

Balint Society of Australia and New Zealand

Annual General Meeting

13 October 2018

President's Report

I am pleased to present my second President's report. Again, it has been a very busy year for the Society.

The tenth Annual Balint Group Workshop was a momentous occasion for the Society. The workshop returned to Hobart where the first Annual Workshop (then called Intensive Balint Workshop) was held in 2007. Founding members were invited to attend the Gala Dinner to celebrate the anniversary. It was our pleasure to have Marin Lustig, Penny Love, Laurie Lovell-Simons, Alexa Obrart- Gilbert, John Barton, Frank Meumann, and Ruth Dunn who have all significantly contributed to the development of the Society. I am very pleased they have continued to be involved over the years with the Balint Society. Marion Lustig, the inaugural President, talked about her vision for establishing the Balint Society. If it was not for her vision and enthusiasm the BSANZ would not be the success it is today. After dinner Marion again entertained us with her magnificent recorder playing.

For the first-time bursaries to attend the Annual Balint Group workshop were offered and accepted by two of the finalists of the 2017 Medical Student Reflective Essay Prize. Alexa Gilbert-Obrart who is the contributing benefactor, was invited to present the students with their Certificates at the Saturday night Gala Dinner.

The Second Accredited Leaders Weekend was held in June this year in Brisbane. This year the format and structure was one group of eight with two leaders. There was much deliberation whether to proceed with one group. However, the Organising Committee, (Hamish Wilson, Hilary Ash, Judy Griffith and Chel Quinn) felt there was such enthusiasm from those who had registered to proceed with the weekend. I would like to thank Leonie Sullivan and Kerrie Collings-Silvey who were the leaders for the weekend, for providing the group with a very rich and inspiring experience.

The Balint in Medical Schools group has an International membership and is chaired by Alexa Gilbert-Orbrart. At their next meeting, they will be exploring – The role of Balint in the self-care of core psychiatry trainees in Australia and New Zealand.

The Board met in Brisbane in April for the annual face-to-face meeting over a weekend. Meeting in person once a year gives time to discuss dilemmas, debate ethical issues and think of the future direction of the society. In the first 10 years, the Society has bedded down the Annual Workshop, developed an excellent leader training programme and introduced Accredited Leader Weekends. The Board considered the next 10-year phase of development based on our capacity and our talents. At the meeting, there was much discussion about new initiatives such as online Balint groups to service remote areas, a Balint Conference, and promoting discussion amongst the membership.

Each Board member and many committee members have given generously of their time and expertise to progress the Society's activities. Ruth Dunn continued her role as Vice President, Frank Meumann as Past President, Kerrie Collings-Silvey as Secretary, Prue Bonifant as Treasurer, Di Nash and Hamish Wilson as ordinary members of the Board. There was one vacancy until Judy Griffith joined the Board in August 2018. We welcome Judy to the Board.

The Board now stretches the breath of the two countries from the west coast of Australia, with Judy in Perth, to the east coast of New Zealand with Di and Prue in Auckland and Hamish in Dunedin.

Hamish Wilson will leave the Board at this year's AGM. I would like to acknowledge the extensive contribution Hamish has made over the 5 years he has been a Board member. Hamish put his energy into focusing the Board on its governance responsibilities. Hamish, together with Alexa Gilbert-Obrart, has also been the driving force behind the Medical Student Reflective Essay Competition and is passionate about reflective practice groups in Medical Schools.

Other foreshadowed changes are Frank Meumann will leave the Accreditation Committee at the AGM after chairing the committee since its inception. Frank has overseen the development of the pathway for Accredited Leaders and Accredited Leader Trainers. Kerrie Collings-Silvery and Di Nash have both joined the Accreditation Committee and join Ruth Dunn to continue the quality training for our Leaders.

In conclusion, I would like to thank all those members who join committees, and in other ways, ensure the success of the BSANZ workshops and activities.

I would also like to thank and acknowledge members who are offering Balint Groups to many different professionals continuing to promote Balint work to benefit clinicians and their patients.

Thank you

Chel Quinn
13 October 2018