

Do you have patients that cause concern?

Would you like a space to reflect?

Are you uncomfortable around some people who consult you?

## A CPD Opportunity for GPs

A chance to meet with other doctors and professionals who work with people to consider those who are of concern, puzzling or require a bit more thought

# A Balint Group in Nottingham

In the 1950s Michael and Enid Balint started a series of groups for GPs, to help them have a better understanding of the psychological aspects of general practice. These continue today across the world giving support to clinicians by providing a space for reflection. Usually they are facilitated by doctors and psychological therapists. The groups encourage a close attention to what the patient is saying in the context of the clinical consultation. They provide a forum in which to think about what is going on. It is not about turning GPs or others into counsellors or psychotherapists.

A time to share concerns and thoughts.

We meet on the third Thursday of the month from 19.30 to 21.30 in Nottingham.

Regular attendance is encouraged to foster the development of a secure and confidential group.

For more details or if you would like to attend please contact Jane Monger at [janemongercounselling@blueyonder.co.uk](mailto:janemongercounselling@blueyonder.co.uk)

