how people do things in another part of the world was highly informative, stimulating and fun.

Overall this was an exceptionally well organized Intensive with attendees from America, Brazil, Australia, New Zealand and Singapore.

Highlights for me included: the bonds built up with fellow participants over the 4 days and especially with one's 'own group', the wonderful opportunity to 'saturate' oneself in Balint group work, networking in down time, the insights gained by reviewing videotapes of the group work, discussion topics in small interest groups and a presentation plus 'fish bowl demonstration Balint group' on how one might introduce Balint to an audience naïve to the work. Last, but not least, the skillful belly dancer at Habibi restaurant and the intrepid intensive participants who 'gave it a go'!

*- Dr Mike Harris, Palliative Care Physician, Auckland*

## **The BSANZ Diary of Balint Society Events 2012**

***The Next Balint Society Intensive in Australasia:***

**18<sup>th</sup> to 21<sup>st</sup> October 2012**

### **The Queensland Noosa Intensive Workshop**

will be held in the lovely Noosa Heads setting on the Sunshine Coast, at the RACV Resort. Spouses and families are welcome and plenty of accommodation will be available.

*Facilitation:* accredited BSANZ leaders.

The workshop is open to those interested in Balint groups, no prior Balint experience is required, participants will be credited for CPD or CME points, and the workshop can be included as part of the BSANZ Leadership Accreditation process.

*Please send expressions of interest to Chel Quinn [chelquinn@bigpond.com](mailto:chelquinn@bigpond.com)*

Information brochure: available soon, will be circulated, registration opens in July. [Fee discount available for BSANZ members.](#)

## **September 2012 Visit of Dr Peter Shoenberg to Melbourne and Sydney**

### **“Caring for Self, Caring for others : Experiential Learning in Medical Student Balint groups - An International Perspective”**

An exciting seminar will be held in Melbourne in September, designed for medical educators, under the auspices of the University of Melbourne Medical Education Unit and The Balint Society of Australia and New Zealand

Time: **Friday 14<sup>th</sup> September 2012, 2 – 5 pm**

Venue: Room 515, 207 Bouverie Street Carlton

Featuring:- **Dr Peter Shoenberg, psychiatrist & psychotherapist from University College, London**, with expertise in medical student Balint work & in psychosomatic medicine.

Title:-**“Medical students and their patients:- Assessing the impact of Balint work and a psychotherapy scheme.”**

The Seminar will include:

- Literature review on international experience of medical student Balint work by Sally Warmington Phd candidate, University of Melbourne
- Demonstration of Balint group work with experienced leaders.
- Discussion of potential for incorporation of Balint work in curricula with the support of the Balint Society.

Attendance will be by registration only. There will be no charge for attendance.

**SYDNEY SEMINARS – PLANNING STAGES - details to follow**

**1<sup>st</sup> Sept Half day workshop for pediatricians at Prince of Wales Children's Hospital**

18<sup>th</sup> September, meeting at the University of Sydney North, will follow the outline of the Melbourne meeting.

There will be a two hour seminar on a second day in Sydney on psychosomatics, due to requests from enthusiastic Sydney psychiatric clinicians and teaching staff.

## **DIARY OF INTERNATIONAL EVENTS 2012**

### **International Balint Federation Conference and Council Meeting, June 9<sup>th</sup> and 10<sup>th</sup> 2012 in Sofia, Bulgaria**

Registration by 10<sup>th</sup> May, the total conference fee is 70 Euro, inexpensive accommodation is available, structured as a Balint experience in small groups plus a fishbowl, a lecture and a discussion, tours for accompanying persons, still time to register!

Further information from Paul Sackin [paulsackin@waitrose.com](mailto:paulsackin@waitrose.com)

**American Balint Society** [americanbalintsociety.org/](http://americanbalintsociety.org/)

### **November 8-11 2012 Pittsburgh Balint Leadership Training Intensive**

Contact John Freedy [freedyjr@muscd.edu](mailto:freedyjr@muscd.edu)

SEE <http://americanbalintsociety.org/resources/events/events.html>

**The Balint Society UK** [balint.co.uk/](http://balint.co.uk/)

**The Northumberland Balint Weekend and Leaders Workshop** will be held at Longhirst Hall, near Morpeth from 29 June to 1 July 2012

**The Oxford Balint Weekend 2012** will be held from 28-30 September at Corpus Christi College

Further information from the Hon. Sec. Dr. David Watt

See 2012 events calendar at <http://balint.co.uk/index.php/news/>

**IBF Second International Conference on Balint Leadership** 4-6 October 2012, Charleroi-Ransart, Belgium

Info: <http://www.balintinternational.com/>

**The International Balint Federation 18<sup>th</sup> International Congress is in Heidelberg in September 2013**

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

**3 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>**

## **General Information re International Events:**

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/](http://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/](http://balint.co.uk/)

The International Balint Federation holds a congress every 2 years.

***Contributions to this newsletter are welcome. If you do not wish to receive this newsletter, please contact us at and we will remove you from the mailing list.***