

Workshop: Balint and Beyond

29 – 30 November 2025, Frankston VIC

Tough cases. Complex patients. Real conversations.

<https://sites.google.com/view/balintandbeyond/home>

What

👤 The Balint Method provides a reflective framework for healthcare professionals handling complex patient conditions, like chronic pain, in clinical settings.

How

- Small Group Discussions:
 - 👥 Four groups of 10 participants, led by two accredited Balint leaders.
 - 🎯 Focus on understanding patient interactions, not on supervision or therapy.
- 📄 Participants can present a case or participate reflectively.

Why

- 🌱 Helps reduce burnout and stress, enhancing job satisfaction.
- 🤝 Builds a supportive professional community.

Who Should Attend?

- 🌐 Health professionals in Australia or Aotearoa New Zealand working with complex cases.
- ❓ No prior Balint experience needed; curiosity and attendance commitment required.

When and Where

📅 Date: November 29, 2025, 12:00 PM to 5:30 PM, and November 30, 2025, 9:00 AM to 12:30 PM.

📍 Location: Frankston, Melbourne, AUS

💰 Cost: \$850 AUD (incl. GST)

🕒 CPD: 8 hours

🔗 Registration Link:

(<https://forms.office.com/r/j7RxZHi461>) or scan QR code for registration link.

📅 Registration Deadline: November 23, 2025

For more information, visit the website: ()

✉ Email: Admin@naviveritas.com

☎ T: +61492836500



Facilitators/Balint Leaders for each group:



Group 1 led by:

Alexa Gilbert-Obrart
(Psychologist, Balint leader & Trainer – AUS/UK)

& Dr Rutger de Ridder (Psychiatrist – NZ)



Group 2 led by:

Leonie Sullivan (Psychoanalyst, Balint leader & Trainer – AUS/China) &

Dr Kathy Watson (Psychiatrist – AUS)



Group 3 led by:

Dr. Susan Boucher (GP – AUS)
& Dr Renske van den Brink
(Medical Doctor/Counsellor, Balint leader & Trainer – NZ)



Group 4 led by:

Ethel Tilling
(Psychologist – AUS) &
Louise de ambert
(Psychotherapist, Balint Leader & Trainer – NZ)