

BALINT GROUP - NORTHCOTE

This group will start meeting when there are enough members, hopefully the second half of 2024.

All clinicians are welcome to participate. Previous Balint group experience is not necessary.

What is a Balint group?

A Balint group is a form of clinical reflection intended to support clinicians in their work.

During a group meeting, a clinical experience which has stayed in the presenter's mind is described informally. Notes and preparation are not encouraged and the clinician is invited to speak spontaneously about the case. A few factual questions might help the group reflect on the case. The presenter then rests while the group 'works the case', trying to develop a deeper understanding of the experiences of patient, clinician and others involved.

The focus is on understanding the emotional experiences of the people involved, not on solving the problem, giving advice, diagnosing or managing the case.

Balint groups offer an opportunity to share and reflect on experiences of clinical work and its difficulties, anxieties, frustrations and rewards.

Group leaders

This group will be co-led by Carolyn Bradshaw and Daniel Brass.

Daniel is a psychiatrist and accredited Balint group leader with the Balint Society of Australia and New Zealand (BalintANZ). He first participated in a Balint group as a medical student. He currently leads Balint groups for doctors, medical students and other health practitioners.

Carolyn is a clinical psychologist who has taken an interest in Balint groups since 2017. She brings experience from public and private settings. She is participating in the leadership training program with BalintANZ.

Where and when?

Location: Northcote

Dates: Saturdays, likely the third Saturday of the month (precise dates tbc)

Time: From 11.30am to 1pm Melbourne time

Fee In 2024, \$77 per session (incl. GST), paid by 6-month term. A tax receipt will be provided.

Continuing Professional Development

Letters of participation will be available. Participants should confirm with their professional organisation that the group will meet CPD requirements.

How do I join?

To join this group, or if you would like further information, please contact Daniel by email to daniel.brass@gmail.com.