

## **WORKSHOP SUBMISSION FORMAT**

Use the following format to prepare your workshop proposal. Please limit your submission to one page.

### **Title: PROMOTING PERSONAL RESILIENCE FOR FACULTY USING BALINT GROUPS**

#### **Author(s) Information:**

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**Background:** Balint groups (named after psychoanalyst Michael Balint) are facilitated case discussions focused on the patient, the physician, and the doctor-patient relationship rather than the clinical content. The group provides a safe space for presenting physicians to talk about challenging interpersonal aspects of working with their patients. As group members imagine their own reactions to the case, a shared, validating experience grows. The discussion also encourages physicians to regard the patients and families not as their chief complaints or diagnoses, but as part of a larger whole. The resultant empathy for themselves and their patients helps prevent burn out and depersonalization. Currently, the Paul C. Gaffney Division of Pediatric Hospital Medicine offers a Balint group on the first Friday of every month from 12p – 1p for its faculty as a component of the Division's wellness activities.

**Objectives:** 1. Explain the purpose of a Balint group.  
2. Describe the components of a Balint session.  
3. Consider ways to implement this for your own faculty.

#### **Description:**

2 min Introduction to workshop / agenda  
8 min Description of a Balint group session: participants, leaders  
40 min Balint Group Demo with some attendees participating  
10 min Wrap up, ideas on implementation

**Evaluation:** Will request attendees to complete a brief survey at the end of the workshop

**Reflection:** Would like to see Balint groups in other divisions and would offer advice re: starting a Balint program in another division and possibly offer assistance facilitating groups depending on available time. Will provide information re: Balint Society.