

14th BalintANZ Workshop

7th – 10th November 2024

Waiheke Island Resort, Waiheke Island, Auckland, NZ



Experience and training in Balint Group Work for GPs,
Psychotherapists, and other Clinicians.

Introduction

We warmly invite all interested helping professionals to join us in participating in and learning more about Balint Group work.

Our workshop this year will offer an immersive Balint Group experience, providing a valuable opportunity in a safe and confidential space for professionals to share the challenges and difficulties they face when caring for others.

We welcome GPs psychiatrists and doctors in other specialties, psychotherapists, nurses, medical educators, psychologists, social workers, and other health professionals. There is no requirement for any previous Balint Group experience. Non-members of BalintANZ are very welcome.

Background





The BalintANZ was founded in 2005. It is named to acknowledge Michael Balint, a psychiatrist and psychoanalyst, and his wife Enid Balint, a social worker and psychoanalyst, who developed this groundbreaking method for studying the clinical relationship. A Balint group is a form of reflective practice; an experiential, small group educational activity in which clinicians discuss cases from their own work with a focus on the practitioner-patient relationship.

Balint Group leaders work to develop an atmosphere of trust and acceptance in the group where clinicians are supported to present their challenging or troubling encounters. Questioning, the giving of advice, interruptions and criticism are discouraged in Balint Groups.

The benefits to clinicians in a variety of professions are well recognised. Indeed, our workshops have been fully subscribed over many years.

Workshop Goals

Attendees can expect to –

-  Experience and participate in small Balint Groups
-  Learn new ways of thinking about and managing difficult encounters in clinical practice
-  Learn about Balint Group leadership skills, and
-  Build relationships with colleagues who are interested in this work.

Attendance at this workshop will partially fulfil one of the requirements for Balint Group leadership accreditation. It does not provide Balint Group leadership accreditation on its own but may be a starting point for further experience and training.

Workshop Description

Most of the work will take place in small ongoing groups with experienced group leaders. The membership of each group will remain constant throughout the workshop.

The groups will offer attendees the opportunity to co-lead a case with an Accredited Leader. Reflection and discussion of leadership and other group matters will follow case presentations.

The workshop program will also include large group discussions and social activities.

Dates: Thursday 7th November to Sunday 10th November 2024

Venue: Waiheke Island Resort, Waiheke Island, Auckland, New Zealand.

<http://www.waihekeresort.co.nz> <https://www.waiheke.co.nz/visit/>

****Please arrive by 11:30 am on Thursday 7th November. The workshop will close on Sunday 10th November at 1:45 pm.**

N.B: Travel time from Auckland airport to Waiheke Island Resort is approximately three hours.

Important Notes:

- ✚ Please be prepared to make travel arrangements that ensure your attendance at the entire workshop. A commitment from all attendees is essential.
- ✚ Intensive Balint Group training can stir up strong feelings. We recommend that if you are at a vulnerable time in your life, you may wish to consider attending another workshop at another time.
- ✚ The Chair will allocate members to groups with regard to composition and optimising the educational experience offered.
- ✚ All workshop attendees are invited to join BalintANZ. If you are not a current member and would like to join us, please visit our website, and complete the Membership Application Form: <https://balintanz.org/membership/>
- ✚ BalintANZ reserves the right to select the participants for its workshops.
- ✚ Please do not make travel arrangements until your place at the Workshop has been confirmed by BalintANZ.

Workshop Fees:

BalintANZ is not a profit-making society. We keep fees as low as possible and recognise that the cost of the workshop is difficult for some members. We are keen to expand our current activities and make them accessible to a wide range of professionals. To do this we need to be in a stronger financial position.

This year BalintANZ is trialing a tiered registration fee system. Please nominate the highest fee level you can manage, and you will be invoiced accordingly.

The registration fees below are the member's rate. If you are not a member of the Society, an additional \$240 NZD will be added to your registration invoice. Australian residents will be invoiced in AUD equivalent.

Tier	Income level	Registration fee in NZ Dollars
1	Students, practitioners with low income	\$1,440
2	Practitioners with medium income	\$1,550
3	Practitioners with high income or receiving professional development support	\$1,800

The fee covers attendance at the workshop, light lunches, morning and afternoon teas and two evening meals. The fee does not include accommodation, breakfasts, or Friday dinner.

Our Cancellation Policy:

A full refund (less \$40.00 for administrative expenses) will be granted up to 2nd August 2024. Thereafter, cancellations before 1st October 2024 will be refunded (less \$40.00 for administrative expenses) provided the place can be filled. Any cancellations after 1st October 2024 will not be able to be refunded unless under circumstances approved by the Board.

Waiting List:

Once all places at the workshop have been filled, we will keep a waiting list on a first-come-first-served basis.

Workshop Enquiries:

For all enquiries about this workshop please contact Tracy Barling by email at the BalintANZ office: admin@balintanz.org

The BalintANZ Student Bursaries:

BalintANZ is offering bursaries for two medical students to attend the workshop. This will be by invitation following the awarding of previous BalintANZ essay prizes.

To Register:

To register, please click on this link (or copy & paste) and complete the online registration form: <https://form.jotform.com/231551848947872>

Payment will need to be made once your registration has been confirmed. Bank Account details will be advised separately.

Continuing Education Credits:

A certificate of participation will be provided to all participants. Participants are advised to confirm with their professional development or registration body that this event will meet their requirements.

Partners:

Partners are welcome to join us for dinner on Saturday night. Cost will be advised closer to the date.

Accommodation:









Once your application has been accepted, we will provide payment details for registration and the special booking code with 10% discount for Waiheke Island Resort accommodation. Other accommodation options are available on the island.

We recommend you do not arrange accommodation or travel until your registration has been confirmed.

Workshop Chair:

Renske van den Brink, Medical doctor, counsellor and medical educator, Auckland

Workshop Leaders:

-  Prue Bonifant, psychotherapist, Auckland
-  Louise de Lambert, psychotherapy practitioner in Auckland
-  Claudia Gross, psychotherapist, Auckland
-  Marion Lustig, psychiatrist and psychoanalytic psychotherapist, Melbourne
-  Frank Meumann, GP and medical educator, Hobart
-  Swapnil Sharma, psychiatrist and psychotherapist, Sydney
-  Ethel Tillinger, psychologist, psychotherapist, group psychotherapist-in-training, Melbourne
-  Hamish Wilson, near-retired GP and medical educator at Otago University, Dunedin

Workshop Organising Committee:

Meredith Waugh (convenor), Tracy Barling, John Barton, Rutger de Ridder, and Lyn Preston

14th Annual BSANZ Balint Group Workshop

7th – 10th November 2024
Waiheke Island Resort, Palm Beach
Waiheke Island, Auckland

PROVISIONAL PROGRAMME

**Please note: There will be no changes to the overall workshop start and finish times.*

THURSDAY 7 November

11:30 am – 1.00 pm Registration and Light Lunch
1.00 pm – 5:30 pm Opening Plenary; Small Groups: Introductions & First Case
7.00 pm Welcome Buffet Dinner

SATURDAY 9 November

Late Start to programme to enjoy local activities.
11.00 am – 5:00 pm Small Groups: 5th – 7th Cases.
5.00 pm onwards Participants' FREE TIME
7.00 pm Gala Dinner

FRIDAY 8 November

9.00 am - 4.30 pm Small Groups: 2nd – 4th Cases; Plenary/Students' Essays
4.30 pm onwards Participants' FREE TIME
Dinner – *own arrangements*

SUNDAY 10 November

8.30 am - 11.30 am Groups: Eighth & Final Case & Closure Small Groups
11.45 am - 12.45 am Closing Plenary
12.45 pm - 1.45 pm Farewell Lunch & Depart
