

# ZOOM BALINT GROUP FOR PUBLIC PSYCHIATRISTS

## What is a Balint Group?

A Balint group work is a space for clinical reflection with a focus on the doctor-patient relationship and its emotional aspects. Balint groups supports a range of clinicians, particularly with the emotional aspects of their work.

During a group meeting, a patient or situation which has stayed in the clinician's mind is presented informally. No preparation is necessary; the clinician is invited to speak spontaneously about whatever comes to mind about the case. The group might ask a few factual questions.

Then the presenter rests, listening while the group explores the experiences of those involved. We try to develop a deep understanding of the experiences of the patient and the clinician in particular.

The focus is on exploration of the *emotional* experiences of those involved rather than problem-solving, diagnosis or management.

## Who should join this group?

Psychiatrists working in the public system face unique challenges. This group offers a forum to explore that experience, developing a deeper understanding of the complex experiences of doctor and patient.

The group is open to all psychiatrists who are working in the public health system, as well as those who have worked publicly in the past.

## Continuing Professional Development (CPD)

This group is registered with the RANZCP for CPD and attendance will be entered after each meeting. A separate attendance letter can also be provided on request.

## Group facilitators

**Ruth Dunn** MPS; BA; BEd (Counselling); TSTC is a Psychologist, with a Masters in Psychoanalytic Studies. She has worked in Organisations and Private Practice in the areas of Trauma, Couples counselling and long term therapy. She has been a Balint Group Leader for 16 years and currently leads and co-leads 6 Balint groups with Mental Health Professionals.

**Daniel Brass** is a psychiatrist in private practice. He leads several Balint groups for doctors, medical students and allied health professionals.

## Where and when?

Dates: 1<sup>st</sup> Wednesday of the month, February to December

Time: 6.30-7.30pm Sydney/Melbourne time (AEST/AEDT)

Where: Zoom

*If you are interested but cannot make this time, please get in touch to discuss options.*

## Fee

\$550 per year (incl. GST). An tax invoice will be provided for CME or tax purposes.

## How do I join?

To join this group, or if you would like further information, please contact Daniel Brass by email to [drdbrass@gmail.com](mailto:drdbrass@gmail.com) or phone 0490 456 647.