

## COURSE DESCRIPTION (GENERAL DESCRIPTION)

**Course title: Bálint group**  
**Course code: PSZM21-MO-INTV-115; PSZM21-MO-SZOM-119**  
**Head of the course: Rigó Adrien**

### Aim of the course

#### **Aim of the course:**

A Balint group is a method designed for professionals working as helpers. It was developed by Michael Balint, a medical doctor and psychoanalyst for family physicians and social workers. The main goal of the Balint group is to help improve the helper's understanding. The group supports the helper to view the case and the relationship from different perspectives. It has a particular focus on the helper-patient relationship and the unconscious aspects of the patient's motivation. Balint groups can also significantly contribute to the more complex understanding of the patient through the interdisciplinary analysis of the patient's problem. Another goal of the groups could be through the facilitation of the interactions, and supportive functions of medical professionals in burnout prevention.

A Balint group has between 6 and 10 members, with 1 or 2 facilitators or leaders. The group's composition engenders a sense of shared experiences. Hence there are arguments for and against having Balint group members from the same family practice. The format of a Balint group is a case presentation (from memory) for about 3 to 5 minutes and a discussion for 1 hour or more. All group discussion is confidential (as in psychotherapy); a safe environment is created to express negative or difficult feelings. The Balint group leader's role is to create a climate of safety, acceptance, and trust; establish and maintain the group's norms by letting each member take a turn speaking; and to promote movement toward the group's task of grappling with the presenter's case. A group leader must understand the group process and make use of his or her own personality and style to move the group forward.

The first session provides an introduction to the Balint method and the purpose and aims of the group. The following part of the course consists of case presentations followed by a general discussion. During the course, students have the opportunity to present their own cases and practice group leading skills.

#### **Learning outcome, competences**

##### knowledge:

- Knowledge of the Balint method
- Knowledge of group process
- Knowledge of interdisciplinary team work

##### attitude:

- Biopsychosocial approach
- Critical thinking
- Practice oriented attitude

##### skills:

- Familiarity in the field of case presentation
- Communication and group leading skills
- Application of the biopsychosocial approach in practice

Autonómia, felelősség:

- Students are able to apply the acquired knowledge on their own, in accordance with the ethical guidelines of psychology, but only for purposes corresponding to their level of competence.

### Content of the course

#### Topic of the course

1. Introduction: Balint method, group norms
2. Case presentations

#### Learning activities, learning methods

- Case presentation and general discussion, self-reflection.

### Evaluation of outcomes

#### Learning requirements, mode of evaluation and criteria of evaluation:

- Attendance
- Case presentation or group leadership or a seminar essay

Mode of evaluation:

- 5 degrees scale

Criteria of evaluation:

- Active participation

### Reading list

#### Compulsory reading list

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#### Recommended reading list

- Balint, M. The doctor, his patient and the illness. London. Pitman Medical. 2nd edition (1964, reprinted 1986) Edinburgh:Churchill Livingstone; 1957.
- Luban-Plozza, B. (1989). A new training method--20 years of student Balint groups. Schweizerische Rundschau fur Medizin Praxis= Revue suisse de medecine Praxis, 78(43), 1192-1196.