

# A 'Taste of Balint' Workshop...

Saturday, 23 May 2026, 12.45pm to 6pm  
Northcote VIC 3070, Australia

*This is a half-day introduction to Balint group work.*

*It is open to those who are interested to experience the method and the approach  
as well as to those who would like a concentrated Balint group experience.*

## What is a Balint group?

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

During a group meeting, a situation 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 sometimes asks a few factual questions.

The presenter is then invited to rest, listening and reflecting without pressure to respond, while the group explores the experiences of those involved. We work to develop a deep understanding of the experiences of the patient, the clinician and others involved in the situation and of the relationships between them.

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

Balint groups are not therapy groups. The growth in participants' awareness occurs through a focus on their professional interactions rather than through explicit disclosure of personal matters.

## Where will the workshop be held?

The workshop will be held in Northcote in the inner north of Melbourne. The venue is easily accessible by public transport from the city (about 20 minutes by tram) and there is parking nearby. The address will be provided to registered participants.

## What will happen at the workshop?

*Programme – Saturday, 23 May 2026*

12.45pm to 1pm	Arrival and welcome
1pm to 3pm	Part 1: Introduction to group and the method; two cases.
3pm to 4pm	Afternoon tea
4pm to 6pm	Part 2: One or two cases, reflection and close.

Depending on interest, dinner at local restaurant might be offered. This will be at an additional cost.

# *A 'Taste of Balint' Workshop...*

Saturday, 23 May 2026, 12.45pm to 6pm  
Northcote VIC 3070, Australia

## Confidentiality

It is a condition of participation in the workshop that strict confidentiality is maintained. Neither the cases presented nor the work of the group should be discussed outside the group. This is a vital aspect of group safety and helps create an environment in which participants can speak freely.

## Vulnerability

A fairly concentrated Balint group experience can stir strong feelings. If you are at a vulnerable time in your life, you might want to consider attending at another time.

## How should I prepare for the workshop?

You don't need to prepare anything at all; in fact, please don't prepare anything! Come with curiosity and interest in the process and in what we might discover together. In the days leading up to the workshop, perhaps a clinical situation will be on your mind. You might want to bring this to the group. But there is no need to prepare. The process invites the presenter to speak spontaneously and then the group does the same.

## Who will be in the group?

This will be a once-only group, although the possibility of continuing is open. The group will have six to twelve members.

Before the workshop, a list of participants will be distributed. If there is a complication with any other participant which would make it difficult for you to speak openly in the group, you should contact the facilitator to think about how to proceed.

Each registration will be considered carefully but the facilitator will decide the membership of the group. There might be clinical or other reasons why someone is not offered a place. If this happens, the facilitator will try to explain the reason (within the limits of confidentiality) and will support the applicant to find an alternative Balint experience.

## Facilitator

Daniel Brass is a psychiatrist and accredited leader with the Balint Society of Australia and New Zealand (BalintANZ). He leads Balint groups for students, doctors and other clinicians. He is the current president of BalintANZ.

## Continuing Professional Development

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

## A 'Taste of Balint' Workshop...

Saturday, 23 May 2026, 12.45pm to 6pm  
Northcote VIC 3070, Australia

### Fee

The fee for this workshop is \$385 per person (including GST). This includes the group sessions and afternoon tea.

If you would like to attend but the fee is onerous for you, please contact the facilitator to discuss options.

A deposit of \$77 is paid on registration. The balance of fees is to be paid in full by Thursday 2 April 2026. Any later registrants pay in full when they register.

If you are not offered a place at the workshop, or if the workshop is cancelled for any reason, any fees paid will be refunded in full.

Information about dinner will be provided in due course. Dinner will be at an additional cost.

### Cancellations

Cancellations up to Thursday 2 April 2026 will receive a refund of \$308.

No refund is available for cancellations after Thursday 2 April 2026 for any reason.

Cancellations and non-attendance jeopardise the viability of this and future workshops.

### Other conditions

Participants must commit to attend the whole workshop, arriving no later than 12.45pm and staying until the end. The workshop will start and finish punctually.

If you are working, on call or likely to be interrupted for any other reason, please attend a different workshop. This is important for the work of the group.

### How do I join? What if I have questions?

You can register by completing this form: <https://forms.cloud.microsoft/r/9L5jajZSWT>

If you have questions, you can contact Daniel at [contact@balintpeople.org](mailto:contact@balintpeople.org)

### How can I find an ongoing Balint group?

Information will be provided after the workshop about how to find an ongoing group and there might also be the possibility of this group continuing if there is interest.

# *A 'Taste of Balint' Workshop...*

Saturday, 23 May 2026, 12.45pm to 6pm  
Northcote VIC 3070, Australia

## EDUCATIONAL INFORMATION

### Purpose

This workshop aims to introduce participants to Balint groups as a method of case discussion and reflection.

Some participants might be interested to join an ongoing Balint group.

### Learning objectives

1. To expand participants' awareness of the importance of the doctor-patient relationship in clinical care.
2. To develop participants' skills in working with the doctor-patient relationship in their clinical work.
3. To introduce participants to Balint group structure and the Balint approach.
4. To provide opportunities to reflect on group process as part of case discussion.
5. To suggest avenues for ongoing Balint work.

### Method

This workshop will offer a Balint group experience and an opportunity to reflect on that experience.

### Resources

Some resources will be provided after the workshop if participants are keen to learn more about Balint groups.

It is preferable to come to the workshop without pre-reading and without pre-conceived ideas.

### Follow-up

After the workshop, participants will be invited to complete a brief survey.

This will assist with the ongoing improvement of the workshop.