



# RACGP

# Balint group

Healthy Profession.  
Healthy Australia.

RACGP WA



Reviewing  
Performance

# 1.5

Hours per session

### The details

1.5-hour meetings held approximately each month

Attendees are expected to attend all (or at least majority) of the sessions.

### Open to Fellows only

### Dates and Times (AWST)

30 October 5.30 – 7.00 pm

13 November 5.30 – 7.00 pm

11 December 5.30 – 7.00 pm

29 January 5.30 – 7.00 pm

12 February 5.30 – 7.00 pm

12 March 5.30 – 7.00 pm

9 April 6.30 – 8.00 pm

14 May 6.30 – 8.00 pm

11 June 6.30 – 8.00 pm

9 July 6.30 – 8.00 pm

13 August 6.30 – 8.00 pm

10 September 6.30 – 8.00 pm

### Venue

Online via Zoom

### Cost

Full program: \$600\*

\*Fee is fully reimbursed at conclusion of completed program



## Improve challenging patient interactions, professional satisfaction and wellbeing

Join an ongoing 12-month Balint group to reflect on cases with colleagues. During each small-group online session, you can expect to improve how you handle difficult situations and overall sense of professional satisfaction.

### What is a Balint group?

A Balint group is a type of peer clinical supervision group, with two facilitators, who support participants in unpacking a troubling or challenging case while protecting the presenter from intrusive questions or criticism. The primary aim is to help participants more deeply understand the relationship between the doctor and the patient, focusing on the emotional and psychological dynamics between the clinician and the patient, not on diagnostics, treatment regime or finding clinical solutions. Groups achieve this through case presentations; exploring the felt experience of the patient, the clinician, and what might be going on between them within the consultation.

Attendees often report feeling more confident, finding their work more stimulating and enjoyable, being able to treat a wider variety of patients more effectively and with less stress. Many feel their participation has reduced work stress and prevented or reversed burn-out.

### What can I expect?

During each 1 ½ hour meeting, attendees are invited to informally and confidentially discuss cases from their own practice. Group members then discuss, focusing on the clinician-patient relationship. A presentation and discussion usually occupies about 45 minutes, leaving time to discuss two cases per meeting.

### Learning outcomes

- Identify and discuss complex clinical cases in a secure space
- Demonstrate an understanding and tolerance of complex patients
- Describe how feelings and thoughts affect the clinician-patient relationship

Interested GPs will be invited to attend an introductory meeting with the Balint facilitators in September to discuss suitability to participate. Sessions capped at 10-12.

[Register your interest via the QR code](#) or contact [wa.faculty@racgp.org.au](mailto:wa.faculty@racgp.org.au) for more information.

Proudly supported by WA Primary Health Alliance's suicide prevention program

