

2025 BALINT WORKSHOPS

Framework for Accreditation

Introduction

In 2025, in lieu of a binational intensive workshop, BalintANZ is inviting proposals for a series of lower-key and locally-organised workshops.

This raises an issue about the accreditation of such events, particularly for training purposes. This framework is intended to guide proposals for accreditation of workshops as part of the 2025 workshops.

General principles

- The 2025 workshops will bring participants together in a spirit of collegiality, while also serving a training and professional development function for Balint group leaders.
- We hope that the 2025 workshops will provide:
 - an opportunity for leaders (however experienced and whether or not they are in training) to practise and receive feedback on their leadership; and
 - an opportunity for those who are new to or relatively inexperienced in Balint groups to have an intensive experience of this work.
- These workshops are intended to be open to new participants. They are not intended as an opportunity for an existing group to meet for an intensive experience. We hope that leaders will embrace the opportunity to work with someone new and that participants will experience different leadership approaches. In other words, these should be new groups.

- Some groups might decide to continue in some form after the workshop and, as usual, that is a matter for the leaders and group to pursue privately.

Groups might be ‘classic’ (case-only) groups or ‘leadership’ groups.

- In a ‘classic’ (case-only) group, the leaders lead each case and the focus will be on working the cases presented. Some time might also be given to group process discussion but this is a matter for the leaders, perhaps in discussion with their group.
- In a ‘leadership’ group, the two main leaders of the group invite participants to take turns in leading the group. The precise arrangement of this (including whether the participants co-lead with one of the main leaders or with another participant; whether someone in the group is nominated as the ‘observer’ to report back on their observations of the group process; and other matters) will be in the hands of the individual leaders, perhaps in discussion with their group.

THE ACCREDITATION FRAMEWORK

<u>‘CLASSIC’ (case-only) BALINT GROUPS</u>	<u>LEADERSHIP GROUPS</u>
<p><i>Leaders</i></p> <p>In order to be included as part of this initiative, ‘classic’ (case-only) groups require one LT and one AL (LTAP or otherwise) to lead each group.</p> <p><i>Structure of sessions</i></p> <p>A case-only group will concentrate on cases but the leaders are free to provide space for group process discussion as well.</p>	<p><i>Leaders</i></p> <p>Leadership groups require either two LTs <u>or</u> one LT and one LTAP to lead each group.</p> <p><i>Structure of sessions</i></p> <p>Leadership groups <u>must</u> allow rotation of leadership among the group members. Ideally, each member of the group should have an opportunity to colead the group.</p> <p>Leadership groups <u>must</u> also allow time for feedback to the rotating leaders about</p>

<p><i>Participants</i></p> <p>It is expected that ‘classic’ groups would appeal both to those new to Balint group work and to those who are experienced, such as ALs.</p>	<p>the group’s experience: ‘group process’ discussion. How this is approached is a matter for the main leaders, perhaps in discussion with their group.</p> <p>The precise timings are up to the leaders but it would generally be expected that in each 90-minute session, 30-45 minutes would be reserved for group process discussion.</p> <p><i>Participants</i></p> <p>It is expected that ‘leadership’ groups will mainly appeal to those on the LAP. However, others should also be welcomed into these groups and to have an experience of leading the group if they wish to do so.</p>
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LT= Leader Trainer; LTAP = Leader Trainee Accreditation Pathway; AL = Accredited Leader; LAP = Leadership Accreditation Pathway

Accreditation for training purposes

For recognition as a training experience for BalintANZ Leadership Accreditation Pathway (LAP) purposes, a group which follows a different structure (such as a combination of ‘classic’ and ‘leadership’ sessions) would need to satisfy the requirements of a ‘leadership’ group set out in the table above. Some sessions might be ‘classic’ but there should be a substantial ‘leadership’ component if the group is to be accredited for training purposes. Please detail how this will be managed as part of your proposal.

If more than one type of group is being offered as part of a particular workshop (e.g. two groups are being offered at a single Auckland workshop, one a ‘classic’ group, the other a

leadership group), only the group which meets the requirements in the table for a leadership group would be recognised for training purposes.

Observations

If an LAP trainee requires an observation and would like this to take place at the workshop, they are invited to approach the training committee (via admin@balintanz.org) to request this and also to discuss this with the organisers of their workshop. We hope that every effort will be made by all involved to support appropriate trainees to achieve their observations. However, this cannot be guaranteed.

Minimum participants

Each group is required to have at least six members (in addition to the leaders) to be considered a viable group, especially for training purposes. If there are low numbers for registration, organisers and leaders might choose to proceed with a group with fewer than six participants but such a group is unlikely to be accredited for training purposes.

Supervision

We recommend that group leaders consider having leader-pair supervision for several meetings leading up to and after the workshop. However, this is at the discretion of the leaders and supervision arrangements are the responsibility of the leaders and any supervisor.