

## **OP44.2**

### **Establishing a Balint Group at University of Luxembourg: a pilot project with trainees in General Practice**

*Monique Aubart-Schuller*

*SSLMG, University of Luxembourg, Frisange, Luxembourg*

*Corresponding author: Dr Monique Aubart-Schuller, SSLMG, University of Luxembourg, Frisange, Luxembourg. E-mail: aubartschuller@pt.lu*

**Background & Aim:** Some years ago I assisted at my first Balint group at Wonca congress in Paris. I was immediately infected by the « Balint-Virus » and for the next years attended different congresses because Luxembourg does not have until now a Balint Society. A continuous group led by a German Psychiatrist ran for 2 years, but stopped because of low attendency.

Being teacher at University of Luxembourg, I did leadership courses for Balint work and decided to introduce Balint groups in the training programm for GP trainees.

**Method:** Starting in the 1st semester 2015/2016, two Balint groups per semester will be held in form of seminaires in GP training at University of Luxembourg. Trainees have to register to the seminaire, but they a free to choose between two different themes, so that the participation in the Balint seminaires can be considered as voluntary.

After each group, the participants are asked to fill in an evaluation form resuming general data like age and sex, the motivation to participate in the group but also the experiences they made in the Balint Group.

**Expected Results:** We will be able to collect data about the participation in the group, the motivation and the experiences of GP trainees in a Balint group. By running the groups we hope recruiting young doctors to start their own Balint-group.

**Conclusions:** Balint groups have shown in different studies that participants enhance their capacity of self-reflection and that the participation in a group can prevent burnout. We think it is important to integrate the groups in GP training because it can facilitate doctor-patient relationship and is part of taking care of oneself.