

## **Criteria for accreditation of Balint Group Leaders by the Balint Society UK – April 2020**

*The following are intended as guidelines and not prescriptive rules. The intention is to be flexible and encouraging to those who show interest in training as Balint group leaders whilst indicating a desirable set of standards and encouraging the continual development of leaders.*

1. Is a member of the UK Balint Society.
2. Usually has professional training in a health or a health related field. Other professional groups may also use the Balint method e.g. clergy, teachers.
3. Has acquired experience in ordinary Balint groups.
4. Has a supervisor and demonstrates competencies in running Balint groups. Will submit the written report/reference from the supervisor to the leadership team together with leadership accreditation application form.
5. Competencies of a Balint group leader:
  - Encourage the development of a safe and free environment within the group and awareness of the importance of protecting the frame and boundaries of the group.
  - Focus the work on an exploration of the relationship between patient and the doctor/ health care professional, rather than seeking solutions or teaching.
  - Demonstrate an awareness of group processes and unconscious processes that are likely to affect the task of the group.
  - Demonstrate an openness to learning about their personal style in leading a group and awareness that their attitudes and responses will influence the dynamics of the group.
  - Recognise that becoming an accredited Balint leader is not an end in itself and will require ongoing development as a leader.

*We hope that accredited leaders will engage in the work of The Balint Society, helping to develop Balint work both regionally and nationally.*

### **Required Experience and Training Programme**

*We are looking at a portfolio of experience and would expect an accredited leader to be able to confidently lead a Balint group in a variety of settings. The following are guidelines for the minimum experience for accreditation. Experience of leading a group in only one setting may not be sufficient and a variety of opportunities should be sought, which may include co-leading a group at a Balint weekend. If you are leading a group on your own you should also seek opportunities to co-lead a group.*

#### **Experience as a member of a Balint group.**

- If you have psychoanalytic/psychodynamic training: At least 8 group sessions during or after professional training OR 2 Balint Society weekends as an ordinary group member.

- If you have NO psychoanalytic training: At least 20 group sessions in an ongoing group or at Balint Society weekends in ordinary Balint groups

### **Training requirements**

- Co-lead one or more Balint groups (20 sessions minimum), with a Balint Society accredited leader if possible.
- Attend at least two Balint Society weekend leadership groups, or equivalent leadership training days provided by the Society. We prefer you to attend at least one two day event as this is a more immersive experience than single days.
- Develop a portfolio and demonstrate development of competencies with a supervisor.
- Have supervision on your leadership of one or more groups for a period of time until the supervisor is happy to give a written report on your competencies and you feel ready to apply.

### **Supervision**

*The leadership team can put you in touch with a supervisor.*

- The supervisor is an accredited Balint group leader with experience of supervision.
- The supervisor will conduct supervision in the most appropriate way e.g. face to face, skype, telephone. Supervision will normally be on a one to one, or one to two basis.
- If the trainee is co-leading a group the other leader should join in the supervision for at least some of the supervision sessions.
- If the supervisor is co-leading a group with the trainee then another accredited leader will provide supervision to the supervisor, to provide triangulation of the experience.
- The supervisor will encourage the leader in training to make their own notes on groups they attend.
- The supervisor and trainee will agree the need for any written presentation to the supervisor.
- The supervisor will encourage a range of experience for the trainee as above
- The supervisor and trainee can contact the leadership team to discuss issues/queries as they arise if they wish.
- The trainee will discuss readiness to proceed to application for accreditation with the supervisor. The trainee will ask the supervisor to provide a written reference which will be shared with the trainee and then forwarded to the leadership team.
- Suggested supervisor fee £60 – £80 per hour (2019)

### **Application to the UK Balint Society for Accreditation as a Balint Group Leader**

Applications are received by the accreditation team who can offer guidance to the applicant if further experience is needed. Once all requirements for accreditation have been met the team will make a recommendation to Council that the applicant is accredited. Anyone not accepted by Council for accreditation will be given reasons why and the accreditation team will give advice about how further experience can be gained prior to a re-application. The decision of the Balint Society Council is final.

If you would like advice about your accreditation pathway please contact [accreditation@balintsociety.org.uk](mailto:accreditation@balintsociety.org.uk)

Please return this form and any supporting documents (e.g. copies of attendance certificates) to the Balint Society Leadership team: [accreditation@balintsociety.org.uk](mailto:accreditation@balintsociety.org.uk)

**PLEASE NOTE:**

To join the Balint Society Leadership Accreditation Pathway, you will first need to become a **MEMBER** of the Society. **Membership needs to be maintained once you have become accredited.**

If you are not already a member please join here: <https://balintsociety.org.uk/membership> before you submit this form.

**I confirm that I am a current member of the Balint Society:**

(If you are not sure contact [administrator@balintsociety.org.uk](mailto:administrator@balintsociety.org.uk))

Date of application:	
Name	
Address	
Email	
Phone	
Profession and current job title	
Professional experience relevant to Balint group work	

**Please continue on the next page.**

**Details of experience as a group member:** groups you have participated in over a period of time and/or ordinary Balint groups at Balint Society weekends. If you have had supervised observation of a group please also detail here.

Dates, place and frequency of group. Estimate number of sessions attended	Participants (professional roles, trainees etc)	Group leaders' names.


**Details of training as a Balint Leader**

**A. Leader or Co-leader experience in an on-going group**

Dates, place and frequency of group. Estimate number of groups you have led.	Details of group (e.g. who participated)	Co-leader Name and whether accredited with Balint society. If not accredited please ask them to supply some details.

**B. Balint Society Leadership Training at residential weekends or day workshops**

Dates and place	Group leaders

**C. Balint supervision experience – please detail:**

Any additional comments:

**References:** References: Please ask the supervisor of your Balint work to complete the reference form (Supervisor reference for Balint Leader accreditation) below:

**Supervisor reference for Balint Leader accreditation: UK Balint Society**

Date of reference:

Applicant:

Supervisor's name and contact details:

Please detail the supervision the applicant has had including whether you have been able to observe them working as a group leader.

You are asked to consider the following competencies in particular:

- Has acquired an understanding of the importance of the doctor, or other health care professional - patient relationship as the focus of study in Balint groups.
- Understands and maintains appropriate boundaries for Balint work to be undertaken.
- Creates a safe environment within the group which is conducive to learning and leaves group members free to participate in an individual way.
- Does not direct the group to seek solutions and does not resort to didactic teaching.
- Has an awareness of group processes and unconscious factors that are likely to affect the task of the group.

Comments:

**Please return this form to to the Balint Society Leadership team:  
accreditation@balintsociety.org.uk**