



# VIRTUAL BALINT GROUP

**Feeling isolated?  
Looking for second opinions  
on complicated patients?**

Join our virtual Balint group! No fee to participate.  
1 CME offered for each session you attend.

## WHAT IS A BALINT GROUP?

A Balint group is a group of clinicians who meet regularly to present puzzling clinical cases in order to improve and to better understand the clinician-patient relationship. It focuses on enhancing the clinician's ability to connect with and care for the patient sustainably.

## WSU COLLEGE OF MEDICINE VIRTUAL BALINT GROUP

Our virtual Balint group sessions will be facilitated by Dr. Janet Walker, an internationally recognized Balint trainer and faculty at the Washington State University Elson S. Floyd College of Medicine.

A session begins with a member presenting a case for the group to discuss. During the facilitated, confidential discussion, group members uncover different and new perceptions about the patient's and clinician's experiences and their interaction with each other. A Balint group usually has two leaders who facilitate the process and 8-10 group members. The success of a group depends on its members being honest, respectful, and supportive of divergent opinions.

The group is not a "therapeutic" support group, but it is very supportive. These groups will meet for 8 sessions at a frequency agreed upon by the group (could be weekly, biweekly or monthly), with an option to continue longer if the group wishes via Zoom from each group member's own location.

References about the process are available upon request.

MORE INFORMATION CAN BE FOUND AT:  
[americanbalintsociety.org](http://americanbalintsociety.org)

QUESTIONS OR READY TO SIGN UP?  
Contact Barb Richardson at [barichardson@wsu.edu](mailto:barichardson@wsu.edu)



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