



Reflective practice group using the Balint method – try a new approach

Six fortnightly sessions of a reflective practice group. Complementary to existing supervision or as an entrée to reflective practice. **Balint groups provide a unique educational and reflective opportunity.** Widely accepted internationally as an effective method with groups in more than 20 countries.

- *Join with palliative care practitioners, associated staff and others who have, in the course of their work, encounters with people who are dying.*

START: Wednesday 27 March for 6 fortnightly sessions: 5.30-7.00 pm

27 March: 10 April: 24 April: 8 May: 22 May: 5 June

- **There is an expectation that participants would attend every group, with no newcomers after the first session.**

Facilitators: Richard O’Neill-Dean and Keitha Ross, both experienced group leaders and trained in the Balint method. Keitha has worked at the Otago Community Hospice and in the area of death and dying for many years and is an accredited Balint leader with 6 years’ experience leading a Balint group. Richard is a senior psychoanalytic psychotherapist and currently leads 2 Balint groups.

What’s different about this method?

- Focus is the practitioner-patient relationship, the story of the encounter and the feelings aroused. No advice is given or case notes needed.
- You get to share the load – a significant aspect of the value of the Balint method is the opportunity it provides the presenter to *sit back from the group and listen* as the group speculates on what it might be like to be the patient and the practitioner in the situation as presented.
- Medical details are avoided, as is solution-finding.
- No case notes or preparation needed.

Potential benefits:

- By observing and listening, the presenter can gain more objectivity
- Discovering new ways of understanding the practitioner-patient relationship
- Fostering imagination and insight
- Deepening of empathy for self and patient.

Registrations: Reception@otagohospice.co.nz by Friday, 15 March latest

Cost: \$240, payable directly to facilitators

Like more information? phone Keitha, 021 043 7904