



BALINT GROUPS

Improves empathy. Reduces burnout.

Frequently Asked Questions

1. *Is this group therapy?*

Although it is conducted in a group format, Balint groups are not therapy groups. There would be no interpretations of emotions and personal history of the clinician's reaction towards the patient. Given the emotionally validating and empathic aspect of Balint groups, members may feel supported in sessions. However, this is not the primary objective of Balint groups.

2. *Is this a case presentation similar to grand ward rounds or peer supervision?*

No, there will be no discussions regarding case management or clinical techniques. It is also not an advice-giving session and no medical knowledge is required.

3. *Is this group only for clinicians who struggle with patient encounters?*

No, the group is open to all who welcome alternative opinions of their challenging patient encounters and new possibilities in the clinician-patient relationships.

4. *Must I share during group sessions? This is my first Balint group experience and I am unsure about presenting my case for discussion.*

Group members are not expected to have any form of previous therapy or Balint group experience. You are encouraged to present their case when you feel ready. Otherwise, you may still contribute to the discussion by sharing your perspective if you were the clinician or patient.