

## JUNIOR DOCTORS BALINT GROUP – ONLINE

*This group is open to junior doctors.*

*All prevocational (intern/HMO) and vocational (registrar) doctors are invited to join.*

*This group is currently in formation. We will begin to meet when there are enough members.*

*Please register your interest with the facilitator – see below.*

### What is a Balint Group?

A Balint group is a method of case discussion and clinical reflection intended to support clinicians in their work. Many Balint groups meet regularly over a long period.

During a group meeting, a clinical encounter which has stayed in the clinician's mind is presented informally. No preparation is necessary: the clinician is invited to speak spontaneously about whatever is in their mind about the case. The group might ask a few factual questions.

Then the presenter rests, listening and reflecting without pressure to respond, 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 but also of others who are involved in the story.

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

Importantly, Balint groups are not therapy groups, although they are often therapeutic in a general sense: the growth in participants' awareness occurs through a focus on their professional interactions, not through explicit disclosure of personal matters.

### Facilitator

The group is led by Daniel Brass, a psychiatrist, psychotherapist and accredited Balint group leader with the Balint Society of Australia and New Zealand. Daniel currently leads Balint groups for psychiatrists, psychiatry trainees, early career doctors, GPs and allied health clinicians.

### Where and when?

Dates: Saturday afternoons; precise dates to be confirmed

Time: 3.30pm to 5pm Sydney/Melbourne time (AEST/AEDST)

Platform: Zoom

**Fee (2025)** \$33 per session (inc. GST), paid in 12 month terms. A tax invoice will be provided.

### Continuing Professional Development

Letters of participation are available for CPD and portfolio purposes. 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 more information, please contact Daniel by email to [daniel.brass@gmail.com](mailto:daniel.brass@gmail.com).