



n "...what is too often missing in the day-to-day existence of a (psychologist) is the commitment to carve out a clearing for reflection - reflection about the stresses of the day, about patients, about life as a (psychologist), about the ideals that brought one to (psychology), about what one cares about, what matters and has meaning, and how one can express that meaning in one's professional and personal life..."

R.B. Addison. Stress and Burnout.

**NEW PERSPECTIVES ON
WORKING WITH
DIFFICULT CLIENTS**



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MetaWorks



....Introducing an old tool to address burnout in Psychologists



Workshop Outline: What is a Balint group?

- ❖ Overview
- ❖ Active participation in a Balint Group
- ❖ Debriefing session



Goals:

- ❖ Discuss the Impact of working as a Psychologist.
- ❖ Identify the Risks of Burnout
- ❖ Explore methods of Managing these Risks
- ❖ PPA CAC



Goals: (cont.)

- ❖ Identify Unique Characteristics of Balint Groups
- ❖ Distinguish Balint vs. Support or Consultation Groups
- ❖ Experience Dynamics and Process of a Balint Group
- ❖ Elicit benefits of "Balinting" a Case
- ❖ Encourage and Support Developing Balint Groups



Balint...Michael Balint

- ✦ Born in 1896 in Budapest
- ✦ After completing psychoanalytic training in Berlin and Budapest, emigrated to Scotland and moved to London where he worked at the Tavistock Clinic.
- ✦ He and his wife, Enid began the training-research seminars...now called Balint groups
- ✦ 1957 "The Doctor, His Patient and the Illness"



“at the center of (healthcare), there is always a human relationship between a patient and a doctor.”



“...reflection on our observations can lead to better understanding... Understanding makes us better (psychologists)”

Unique Characteristics

- ❖ Structured leader and group member roles.
- ❖ Single case focused discussion.
- ❖ Emphasis on divergent thinking.
- ❖ Focus on Dr.-Pt. Relationship.

Unique Characteristics (cont.)

- ❖ No case notes or preparation.
- ❖ Focus on continuity patient.
- ❖ Ideally, the group is on going.
- ❖ The group is closed.
- ❖ The leader has specialized training

Competencies Taught by Balint Work

- ❖ Improves listening skills with both patients and colleagues
- ❖ Allows you to sit with uncertainty (and complexity) without feeling the need to tease it apart
- ❖ Encourages integrative thinking
- ❖ Reveals group dynamics
- ❖ Encourages empathy



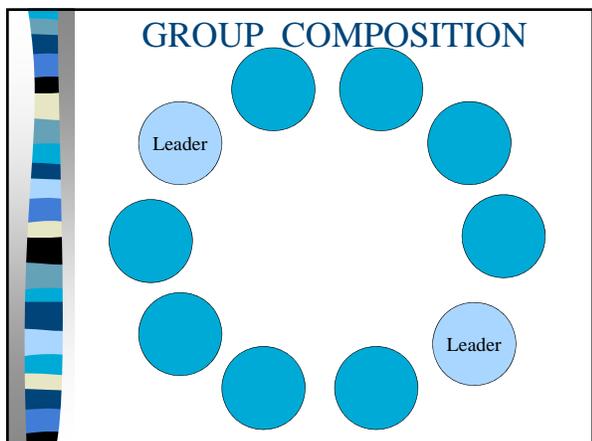
Competencies Taught by Balint Work (cont.)

- ❖ Encourages reframing
- ❖ Encourages thinking outside the box
- ❖ Method for expressing frustration, pain and joy
- ❖ Encourages camaraderie with group members
- ❖ Encourages intimacy with group members



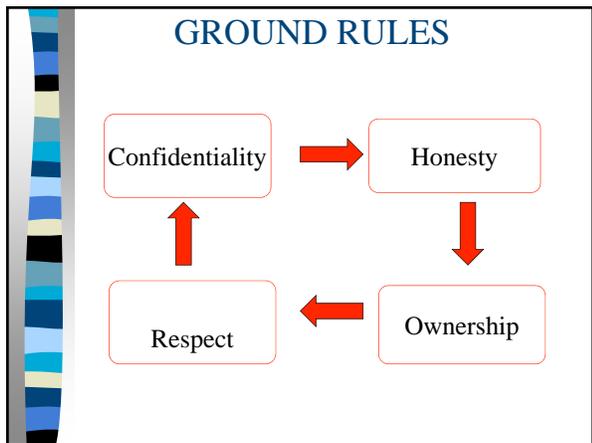
Competencies Taught by Balint Work (cont.)

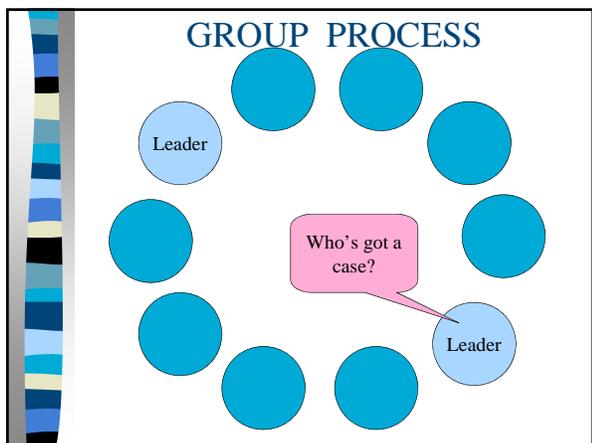
- ❖ Improves observation powers
- ❖ Shows value of being and not doing
- ❖ Encourages reflection
- ❖ Encourages self-evaluation
- ❖ Improves satisfaction of all practicing clinicians

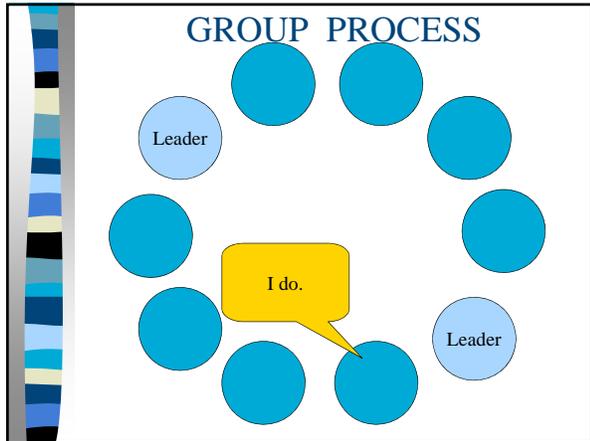


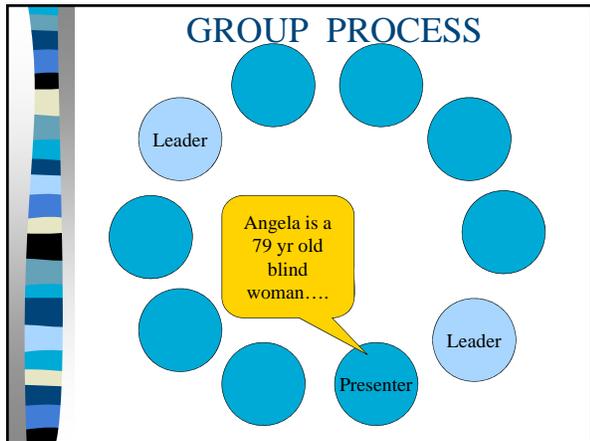
The **Leader** :

- ❖ Keep discussion focused on the psychologist and patient relationship
- ❖ Redirect discussion, as necessary
- ❖ Encourage speculation
- ❖ Act as a time keeper
- ❖ Ensure an atmosphere of safety

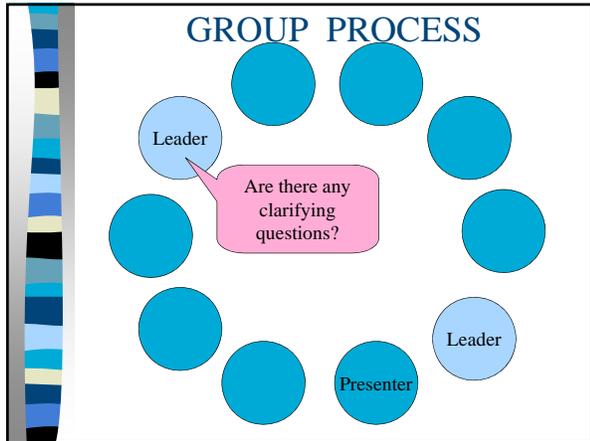


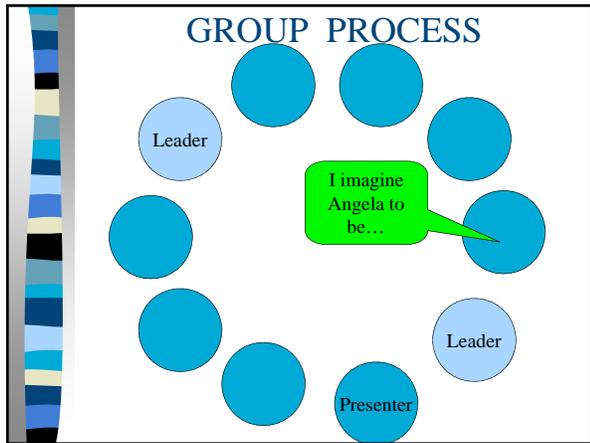


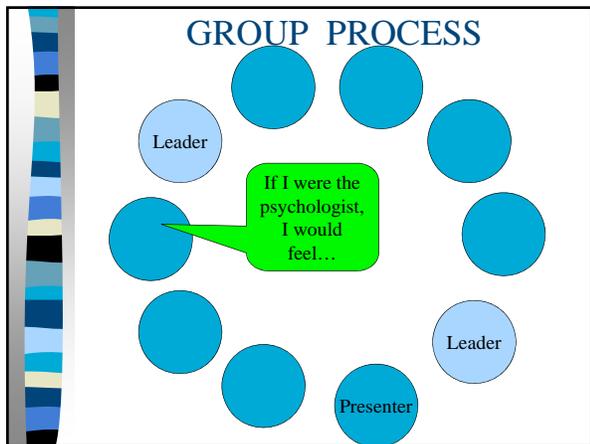


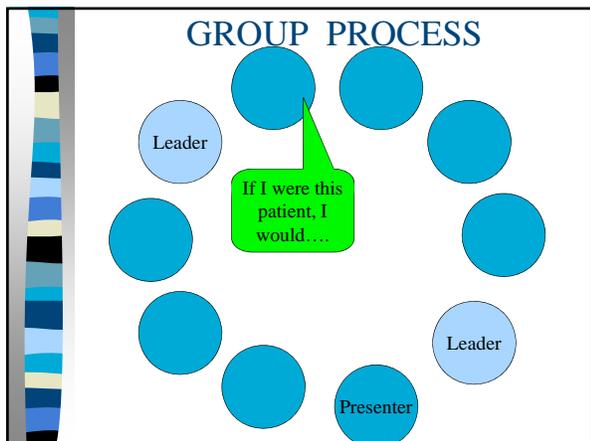


- CASES
- ❖ Patients we have ongoing relationships with
 - ❖ Patients who raise inner conflict or strong feelings
 - ❖ Patients that leave us feeling baffled or confused
 - ❖ Patients we take home and think about









WHY BALINT FOR PSYCHOLOGISTS?

- ❖ the characteristics of the patient doctor relationship are universal
- ❖ as Psychologists, we are involved in many situations which evoke powerful emotions
- ❖ addresses numerous license / ethics issues related to professionalism

WHAT BALINT IS **NOT**

- ❖ Case discussion group
- ❖ Case consultation group
- ❖ Support group
- ❖ Group therapy



WHY DO BALINT??

- ❖ to improve our self awareness
- ❖ to learn self-reflection
- ❖ to improve our ability to communicate



WHY DO BALINT??

- ❖ to share our experiences as psychologists
- ❖ to nourish ourselves and enable others to make discoveries
- ❖ to rediscover the meaning and purpose of being a psychologist



Resources:
Balint Groups – Group Processes

- ❖ **American Balint Society**
<http://americanbalintsociety.org>
- ❖ **Balint Leader Training and Certification**
- ❖ **A.K. Rice Institute for the Study of Social Systems** www.akriceinstitute.org
- ❖ **The Tavistock Primer II**, Hayden, Charla, and Molenkamp, Rene, AKRI
