



## Online Balint Groups – a unique opportunity for confidential reflection among colleagues

In response to these challenging and complex times, the Balint Society of Australia and New Zealand (BSANZ) is offering online group support to medical practitioners, allied health clinicians and medical students. These groups are being offered at significantly reduced cost to interested health professionals and teams in Australia and New Zealand, in recognition of health professionals' extra workload and their need for personal care.

### What is a Balint Group?

With proven effectiveness, Balint Group work originated to support medical practitioners working with patients experiencing severe trauma following WWII. This concept has evolved to support all health professionals.

### What can a Balint Group offer?

- Opportunities to reflect on your work;
- Outlets for anxieties and frustrations generated during these uncertain times;
- Greater understanding and appreciation of the complexity of your work;
- Support through collegial sharing;
- Other perspectives on the doctor/patient, clinician/client relationship;
- Can protect against burn-out.

### Leadership?

Experienced Accredited Balint Group leaders and co-leaders provide a safe, confidential, reflective space for clinicians, where difficult cases can be presented and discussed informally, to explore the doctor/patient or clinician/client relationship. These Balint groups are being offered online via Zoom.

### What happens in a Balint Group?

Groups of 6 - 8 clinicians – doctors or mixed profession groups - meet monthly or more often for up to 1.5 hours. Two cases are informally presented. The group is encouraged to reflect on each case, focusing on the emotional and relationship aspects in the presentation while the clinician (presenter) listens. The aim is to allow clinicians to present a case, and then to listen as the group discusses it, drawing on their own experience and offering their different perspectives. There is no intention to instruct, advise or question clinicians about their practice. The role of the co-leaders is to keep the group on task and to protect the safety of the presenter and the group.

### Enquiries & Details

please contact the BSANZ Board at  
<https://www.balintaustrianewzealand.org/contact/>