# JOIN OUR ONLINE BALINT GROUP

**With Tim Dewhurst and Marion Lustig**

*Are you keen to be on top of things, stay energetic in your consultations and help to prevent burn out? Well, then a Balint group is for you!*

We are pleased to offer a Balint group under the support of both the Balint Society of Australia and New Zealand and the MHPN. This group is open to any clinician who would like the experience of belonging to and working in a Balint group. It is expected that participants will be general practitioners, medical specialists, allied health practitioners (such as psychologists and social workers) and any other clinicians with an interest in this work.

Timetable: The group will initially meet 8 times,

every 4 weeks, commencing as soon as we have sufficient numbers.

# Time: Tuesdays

Start: 6:45 for 7:00 pm

Finish: 8:30 pm

**Venue: ZOOM Meeting online**

Cost: $30 per session for the first eight sessions

Kindly payable in advance.

Leaders: Tim Dewhurst is an experienced mental health GP and Balint leader

Marion Lustig is a psychiatrist, psychotherapist and very experienced Balint leader.

**Contact details: Tim** **dr.tim.dewhurst@cairnswestmedical.org** **or 0407680050**

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# Workshop Description

The group will run as a normal Balint group with two cases being worked each session with Tim & Marion co­ leading. The group will be limited to eight participants.

Participants are expected to commit to 8 meetings, where possible.

Regular attendance is important in order to establish the dynamics of the group. While occasional absences are unavoidable they do affect the working of the group.

Membership of this group may provide valuable CPD /CME points.

# A Balint group

The participants are invited to present cases where they have experienced a strong reaction, such as: distress, delight, frustration or uncertainty. The case is presented briefly and informally, emphasising the nature of the clinician–patient interaction and including the clinician’s feelings and reactions. The group members then discuss the case with emphasis on the clionical relationship.

# Balint groups help clinicians:

* **Recognize that they are not alone in having challenging interactions with patients**
* **Develop increased understanding and empathy for patients**
* **Explore how feelings and thoughts affect the clinician­patient relationship**
* **Expand their capacity and repertoire for handling difficult situations with patients**

# What are Balint groups?

Balint groups are named after Hungarian born psychiatrist and psychoanalyst, Michael Balint who, with his wife Enid Balint a psychoanalyst and social worker, developed a unique method for understanding the doctor­patient relationship in London in the 1950s. This method has been refined over the past fifty years to include a wide variety of health professionals. Traditionally, a Balint group is an ongoing group where the same clinicians meet on a regular basis for months or years. Balint groups are an important part of CME in in UK, Europe and USA and there are a growing number in NZ and Australia. A Balint group offers a safe and supportive setting to reflect upon difficult or intriguing cases with a focus on the clinician­patient relationship.