

BALINT-PLUS

Balint

1. Unit of analysis is always physician-patient encounter
2. Focus is on physician's negative emotional reactions to patients
3. Uses modified case presentation
4. Emphasis is on understanding and coping with difficult patients
5. Goal is improving management of difficult patients

Finding Meaning in Medicine

1. Unit of analysis may be dr/pt, but may also include observations of other physicians, poetry, stories etc.
2. Encompasses both negative and positive physician reactions
3. Allows for storytelling
4. Includes attention to positive attributes of professionalism* that emerge in clinical situations
5. Goal is expressing professional values in clinical encounters, including sense of meaning, covenant, and service

Shared Aspects

1. Process is reflective, nonjudgmental
2. Empathy for both physician and patient is encouraged
3. Skills to be developed:
 - a. Increased ability to pay close attention to patients, and to be curious about and investigate patient behavior previously dismissed as irrational
 - b. Increased awareness of feelings and behaviors toward patients
 - c. Increased acceptance of and connection with patients
 - d. Increased repertoire of interaction styles to use with patients
 - e. Improved sense of professional self-worth
4. Goal is greater compassion, genuineness, trusting relationship with patients

* Possible Attributes of Professionalism

- Service/Covenant (Altruism)
- Compassion
- Listening
- Suffering
- Loss
- Forgiveness and Mistakes
- Collaboration
- Grace
- Gratitude
- Fear
- Surrender/Accepting Limits
- Humility
- Mystery/Awe
- Joy
- Spirituality

