

Title	Balint Group Workshop
Course Director	Dr. Shameel Khan
Facilitators Name	<ol style="list-style-type: none"> 1. Dr Nargis Asad 2. Dr Humera Saeed 3. Dr Aisha Sanober
Resident/Fellow Navigators	Dr Shireen Najam
Goal	The goal of <i>Balint groups</i> is to enhance physician's abilities to actively process and deliver a relationship-centred or humanistic care. Balint groups promote a deeper understanding of how the emotional component of providing care to our patients can have an impact on us as physicians and doctors.
Learning Objectives	<ul style="list-style-type: none"> • To understand the history, theory and practice of Balint groups in healthcare settings • Become familiar with the relational aspect of therapeutic encounters between clinician, patient and families • Develop and use self-awareness and psychological mindedness as a tool when dealing with complex patients • To learn to apply reflective based practice in day to day clinical work and use this to improve patient-clinician interaction. • To use Balint groups for addressing professional burnout and to develop resilience in health care professionals.
Course Format	<p>Workshop will be divided into 2 phases</p> <p><i>Phase 1:</i> Induction to the history, methodology and ground rules of Balint groups.</p> <p><i>Phase 2:</i> Following induction the participants will then be a part of an experiential/reflective 'Balint group' led by a Balint group leader and facilitators. This group will consists of 8-12 participants who will discuss cases from every day clinical encounters in the presence of a Balint group leader and a facilitator.</p>

Target Audience	Residents, physicians, surgeons, registered nurses, nursing and medical students.
Max. participants	8
Duration	4 hrs
Preferred Day	Thursday, September 19, 2019 (PM)

