

Department of Family Medicine

Balint

The Balint seminar, started by Michael Balint and Enid Balint-, is used to develop and strengthen the patient doctor relationship in residency training programs to produce better doctors. It consists of regular meetings led by 1 or 2 trained leaders where one resident would present a case that was emotionally disturbing or difficult to deal with. The group discusses the case in terms of the emotions, relationships and roles from the perspective of the doctor, and patient. The leader's role is to insure safety and trust among the group members and keep the focus on the doctor patient relationship. There is evidence that participation in a Balint group affects the participants' coping ability, patient centeredness, job satisfaction and wellbeing.

With the support and vision of Dr. Hamadeh, the Balint seminar was initiated for family medicine residents in Feb 2013. On weekly basis, the family medicine residents used to meet for the Balint seminar led by two faculty members from Medical University of South Carolina through teleconferencing (Drs. Clive Brock and Alan Johnson). The experience was very productive and was published in Family Practice in 2014. Two faculty members, Jumana Antoun and Maya Romani, are currently credentialed Balint leaders by the American Balint Society. Both continue to lead Balint seminars to family medicine residents every other week. Our vision is to extend Balint training to other departments and universities. In 2017, we started the Balint seminars with the Internal Medicine residents.