

BALINT GROUP - NORTHCOTE

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 discouraged: 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', developing a deeper understanding of the experiences of patient, clinician and others involved.

We focus 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 is co-led by Carolyn Bradshaw and Daniel Brass.

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 the Balint Society of Australia and New Zealand (BalintANZ).

Daniel is a psychiatrist and accredited Balint group leader with 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.

Where and when?

Location: Northcote

Dates: Usually 3rd Saturday of each month, January to November.

Time: Saturday, 11.30am to 1pm Melbourne time (AEST/AEDT)

Fee In 2025, \$73.50 per session (incl. GST), paid by 6-month term. A tax receipt will be provided. Fees will increase annually.

Continuing Professional Development

Letters of participation will be available. Participants should confirm with their professional organisation that the group will meet CPD requirements. The group is also registered with the Mental Health Professionals Network and CPD can be claimed via MHPN.

How do I join?

To join this group, or if you would like further information, please contact one or both the leaders by email: Carolyn, carolynbpsychology@gmail.com; Daniel, daniel.brass@gmail.com