

Balint Weekend Workshop – Adelaide

1-2 November 2025
Hotel Grand Chancellor Adelaide
Cost: \$825 (incl. GST)

This two-day workshop offers an immersive Balint group 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.

There will be an opportunity in each 90-minute session to work one or two cases as well as time for reflection on the group process.

In some sessions, there might also be an opportunity for participants to lead the discussion of a case.

[Click here to register](#)

For further information:
contact@balintpeople.org

PROGRAMME

Saturday, 1 November 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

7pm
Dinner (optional) – details tbc

Sunday, 2 November 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-4pm
Afternoon tea

*There might be minor changes.
Start and finish times are fixed.*

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 ask a few factual questions.

The presenter rests, listening and reflecting without pressure to respond while the group explores the experiences of those involved.

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.

Who will be in the group?

This will be a once-only group, although the possibility of continuing is open. The group will have between eight and 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.

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 a suitable alternative Balint experience.

Who will facilitate the group?

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

There might be a second facilitator. This will be confirmed nearer the time.

Do I need to attend all the sessions?

Yes, participants are expected to participate in all sessions. The workshop is a small group experience and absences detract from the functioning of the group.

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 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 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 the group does the same.

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.

Fees

The fee for the workshop is \$825 (incl. GST).
This covers the workshop sessions, lunch and afternoon tea on Saturday; and morning tea, lunch and afternoon tea on Sunday.
All other costs are at participants' own expense.

If you would like to attend but the registration fee is onerous, you are welcome to contact the facilitator to explore a discounted fee. Please write to contact@balintpeople.org

A minimum deposit of \$165.00 is paid on registration.
The balance of fees is to be paid in full by Friday, 19 September 2025.
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 Friday, 19 September 2025 will receive a refund of fees paid, less an administration fee of \$165.00.

No refund is available for cancellations after Friday, 19 September 2025 for any reason.
No refund is available for non-attendance.

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

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.