

Balint Group Work

A New Monthly Saturday Morning Group

Lead by Louise de Lambert and Claudia Gross

This is a group for clinicians to discuss their case work.

Clinical work with patients can be stressful, tiring, and there are many ongoing strains and pains which are hard to bear alone. The constancy of a Balint group where these may be shared, held, and perhaps eased and even transformed, is valuable.

For this group we aim to bring together experienced practitioners—those interested in developing further their sense of themselves and what they bring to their clinical work—and people at the beginning of their practice, people on NZAP's Advanced Clinical Practice Certificate pathway, those who have recently completed their clinical training, or those in training and who are seeing patients as part of their learning.

The Balint way does not involve formal case presentation, diagnosis or technical advice. It involves a structured process that provides the conditions for open enquiry into what may be going on in the patient and in the clinician, and between the patient and the clinician. As group members get to know each other and work together, trust and familiarity develop along with a growing experience and understanding of each other's frailties and strengths. The commitment to attend regularly and to participate contributes to the deepening of the group's work, its discoveries and support.

The group works with a spirit of ongoing enquiry, open to whatever emerges in and among group members. As leaders we will focus on protecting a reflective space in which all group members can be free to be with their own thoughts and feelings, to express them, and to take in those of others.

The group works by listening to a member's vignette of their experience working with a particular patient, and then the group responds. Group members get their creative minds together in search of ideas and feelings about what might be happening between the clinician and the patient, what their relationship might be like, and what they might mean to each other, giving room for that which is not easily thought or talked about to emerge.

Supporting this way of working is a strong frame of group confidentiality and privacy.

Meetings: On the first Saturday of the month

In person, unless we are living under COVID-19 conditions higher than the current level 1, when meetings would be held online.

continued overleaf

Dates in 2020	5 September, 3 October, 7 November, 5 December
Time	From 9.45am for a 10am to 12noon session
Place	The Hayes Studio, Lake House Arts Centre, Fred Thomas Drive, Takapuna

At this stage we offer these four meetings. We are expecting group members to be present for all of them. Potential plans for continuing in 2021 will be discussed later.

If you are interested, would like to find out more or have questions, please get in touch. If you wish to join, the next step would be a meeting with us to get a sense of each other and to discuss such topics as the Balint way, working in a group, your practice, experience, and hopes.

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Louise, 022 6008185, louise.delambert@gmail.com

Louise de Lambert, MNZAP, BSANZ

Louise offers psychoanalytic psychotherapy and supervision in private practice in Devonport. She has been involved in Balint group work for over 40 years, ever since her time at the Cassel Hospital in London. She trained and qualified with the British Association of Psychotherapists. She is a BSANZ accredited Balint Group Leader and Leader Trainer. Currently she is also co-leading with Claudia a fortnightly Balint group for clinicians of diverse health professions.

Claudia Gross PhD, MPsychotherapy, MNZAP, IARPP, BSANZ

Claudia is a registered psychodynamic and psychoanalytic psychotherapist in private practice in Mt Eden, offering therapy for adults and supervisions for clinicians. She is on the BSANZ leader accreditation path. Discovering Balint group work soon after completing her training was among the transformative experiences in which she found herself as a clinician. She values Balint Group work as providing creativity and peer relationships supporting her clinical practice. Currently she is co-leading a Balint group for clinical staff at the Refugees As Survivors Centre in Mangere, and, with Louise, a fortnightly Balint group for clinicians of diverse health professions.

In 2014 we published an article about the process and experience of Balint group work. We would be happy to send you a copy.

For more information on Balint Group Work and the Balint Society of Australia and New Zealand (BSANZ) see their website:

<https://www.balintaustrianewzealand.org/about/balint-groups/>