

**International Balint Federation**

# The e-IBJ

« e-

International

Balint

Journal »

**n°4      2009-March**

**abstracts from England, France, Germany, Romania**

ENGLAND

## **E Balint Journal of the Balint 2008**

### **Editorial-Dr John Salinsky**

Kleinian perspective on the development of a new Balint group. "In the first few months the group may seem paranoid and the patients hateful". In a while splitting and expulsion may give way to concern and responsibility "and a little love".

## **Personal Papers**

### **The Function of Balint-Thomas Klee**

Looks at Balint group work from the perspective of Balint's psychoanalytical work. He discusses the 3 levels of mind-oedipal, Basic fault, and the area of creation. The group displays these in its ordinary work, in its achievements in fantasy and metaphor, and lastly, in the occasional peak experiences of the flash, or "aha moments".

### **My Balint Life-Antonia Shooter**

A reminiscence by a well known Balint leader who started as a psychologist at the Tavistock Clinic in the late 50's. She is well known to many French older Balint people. She recounts the influences of Balint work on her career.

### **My Most Memorable Patient-Peter Graham**

A concise history over many years of a patient and her family. The patient first presented saying that she wanted to kill her 18 month old baby.

### **The doctor, the genius, and the illness-Michael Courtenay**

The paper was given at the Lisbon International Congress. It deals with Marcel Proust and his psychosomatic asthma. Would the "genius" remain if the "illness" were cured?

France

Bulletin Balint France  
N°59 Autumn 2008

**Balint France**

**Editorial :**

“ Legacy “ by Jean Maclouf ( “ L’héritage” )  
Restatement on French Balint Society. People are changing but work  
on the inconscious motions in general practice must be protected.

**Theoretical reflection**

“ Science discourse and subject discourse: an impossible meeting ?”  
(« Discours de la Science discours du sujet : une rencontre impossible ? »)  
by Frédérique Le Houezec  
How preserve patient intuitive knowledge reduce by Science beliefs ?

**Fancy**

“The jail” by Pierre Gelly (“Le cachot”)  
A little naughty boy was boxed up under his teacher nun robe. What’s going on  
in his mind ?

**Day mood letter**

by France Meslet-Guerrazi  
When psychoanalysts meet practitioners in training sessions there is a basic problem:  
closeness, distance with them or what else ?

**Exhibition report**

“Our body/à corps ouvert” ( follow-up) by Louis Velluet  
Comment about a disturbing exhibition of Chinese bodies without their skins.

**Who’s got a case?**

“I would name her Mrs Sandpaper” (“ Je l’appellerai Madame Papier-kraft”)  
by Marie-Anne Puel  
This female patient was cold and repulsive for the doctor. But, one day, after many  
years and an heart attack, she gives a little smile and thank you. How many years for  
a little more?

**Balint international**

**History archives**

“Anxiety in the group leader actual experience” (“L’anxiété dans le vécu de  
l’animateur”) by Arthur Trenkel  
For the group members as for the leader himself anxiety could ever be present.  
Intimacy approach is never very easy. The leader must learn to disclose and control  
his proper anxiety. Then he can play his part of “pace-maker”.  
( International meeting of balint leaders. St.Malo 1991 France).

**Original paper from Belgium**

“I can’t come through” (“Je ne m’en sort pas”) by Philippe Heureux  
Fussy patient or unprovided practitioner? Explanation of a difficult relationship  
in general practice require a personal work from the practitioner about the part  
the patient give him. But also the part he is playing himself inconsciously.

## **ROMANIA**

One article in english in the Bulletin Association Balint vol.11, n°41, mars 2009-  
From Almos Bela Trif (MIAMI,USA) : “ *The Duty to die versus the right to fight the  
right to die*”

## **GERMANY**

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**STEFFEN HÄFNER  
GERMAN BULLETIN**

**Balint-Journal June 2008**

**Zeitschrift der Deutschen Balint-Gesellschaft, der Österreichischen Balint-Gesellschaft  
und der Schweizerischen Balint-Gesellschaft**

**[www.thieme-connect.de](http://www.thieme-connect.de)**

**[www.thieme.de/balint](http://www.thieme.de/balint)**

*Petzold ER (2008) Sentire aude – habe Mut zu deinem eigenen Gefühl oder Veränderung der Angst in der Arzt-Patient-Beziehung – Teil I (Sentire aude – Trust Your Emotions (Your Own Good Sense) – Part I. The Manifestation of Anxiety in the Doctor-Patient Relationship). Balint-Journal 9, 35-42.*

This paper examines some aspects of anxiety in the doctor-patient relationship. In addition to the perception of anxiety in the relationship there are other alternatives: proprioceptive cognition, emotions such as shame and guilt, courage and confidence, philosophical and theological aspects etc. The hypothesis is: The patient's courage and the doctor's courage to perceive and experience their own emotions can be of great assistance for good diagnostics and good therapy as well. The Hippocratic oath: "Nil nocere" (do not harm) easily translates into the fear of not being good enough. The paradoxical hypothesis that freedom manifests in the anxiety found in the doctor-patient-relationship contrasts sharply with the fact that today's medical knowledge is more and more dominated by statistical results and probabilities. Its focus is no longer the individual patient. But the practicing physician is always dealing with individual persons. The dilemma appears irresolvable – but is it? In this paper *Ernst Richard Petzold* examines the loss of so-called common or good sense, which is to say, good emotional sense and sensitivity.

*Portwich P (2008) How to teach Balint ideas? – Ein Werkstattbericht (How to Teach Balint Ideas? – A Workshop Report). Balint-Journal 9, 43-45.*

*Philipp Portwich* points out that Balint groups are an effective tool to analyse and improve the doctor-patient-relationship. The paper suggests that the spreading of Balint work should be supported by active measures of public relations. This topic is discussed. Furthermore, the paper reveals three examples how Balint ideas may be presented clearly and vividly to people interested in Balint work. The author wishes to stimulate a discussion on these points.

*Halewitsch B (2008) Balintarbeit und Salutogenese – Variante mit musikalischer Improvisation (Balintwork and Salutogenesis – Variation with Musical Improvisation). Balint-Journal 9, 46-50.*

Balintgroups had in view of *M. Balint* not only a psychotherapeutic one but also a salutogenic research assignment to realise concerning the health of patient and doctor. Their psychohygienically effective interaction in her relationship received a neuropsychobiological

S. Häfner, April 16, 2009

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*Anna Lueb* gives a report on her clinical elective in an outpatient clinic for psychosomatic medicine in Tübingen (Germany) (Balint 2008; 9: 99). *Heather Cullenbel Suckling's* article is about "The Student's Role: A Common Concern brought to the Balint Group" (Balint 2008; 9: 100-103). *Emely Christina Ströh* gives a report about their practical year under the title "Sometimes they must go" (Balint 2008; 9: 104-108). *Ernst Richard Petzold* summarizes some highlights from an epidemiologic study on the development of Balint work in Germany in the years 1970-2000 ("Who Are We? – Some Epidemiologic Facts", Balint 2008; 9: 109-111). In "A Fine Treasure" *Ernst Richard Petzold* writes about a newspaper article from Easter 1974 about Martin Buber and its relevance for Balint work. Finally, *Sigmar Scheerer* gives an overview about "The Ulm Paper: Taking Stock of the German Medical Profession: Quo Vadis Doctor-Patient Relationship? (Salient Points of the 111<sup>th</sup> German Medical Conference 2008 in Ulm)" (Balint 2008; 9: 114-115).

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*Honegger R (2009) Von Sils nach Hahnenklee (From Sils to Hahnenklee). Balint-Journal 10, 2-5.*

Rudolf Honegger describes the history of the psychosomatic study weeks in Sils. Dr. O. Meier, general practitioner, and the late Dr. H. K. Knoepfel, psychiatrist and psychotherapist, were the initiators. After having invited Dr. Michael Balint to take part in the seminary, the character changed and has remained similar up to the present. The seminary was successful and thanks to the help of the Silser therapists, it led to similar seminars in Hahnenklee (Germany), Divonne (France) and Ascona (Switzerland). The article concludes with thoughts about the significance of Balint-work in the present medical world.

*Doering-Manteuffel A, Petzold ER (2009) Strukturwandel und die Erosion gesellschaftlichen Zusammenhalts – Teil 1 (Structural Change and the Erosion of Social Change on the Margins of Society – Part 1). Balint-Journal 10, 6-10.*

Since the early Eighties living conditions in the advanced industrial societies have undergone radical change. What we usually call “globalization” is a social phenomenon with many facets. In it we observe that ever more people are ruled by individualization. For them the experience of community and feeling at one with the family or the neighborhood or with colleagues in the workplace simply does not matter. What does matter are conditions in the global financial markets of capitalism, meaning they must be on call all day and night and do whatever it is they do to well-nigh perfection – that is, if they don’t want to find themselves out of a job. With conditions like this, many today have no clear perspective on where they’re headed. For them Now is all there is. The outcome of this “dwindling present”, as it has been called, is that they have become lonely and in their loneliness atrophy inwardly, becoming sick as a result. A counter-movement like the ecological demand for “sustainability” (in the foods we eat, the goods we buy, the lives we lead, the friends we keep) is a sign that the eroding of social solidarity has now been seen for what it is: a threat to our psychological and physical health.

*Petzold ER, Doering-Manteuffel A (2009) Der Strukturwandel und die Erosion des gesellschaftlichen Zusammenhalts als Herausforderung für die Balintarbeit ( Structural Change and the Erosion of Social Change on the Margins of Society as a Challenge for Balint*