

## Requirements

Fellows must:

- Currently lead an active Balint Group
- Be a licensed professional in their field
- Have attended at least one Balint Leader Intensive or the equivalent
- Have a recommendation from one of their group leaders from the intensive
- Be able to dedicate 6-8 hours per month to fellowship learning

Applications, found on the ABS website, are reviewed on a rolling basis and will be accepted until May 1, 2019, or pending availability.

[www.americanbalintsociety.org](http://www.americanbalintsociety.org)

For questions, contact Fellowship Director: Albert Lichtenstein, PhD  
[Lichtenstein Albert@guthrie.org](mailto:Lichtenstein_Albert@guthrie.org)

### Fellowship Costs

Fellowship tuition is \$850. Current ABS Membership is required (\$125) as is completion of one Balint Leadership Intensive (average \$700 registration).

## The American Balint Society

We exist to make good care better



### Previous fellows have said...

“The Fellowship year gave me an opportunity to advance my Balint group leadership skills in one year to a level I am sure would otherwise have taken many years of trial, error and attendance at several Intensives.”

“The Fellowship’s small group discussions once a month, the readings, the review of videos of my own home Balint group, and those of my fellow colleagues, has given me a new perspective on, and encouragement to continue, the development of my Balint leader competencies.”

“The Fellowship experience and process was completely conducive to growth as a Balint leader. I feel so much more competent and confident as a result.”

The American Balint Society

Balint Group Leader  
Education Fellowship

June 2019 - May 2020



## Balint Groups

The Balint Group is a group of clinicians who meet regularly to present cases focusing on improving the clinician's connection with and care for patients.

Used to teach a wide range of professional and interpersonal competencies throughout the United States and internationally, Balint groups are a powerful experiential method of training clinicians in therapeutic communication and the effective use of the doctor/clinician-patient relationship.

## Purpose/Intent

Medical educators, group practices and hospitals confronting provider burnout often turn to, or are charged with starting Balint Groups — sometimes with only vague understanding of the process, expected outcomes or specific group leadership skills. The BGLEF is designed to support efforts to begin or rejuvenate Balint Groups and especially to prepare and support Balint Group leaders.

## Balint Group Leader Education Fellowship

Provides an in depth education in the Balint Group method and a basic level of leadership skill at lower cost and lesser time commitment than full leader credentialing, while encouraging those interested in going on to credentialed status to do so. The BGLEF uses a distance learning format so fellows do not have to leave their worksite to participate.

### Participants will:

1. Improve their understanding, practice, and leadership of Balint Groups in their home institutions.
2. Work with the program hosting their Balint Group to ensure its safety and effectiveness.
3. Learn to debrief their Balint Group and leader interventions with a co-leader.

## Structure of the Fellowship

An ABS approved Balint Supervisor will teach and mentor their group of four fellows through monthly video conferencing meetings. Sessions will include some didactic material based on a planned curriculum, writing assignments, and review of fellows' home Balint Groups. Each fellow will record two of their home Balint Groups over the year and review them with their Fellowship group. This will require the ability to record home Balint Groups with permission of the members. Each fellow will also have two one-on-one phone consultations with their Mentor.

Successful completion of the Fellowship is granted when all required learning goals and participation requirements are met. APA CME is available for a portion of the program.

## Target Audience

This Fellowship is designed for medical educators and practicing clinicians (eg: physicians, psychologists, social workers) who are leading Balint Groups and seek a greater understanding of the method and Balint leadership skills.