

## FAQs

### What is a Share and Care Balint Style Group?

It is a facilitated, confidential peer discussion group which provides a safe place to reflect on;

- Our workplace relationships and interactions.
- The feelings these interactions create and the impact this has on the relationship.

Balint groups were developed for use by health professionals and have been running in a number of countries around the world since the 1950's.

**This group is suitable for anybody within the veterinary industry** - no matter your age, stage or role.

### How does it differ from your other Share and Care Groups?

Balint groups focus on experiential learning related to communication and the development of emotional intelligence. It is a form of reflective practice where we are learning from our own experiences and those of others.

**No preparation or follow-up is required and there is no direct teaching.**

### Who is it suitable for?

People within the veterinary industry that are finding their work, and/or their interactions with others emotionally demanding and draining.

We talk about the cases and interactions that trouble you, which come into your mind uninvited – maybe swirling around and causing stress and distress.

The high emotional demands and/or client expectations in certain workplaces suggest that Balint groups may be of particular value to those working in;

- Shelter settings and animal welfare
- Emergency and critical care
- Specialty practice.



## What are the benefits of joining a Share and Care Balint Groups?

The style of Balint groups builds skills such as;

- Active listening
- Perspective taking
- Empathy
- Self-awareness – by identifying your own thoughts, feelings and emotions and the things that trigger you, your awareness and your understanding of others grows.
- Detaching from work
- Acceptance of uncertainty and unwanted outcomes.

Balint groups create a place where you feel both heard and supported by your peers.

## What is the evidence?

Regular attendance is associated with reduced stress and burnout in medical doctors and nurses (Shorer et al 2016, Stojanovic-Tasic et al 2018) and increased enjoyment of work (Koppe et al 2016). On-line groups create the same outcomes as face-to-face (Nease et al 2018). The use of Balint in veterinary practice has been discussed in the veterinary literature by Blum (2018).

## How do they work?

Participants have an annual membership to the group and meet monthly for a 90 minute interactive Zoom webinar in 10 months of the year. **The session is not recorded.**

## Wouldn't they be better face-to-face?

Maybe. The question is whether they would actually happen if people had to meet at a central point. We have been running groups such as these on-line for the past 2 years and know how to create safety and promote interaction. On-line Zoom webinars are easy to use, convenient and economical.

Face-to-face groups can be arranged in Melbourne and Sydney if you would prefer this medium.

## What is the cost?

Individual annual Zoom membership = **\$650** + GST

Want to create your own group for your peers or workplace?  
Contact us for a discounted rate.

## Interested?

Contact us at [info@makeheadway.com.au](mailto:info@makeheadway.com.au)  
We need a minimum of 6 people to start a group.

