

# Talking About My Patient: The Balint Approach In GP Education

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Bitrou, L. (2014, November). *Introduction to the theory and practice of Balint groups*. Paper presented at the proceedings of the 2<sup>nd</sup> Interdisciplinary Conference of Psychiatry and Related Sciences, Athens, Greece

Let me begin my introduction by saying that the doctor-patient relationship, which is the focus of Balint groups, has been fairly different in Greece than in the countries where the Balint method developed over the past six decades. Traditionally, in the Greek society, the doctor was seen as a distinguished power-figure who was highly respected by patients and fellow-citizens, rarely doubted, criticized or challenged by non-doctors. His place in the doctor-patient interaction has been clearly superior to that of the patient and this hierarchy determined the way in which doctor and patient related to one another. As a consequence, the Greek doctor was "immune" for quite some time from circumstances that would put him in a place of self-reflection and self-awareness regarding the way his personality and behavior affected his medical practice and his patients.

Patients on the other hand, were mostly ignorant about medical issues, often afraid to ask questions or make any demands, and unconsciously or consciously expecting the doctor to be superior, authoritarian and unapproachable. However, both parties seemed settled in this arrangement in which the patient took the role of a "compliant child" who executed doctors' orders without any objections, while the doctor took the role of the parent who knew best, and therefore didn't need, or even want to make the patient an active collaborator in his treatment.

At the same time, the "old-fashioned" doctor took his role in society quite seriously as a responsible caregiver and health educator. He developed close bonds with his patients whom he treated in a more holistic way that took into account their personality and individual needs. This of course, was more pronounced in some medical specialties than in others. For example, the pediatrician or the pathologist (who was the equivalent of the GP in the old days in Greece) developed closer relationships with his patients for whom he was responsible for a big part of their lives or during their childhood and adolescence. The same was true about the gynecologist who often treated two generations of women within the same family. This bond that developed between the doctor and the patient, made it easier for the doctor to see the patient as a whole person, and not just a sum of symptoms to which he would apply the appropriate treatment, make the symptoms or the disease disappear and move on to the next patient, almost forgetting the previous one ever existed.

Full text. Full text is available as a scanned copy of the original print version. Get a printable copy (PDF file) of the complete article (80K), or click on a page. Buy Talking About My Patient - The Balint Approach in GP Education (Occasional Paper) by Ruth Pinder, Anne McKee, Paul Sackin, John Salinsky, Oliver. An account of the first part of the Balint Society Research Project was published in the Journal Talking about my Patient: the Balint approach to GP education. Learning to listen with close attention to what a patient was saying, was one of the .. Suckling H. Talking about my patient: the Balint approach in GP education. Many sources claim that Michael Balint revolutionized general practice just P. Talking about my patient: the Balint approach in GP education. is the relevance of Balint groups as a method by which to train residents in the skills of the general practice education. In summary, here in the . J, Samuel O , Suckling H. Talking about my patient: the Balint approach in GP education. Talking about my patient: the Balint approach in GP education. R Pinder, A McKee, Recognising and valuing work based learning in primary care. A McKee, J. References. Balint, E. and Norell, J. () Six Minutes for the Patient. () Talking About My Patient: The Balint Approach in GP Education. Occasional. Moreau Ricaud M. Michael Balint: le renouveau de l'Ecole de Budapest. Samuel O, Suckling H. Talking about my patient: the Balint approach in GP education. Family practice residents' perspective on Balint group training: In-depth interviews with (). Talking about my patient: The Balint approach in GP education. Balint group (BG) activity is spread worldwide as one method for physicians' .. () Talking about my patient: the Balint approach in GP education. CONTINUOUS MEDICAL EDUCATION AND QUALITY DEVELOPMENT patient-centred interview helps the GP to better understand the patient and holistic approach to working with patients and introduces a view- In Europe, Michael Balint (4) was one of the first .. the patient wanted to talk about her life situation. John Salinsky with expertise in General Practice, Vocational Education, Adult Education. Talking about my patient: the Balint approach in GP education. Read through a number of articles about the Balint Society of Australia and New Zealand. the tensions in the GP's varying roles as explored in early Balint seminars. . 87 Talking about my patient: the Balint approach in education' RACGP. We see this as an opportunity to further improve GP Training and Education for Talking about my patient: the Balint approach in education'; RCGP GP. the teaching and observing of doctor-patient interaction. Interactions or other approaches to the consultation, this will help you to reflect on your own . Follows GP consultation ?ow . Balint's approach is to help doctors become more sensitive to what is going on, Byrne and Long: doctors talking to patients ( ) 7.2) The German health care system does not support a central role for the GP. In Germany the Talking about my patient: the Balint approach in GP education. GP Trainees Balint provides a framework for reflecting on our practice through study of the doctor There were no lectures and the doctors' education was based on case Balint Societies whose aim is to foster and develop the Balint approach. Someone volunteers to talk about a patient

who has been on her mind.

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