

## BALINT GROUP - NORTHCOTE

*This group is now forming and will start meeting monthly when enough members have joined.*

*All clinicians are welcome to participate. Previous Balint group experience is not necessary.*

### What is a Balint Group?

Balint group work is a method of clinical reflection intended to support doctors in their work with patients and families experiencing complex situations. 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 but the clinician is urged to speak spontaneously about what comes to mind.

There might be a few factual questions to help the group reflect on the case, then the presenter rests and listens while the group works the case, responding to what we've heard and trying to develop a deep understanding of the experiences of the patient, the clinician and others involved.

The focus is on the emotional experiences of those involved, not on problem-solving, diagnosis or management.

Balint groups offer opportunities to share and reflect on experiences of clinical work and to reflect on anxieties and frustrations from clinical practice.

This group will have a maximum of ten members.

### Continuing Professional Development

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

### Group leader

The group will be led by Dr Daniel Brass, a psychiatrist and accredited Balint group leader with the Balint Society of Australia and New Zealand. Daniel currently leads Balint groups for doctors, medical students and allied health clinicians.

### Where and when?

Dates: 4th Wednesday of the month, January to November

Time: 7.30-9pm Melbourne time (AEST/AEDST)

Location: Northcote, Melbourne

### Fee

\$385 per year (including GST). A tax invoice will be provided.

### How do I join?

To join this group, or if you would like further information, please contact Daniel by email to [drdbrass@gmail.com](mailto:drdbrass@gmail.com) or phone 0490 456 647.