



# Hunter General Practitioners Balint Group Meetings

## PHN EDUCATION SESSION

The next term of the Hunter General Practitioners Balint Group will commence in February 2024 and is facilitated by two local GPs who have recently undertaken the PHN supported Balint Leadership Training. A Balint group is a group of GPs who meet regularly and discuss clinical cases. The focus is on the psychological aspects of their practice, and particularly the doctor-patient relationship. The group is a supportive setting in which doctors can explore the human side of their work, adding a fresh dimension, learning new skills and avoiding burn-out.

The Hunter General Practitioners Balint Group is an online informal meeting space where a small group of GPs can discuss difficult situations with peers. This model is unique to other GP peer group learning sessions and practised by GPs throughout the world.

### Learning Outcomes:

- Identify the importance of the doctor patient relationship and how it can impede or improve the therapeutic outcome for the patient.
- Distinguish how doctor, patient interactions can enhance or detract from the doctor's wellbeing.
- Actively engage in GP peer reflection and support.

**LEADERS**     **Dr Susie Long and Dr Miriam Paquet**

**WHO:**         **GPs & GP Registrars**

**WHEN:**       **Thursday 15<sup>th</sup> February 2024** (then 3rd Thursday of each month until June 2024)

**TIME:**        **7.20pm arrival for a 7.30pm start** (9.00pm finish)

**COST:**        **\$30 per session paid per term** (i.e., \$150 for a 5 session term).

**WHERE:**       **Online via MS Teams portal**

**RSVP:**        **Please [CLICK HERE](#) to register your interest.** One of the leaders will contact you to discuss the process. Note participants will be limited to 12.

**ENQUIRIES:** **Dr Susie Long** - [susiel@blackbuttdoctors.com.au](mailto:susiel@blackbuttdoctors.com.au) or **Dr Miriam Paquet** - [mimine345@gmail.com](mailto:mimine345@gmail.com)