

A BALINT GROUP WORKSHOP

Saturday 16 and Sunday 17 August 2025
St Leonards, Sydney, NSW

This workshop is open to all health professionals. Others who are interested in participating should contact the facilitators to discuss joining the workshop.

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 comes to mind about the case. Then the group might be invited to ask a few factual questions.

The presenter rests, listening and reflecting without pressure to respond, while the group explores the experiences of those involved. The group is used to work the case presented. We try to develop a deep understanding of the experiences of the patient, the clinician and 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.

What is this workshop?

This two-day workshop will provide both an immersive Balint group experience and a leadership training experience.

Through close group work and case discussion, participants will develop a deeper understanding of their clinical work and relationships and the emotions involved. This will be of value to all clinicians.

This group will also provide opportunities to practise and reflect on Balint group leadership skills. In some sessions, there will be an opportunity for participants to lead the group during that case. There will be opportunity in each 90-minute session to work one case as well as allowing ample time for reflection on the group process including the leadership.

The group will have eight to ten members, including the leaders.

Depending on the number of participants, some people might not have an opportunity to present a case.

Note:

- Places will be generally be offered in order of application.
- Each application to join the workshop will be considered carefully. However, the

facilitators will ultimately decide the membership of the group. There might be clinical or other reasons why a particular applicant is not offered a place in the group. If this happens, we will try to explain the reason (within the limits of confidentiality) and will support the applicant to identify a suitable alternative Balint experience.

- The names of the participants will be circulated in advance of the group to minimise the risk of clinical or other complications.

Confidentiality

It is a condition of membership of the group that its confidentiality is maintained. This means that neither the cases presented nor the work of the group should be discussed outside the group. The guarantee of confidentiality is an important aspect of group safety and is essential to creating an environment in which participants are able to speak freely.

Vulnerability

An intensive Balint group experience can stir up strong feelings. If you are at a vulnerable time in your life, you might want to consider attending a workshop at another time.

Facilitators

This group will be facilitated by Leonie Sullivan and Daniel Brass.

Leonie Sullivan is a Training and Supervising Psychoanalyst and Psychoanalytic Psychotherapist. She has been involved in Balint work for over 40 years and is a founding member for both the Australian and New Zealand Society as well as the Chinese Balint Federation. She is an accredited Leader and Leader Trainer, running groups privately as well as in the public health system.

Daniel Brass is a psychiatrist and psychotherapist in private practice in Melbourne. He has participated in Balint groups since his first year as a medical student and has been leading groups since 2019. He is an accredited leader with the Balint Society of Australia and New Zealand (BalintANZ).

Where and when?

The workshop will begin at 10.45am on Saturday 16 August and conclude at 3.30pm on Sunday 17 August.

Participants are expected to participate in the whole workshop. The workshop is a small group experience and absences detract from the functioning of the group.

Details of the precise venue will be distributed to group members when the group has been confirmed.

Workshop dinner

A dinner can be arranged on Saturday, 16 August depending on interest. Details will be

circulated in due course and the cost of the dinner will be additional to the cost of the workshop.

Fee

The fee for the workshop is \$790, including GST. This covers the workshop sessions, afternoon tea on Saturday and morning tea on Sunday. All other costs are at participants' own expense.

Continuing Professional Development

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

Accreditation for BalintANZ Leadership Accreditation Pathway

This workshop is accredited by the Balint Society of Australia and New Zealand (BalintANZ) as an experience towards the Leadership Accreditation Pathway (LAP). Participants should confirm the details with the training committee of BalintANZ.

If you are involved in the LAP and are thinking of having an observation during this workshop, please discuss this with the facilitators and BalintANZ training committee as early as possible so we can try to support this.

How do I join?

To apply to join this workshop, please complete this short form or email the facilitators and we will contact you:

<https://forms.office.com/r/m1FjaLa8hc>

If you require further information, you are welcome to contact Leonie Sullivan (lesull@me.com) and/or Daniel Brass (daniel.brass@gmail.com)

Programme

Note that there might be minor changes but the start and finish times are fixed.

Saturday, 16 August 2025

10.45am	Arrival and registration
11am – 1pm	First group session
1pm – 2pm	Lunch
2pm – 3.30pm	Second group session
3.30pm – 4pm	Afternoon tea
4pm – 5.30pm	Third group session
7.30pm	Dinner (optional) – details tbc

Sunday, 17 August 2025

9am – 10.30am	Fourth group session
10.30am – 11am	Morning tea
11am – 12.30pm	Fifth group session
12.30pm – 1.30pm	Lunch
1.30pm – 3.30pm	Sixth group session
3.30pm	Close