

TRANSCONTINENTAL BALINT GROUP - ONLINE

This Transcontinental Balint Group is now forming and will start meeting in October 2025. The group will meet monthly. All clinicians regardless of profession are welcome to participate. Previous Balint group experience is not necessary. The group language will be English.

What is a Balint Group?

Balint group work is a method of clinical reflection intended to support clinicians in their work. Balint groups now support a range of health and other professionals.

During a group meeting, a clinical experience which has stayed in the clinician's mind is presented informally. Notes and preparation are not encouraged: the clinician is urged to speak spontaneously about what comes to mind.

There might be a couple of factual questions to help the group reflect on the case, then the presenter rests and listens while the group works the case. We respond to what we have heard and try to develop a deep understanding of the experiences of the patient, the clinician and others involved in the situation.

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

Balint groups offer opportunities to share experiences and to reflect on anxieties and tensions from clinical practice.

Being transcontinental, this group will also provide an insight into different health systems and practices around the world, opening new perspectives on the clinician-patient relationship.

The group will have a maximum of ten members in addition to the group leaders.

Language : English

Continuing Professional Development (CPD)

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

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Group leaders

The group will be led by **Dr Daniel Brass** and **Dr Henrik Klasson**.

Daniel is a psychiatrist and psychotherapist and an accredited Balint leader. He is currently president of the Balint Society of Australia and New Zealand (BalintANZ) and chairs its research committee.

Henrik is an infectious diseases physician working as a GP. He is a member of the Swedish Balint Society and a leader on the path to accreditation.

Where and when?

The group will generally meet for **90 minutes** on the **second Monday of each month**, starting on Monday 13 October 2025. There might be occasional variations. The group will meet monthly until June 2026. From 2026, we will meet for ten sessions over the European academic year, from September to June.

We will meet at 8pm Sydney/Melbourne time, whether AEST or AEDT. The time will vary elsewhere. In European Central Time (CET/CEST), this will be 11am (October), 10am (Nov-March) or 12 noon (April-September).

Fee

The fee for nine sessions (October to June) will be AUD 730 / SEK 4'500 / EUR 410.

A tax receipt will be provided.

How do I join?

To join this group, or if you would like further information, please contact Daniel <daniel.brass@gmail.com> and/or Henrik <klasson.henrik@gmail.com>