



**The Balint Society of Australia  
in conjunction with the Goodfellow Unit,  
Faculty of Medical and Health Sciences, University of Auckland**

**proudly announces a**

## **Balint Intensive Workshop**

**A Balint experience and leadership training for GPs and other clinicians**

**Rendezvous Hotel Auckland, June 17th to 20th, 2010**

### **Introduction**

This workshop follows on from our highly successful Balint Leadership Workshops in Hobart in 2007 and Sydney 2008. It reflects the growing interest in Balint groups in Australia and New Zealand and the recognition of the enormous benefits to the practicing GP and other clinicians. It also is the result of a growing sense of partnership between those interested in Balint groups in New Zealand and Australia.

[The Balint Society of Australia](#) (BSA) was founded in 2005. It was named to acknowledge Michael Balint a psychiatrist and psychoanalyst and his wife Enid Balint a psychoanalyst, who developed a unique method for studying the doctor-patient relationship in London in the 1950s.

A Balint group is an experiential, small group educational activity in which clinicians discuss cases from their own practice with a focus on the practitioner-patient relationship.

### **Target audience**

People interested in Balint groups, including those interested in leading groups, whether or not they have previous experience. Participants will usually be GPs, doctors in other specialities, medical educators, psychotherapists, psychoanalysts and other health professionals. Participants must be in clinical practice and willing to present cases.

### **Workshop goals**

Participants can expect:

To experience Balint groups.

To learn Balint group leadership skills.

To build relationships between people interested in Balint work in Australia and New Zealand.

To provide an opportunity for New Zealanders and Australians to make contact with the international Balint community.

**The workshop does not provide Balint leader accreditation or stand-alone training.**

### **Workshop description**

Most of the work will be done in small ongoing groups with designated group leaders. A number of Balint cases will be presented, each followed by time for reflection on the leadership. There will be opportunities for participants to present cases, to lead or co-lead sessions and to receive feedback. There will also be topic-focused sessions, large group discussions and social activities.

### **Group leaders**

We will have five highly experienced Balint leadership trainers, John Salinsky, Shake Seigel and Lenka Speight from UK; Ann Sinclair and Don Nease from USA. They are world leaders in this work and bring a wealth of experience in Balint work and in training Balint leaders. They will join five experienced Balint group leaders from Australia and New Zealand to run this workshop.

### **Location**

Rendezvous Hotel Auckland, Central Business District, Auckland, New Zealand.

### **Time and dates**

From Thursday, June 17th at 2 p.m. until Sunday, June 20th at 3 p.m.

### **Important notes**

**Note 1: It is important to participate in the entire program. The success of the workshop depends on small and large group cohesiveness. Please do not plan to arrive late, leave early or miss sessions.**

**Note 2: Please be aware that intensive Balint training can stir up strong feelings. If you are at a vulnerable time in your life, you may want to consider attending this training at a later date.**

**Note 3: Application does not guarantee acceptance. The Balint Society of Australia reserves the right to choose the participants for its programs and to assign participants to small groups in order to maximize the educational and professional experience offered. The workshop will be limited to fifty participants.**

### **Registration**

**To register go to the Workshop website (payment by credit card) at:**

<https://www.eiseverywhere.com/ereg/index.php?eventid=9407>

Early bird fee (until 31st March) NZ\$ 800.00 (including GST).

Full fee (after 31st March) NZ\$ 850.00 (including GST).

This fee will cover the workshop over four days, lunches, morning and afternoon teas and two dinners. It does not cover accommodation.

(NZ\$ 800 is approximately AU\$ 640).

You will be sent an automated email to acknowledge that you have registered and paid. This will be followed within three days by an acceptance email from the organising committee. We suggest you do not book travel or accommodation until you receive the acceptance email.

Attendees are required be members of the BSA (A\$30 joining fee plus A\$50 annual subscription).

Those who are not current members can join via the website at the time of registration. This will cost NZ\$112.50 (includes GST) and the registration form on the website will also serve as an application to join BSA form as well. Members whose subscriptions are due can pay NZ\$70.30 (includes GST) via the website at the time of registration.

Alternatively BSA fees can be paid in A\$ by cheque to the Secretary, Dr Ann-Marie Diggins, Flat 3, 13 Tyne St, Box Hill North, Victoria 3129, Australia, or by internet banking into the BSA Westpac bank account: BSB 033050 Account number 284567. Please remember to make your name appear on our bank statement. For those joining BSA go to: <http://www.balintaustralia.org/membership.htm> to find the application for membership form. If fees are paid in Australia there is no GST.

If you are unsure of your membership status please register for the Workshop and adjustments can be made following registration.

Accommodation at the Rendezvous Hotel will be available at a conference rate. For more information look under Accommodation on this brochure.

### **Feedback from 2008 participants**

"Wonderful opportunity for learning from very complex issues. The sense of containment, and the debriefing were very important."

"I appreciated the generous openness of the leaders with my increasing understanding of the process. The process in the small groups is complex and useful."

"There is always so much to think about. It is remarkable to see what a group can cope with after such a short time."

"They were such interesting cases. It feels like the group is working really well together."

### **Future Intensive Workshops**

The BSA expects to continue to run these workshops at least yearly and possibly more frequently. We are planning to run another Intensive in Melbourne in March 2011.

### **Enquiries**

John Barton, Co-Chairman, Email [jbarton@aapt.net.au](mailto:jbarton@aapt.net.au) or phone +61 3 9480 6335. John is happy to ring any potential delegate; please email a phone number and time for him to call.

### **Continuing Education Credits**

This workshop has been approved by the RNZCGP for either 28 hours endorsed CME credits or 28 hours Peer Review credits (please note only CME or PR can be claimed, not both).

These credits can be converted to RACGP and ACRRM CPD points.

All delegates will receive a certificate of attendance.

### **Social Events**

All morning, afternoon teas and lunches as well as the dinners on Thursday and Saturday nights are included in the Workshop fee. They are part of the programme and all participants are expected to attend.

Friday dinner is not included in the Workshop fee and delegates are invited to make their own arrangements.

Saturday afternoon is free time.

Partners are welcome for the Saturday dinner (at a cost of \$NZ 60.00 which can be paid at the time of registration).

### **Accommodation**

We suggest that you do not arrange your accommodation until your registration has been accepted.

Special conference rates have been arranged at the **Rendezvous Hotel Auckland**, corner of Vincent St and Mayoral Drive, Auckland. For booking phone +64 9 366 3000 or 0800 887 808 in NZ.

Please indicate that you are a delegate at the Balint Intensive Workshop.

Twin share or double room: \$135.00 per night.

There is wheelchair access to all conference areas. However, we advise you to indicate your individual accommodation and access requirements when making bookings for accommodation.

Budget accommodation is available at City Lodge, a three minute walk from the Rendezvous.

Phone + 64 9 379 6183 Email [info@citylodge.co.nz](mailto:info@citylodge.co.nz) There will be a \$10.00 per night discount for Balint Intensive Workshop delegates.

### **Transport**

Shuttle bus: Airport to city \$30 for one person (\$7 for each extra person in a group). About 45 minutes. Return fare slightly cheaper.

Taxi: Airport to city \$60 for up to four people. About thirty minutes.

## **Faculty**

Mark Davis, Psychiatrist, Wellington, with a long term interest in doctors' health and well-being.

Ruth Dunn, Psychologist and Psychotherapist in Melbourne, Treasurer BSA.

Alexa Gilbert-Obrart, Psychologist and Psychoanalytic Psychotherapist in Sydney, Australian Representative to the International Balint Federation.

Frank Meumann, General Practitioner and Medical Educator, Tasmania.

Donald Nease, General Practitioner, Associate Professor of Family Medicine at the University of Michigan, Past President of the American Balint Society; Vice President of the International Balint Federation.

John Salinsky, General Practitioner and GP teaching programme director, London. Past secretary of the International Balint Federation. Co-author with Paul Sackin of '*What are you feeling, doctor*'. He has also written about Medicine and Literature.

Shake Seigel, General Practitioner in rural Staffordshire, past President of the Association of Course Organisers (GP training UK).

Ann Sinclair, Psychotherapist and Adjunct Assistant Professor of Family Medicine, Oregon Health & Sciences University, Portland, Oregon; President of the American Balint Society

Lenka Speight, General Practitioner, inner London, Director of GP training, past President of the British Balint Society.

Kate Strasser, General Practitioner, Melbourne, GP Advisor to SANE Australia.

## **Organising Committee**

Co-Chairs

John Barton, Psychotherapist/GP, Melbourne

Peter Huggard, Senior Lecturer, Director Goodfellow Unit, University of Auckland

Committee members:

Penny Love, Psychoanalytic Psychotherapist, Brisbane

Di Nash, General Practitioner, Auckland

Helen Kerr, General Practitioner and Addiction Physician, Brisbane.

Laurie Lovell-Simons, Psychoanalytic Psychotherapist and Social Work Consultant, Sydney

Ann-Marie Diggins, General Practitioner, Melbourne, Secretary BSA

Leonie Sullivan, Psychoanalyst, Sydney

plus the faculty members.

## **Programme**

June 14th -17th, 2010

### THURSDAY, 17th June

2.00 - 3.30 pm	Registration
3.30 - 3.55 pm	Afternoon Tea
4.00 - 5.00 pm	Plenary
5.25 - 7.00 pm	Introductions and Small Balint Groups
7.30 pm	Light Supper (All delegates expected to attend)

### FRIDAY, 18th June

9.00 - 10.30 am	Small Balint Groups
10.30 - 11.00 am	Morning tea
11.00 am - 12.30 pm	Small Balint Groups
12.30 - 2.00 pm	Lunch
2.00 - 3.30 pm	Small Balint Groups
3.30 - 4.00 pm	Afternoon Tea
4.00 - 5.30 pm	Small Balint Groups
Evening	Free time, delegates make their own arrangements for dinner

### SATURDAY, 19th June

8.00 - 9.30 am	Small Balint Groups
9.30 - 10.00 am	Morning Tea
10.00 - 11.30 am	Small Balint Groups
11.45 am - 1.15 pm	Interest Groups
1.15 - 2.15 pm	Lunch
Afternoon	Delegates free time
7.30 pm	Conference Dinner (All delegates expected to attend)

### SUNDAY, 20th June

8.00 - 9.30 am	Small Balint Groups
9.30 - 10.00 am	Morning Tea
10.00 - 11.30 am	Small Balint Groups
11.30 am - 12.30 pm	Closure for Small Balint Groups
12.30 - 1.30 pm	Lunch
1.30 -3.00 pm	Closing Plenary