

PARTICIPATING IN A BALINT GROUP

Presenter

1. Present case: focus on interactions
2. How do you feel about the patient?
3. How do you act toward the patient?
4. Where do you think you get "hooked" by the patient?
5. What is the patient's point of view? What is the patient's agenda? What are the patient's expectations?
6. What have you tried to change things? What was the patient's response?

Group Discussion

1. Questions about the case
2. Thoughts and feelings about the case
3. What's going on here?
 - a. How you see the case
 - b. Points of view
 - c. Interpretations
4. How do you feel about the patient?
5. Where might you get "hooked"?
6. What do you think the patient's point of view might be?
7. Ideas for change
 - a. Work with/transform negative emotions
 - b. Investigate: curiosity about the patient's attitudes and behavior
 - c. Look for common ground (teamwork)
 - d. Shift the focus
 - e. Share feelings
 - f. Establish boundaries
 - g. Compassion/forgiveness for self/patient

Summary

What have we learned?