

BALINT AND BEYOND

A Reflective Space Created for Health Professionals, Led by Health Professionals
29-30 NOVEMBER 2025, MELBOURNE, AUSTRALIA

WHAT AND WHY

The Balint Method, developed by Enid and Michael Balint, is a reflective approach that helps health professionals examine real patient cases in a supportive group setting. The focus is on the psychological and relational aspects of care rather than treatment plans. By exploring patient-practitioner dynamics in their wider context, clinicians integrate the therapeutic relationship into their work, fostering empathy, resilience, and renewed meaning. At its core, the Balint Method recognises the clinician-patient relationship as central to healing, with the relationship itself part of the medicine that enriches practice and enhances patient care.

In small groups of up to 10 participants, guided by accredited leaders, cases are explored in a confidential, collegial environment. Discussions consider the perspectives of the patient, the clinician, and the wider context of care, with the emphasis on deepening awareness of the therapeutic relationship rather than treatment planning or problem-solving.

The workshop will be led by a team of Accredited Balint Society ANZ Leaders:

Dr Susan Boucher

Louise de Lambert

Dr Rutger de Ridder

Alexa Gilbert-Obrart

Leonie Sullivan

Ethel Tillinger

Dr Renske van den Brink

Dr Kathy Watson.

OBJECTIVES

Participants will:

- Reflect on real patient encounters in a safe, confidential setting.
- Explore the psychological and relational aspects of clinical work with patients.
- Develop exploration and understanding of troubling and difficult cases.

WORKSHOP DETAILS

- Dates:
 - 29 November 2025, 12:00 pm – 5:30 pm
 - 30 November 2025, 9:00 am – 12:30 pm
 - Optional Dinner with Leaders: 29 November, from 7:00 pm (self-catered)
- Venue: Quest Frankston on the Bay Apartments, Melbourne, Australia
- Fee: \$850 AUD (inclusive of GST)
- Includes all sessions, morning and afternoon tea
- CPD: Certificate of participation – 8 hours
- Registrations close: 30th October 2025
- Register link: <https://forms.office.com/r/j7RxZHi461>

WORKSHOP OVERVIEW

DAY 1: SATURDAY 29 NOVEMBER

- 12:00 – 12:30 pm: Registration
- 12:30-12:45pm: Welcome
- 1:00 – 3:00 pm: Introduction and 1st case
- 3:00 – 3:30 pm: Afternoon tea
- 3:30 – 5:30 pm: 2 and 3rd case
- Evening: Group dinner with Leaders (self-catered)

DAY 2: SUNDAY 30 NOVEMBER

- 9:00 – 11:00 am: 4th and 5th case
- 11:00 – 11:30 am: Morning tea
- 11:30 am – 12:30 pm: Closing reflections
- 12:30 pm to 12:45pm: Closing ceremony

WHO CAN ATTEND

- Open to all health professionals who are currently seeing patients
- No prior Balint experience required
- Attendance on both days is essential
- Balint work is a form of reflective practice, not a form of therapy for participants.
- Participants take responsibility for self-care if personal matters arise



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