



www.balint.co.uk

Balint Weekend and Leaders' Workshop
6pm Friday June 19th – 12.30pm Sunday June 21 2009
Longhirst Hall, Morpeth, near Newcastle upon Tyne

You are invited to attend the third Balint weekend in the North East. This will be of interest both to those experienced in Balint work and people who have not tried it before. It will be an opportunity to participate in Balint workshops and may appeal to those who are unable to join a regular group. The leaders' workshop will be led by Dr John Salinsky and will provide training to experienced and new leaders. We are delighted that Dr Mike Courtenay has agreed to give an introductory talk on Friday evening.

The format of the weekend will be much like last year - participants are encouraged to bring cases to be discussed in confidential small groups, led by experienced facilitators. We will also have a short presentation, a goldfish bowl demonstration group and some time out to relax in the Northumberland countryside – we are hoping to have a midsummer's eve Bar B Q on one of our beautiful beaches. The Balint groups will run in parallel with a group leaders training workshop.

Balint groups provide a model for reflecting on our work and exploring our relationships with patients in all their complexity and ambiguity. Michael Balint described the doctor as the most potent drug. The aim of Balint work is to increase therapeutic effectiveness and develop self-awareness. It is a useful method in teaching and training. If you are a course organizer or trainer you may be interested in developing this approach. For more information see www.balint.co.uk

Participants are encouraged to come and stay for the whole weekend at Longhirst Hall www.longhirst.co.uk a comfortable conference centre with good food and lovely grounds. A non-residential rate is also available. The programme will start on Friday evening at 6pm continuing from 9.30am – 9pm on Saturday and 9.30am - 12.30pm on Sunday. Cost includes all meals. Transport can be arranged from Newcastle and Morpeth stations and Newcastle airport. A detailed programme will be sent later.

The weekend is being organized by local Balint group leaders in association with the Balint Society. Please feel free to contact any of us if you would like to know more.

Christina Blackwell	Chartered Clinical Psychologist	Christina.Blackwell@ntw.nhs.uk
Dr Peter Brumby	General Practitioner, Psychotherapist	DrPeterBrumby@aol.com
Dr Jane Dammers	General Practitioner	jane.dammers@ncl.ac.uk
Dr Dave Morgan	General Practitioner	dcmorgan@ukonline.co.uk
Dr Margaret Rangepcroft	Consultant Psychotherapist	Margaret.Rangepcroft@nmht.nhs.uk
Dr Esti Rimmer	Consultant Psychologist in psychotherapy	st_rimmer@yahoo.co.uk
Dr Manjit Suchdev	General Practitioner	manjit.suchdev@gp-a85611.nhs.uk

*Applications on attached form by Monday June 1st 2009 please to
Jane Dammers jane.dammers@ncl.ac.uk*

Application Form Balint Weekend and Leaders' Workshop
June 19 – 21 2009 at Longhirst Hall, Morpeth near Newcastle upon Tyne

Surname..... First name.....

Address.....

.....

Postcode.....

Tel:

Email:

1. Which group would you like to be in?

Balint group or **Leaders workshop**

2. Are you a member of the Balint Society? **Yes** **No**

3. Have you ever been in a Balint or case discussion group? please give details

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4. Do you have experience of leading groups? please give details

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5. Please give names of any family or practice members who will be attending this meeting so that we can distribute the group members appropriately.

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6. Please circle one or more

GP Principal **GP Registrar** **Medical Student**

Course Organiser **Trainer**

Psychotherapist **Counsellor** **Clinical Psychologist**

Nurse **Health Visitor**

Other

Please continue on next page

