
JOURNAL OF THE BALINT SOCIETY, VOLUME 50, 2025

Presidents' Introduction

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We are delighted to celebrate the third edition of the Balint Society Journal edited by Raluca Soreanu. The previous double edition of the Journal was launched after the pandemic, and at the beginning of our term as Joint Presidents. The current issue, volume 50, is published as we approach the end of term.

We have taken this point as an opportunity to reflect on how the Society has changed in the aftermath of the pandemic, on the notable developments we are working to achieve together as Council, and on the potential challenges.

Balint Society Website. This is now up and running, comprising a user-friendly interface with a variety of relevant resources (including previous copies of the Journal). We are grateful to Eamonn Marshall and Turtle Reality for all their work.

A relaunched Training and Education (T&E) Committee. We are grateful to Shake Siegel who was steadfast in maintaining T&E and in making links with Council and other engagement groups within the Society.

Accreditation Team. We are pleased that we have a robust team, chaired by Liz Lee and Chris Douglas, who are continuing to receive new applications for Balint leader accreditation. Council agreed new criteria which were introduced in June 2023. The criteria have undergone a further review by the accreditation team this year to ensure that we are getting the right balance to encourage growing numbers of effective leaders.

Supervisor Accreditation. Allied with the above, supervision criteria have been introduced and supervisor training days have now started.

Balint Society Members. We are attracting new members from new professions and a younger, more diverse demographic. This was reflected at the Leeds Study

Day (2024) with presentations about Balint groups for lawyers and gardeners as well as the more traditional groups for GPs, psychiatrists and therapists

New Council Members. We are pleased to see that there is plenty of enthusiasm from a younger generation to join Council and take on significant roles.

Financial State. We are pleased to be leaving the Society in a stable financial state, although we are mindful of the need to avoid complacency and ensure that we continue to break more or less even on events.

International Balint Federation. Chris Brown is the Council's new link person with the IBF, thereby strengthening our Society links internationally and feeding back any new developments. As Joint Presidents we continue to meet with the presidents of the international societies to represent and maintain the UK position on the global Balint stage.

Events. We have been reviewing the Balint Society events to ensure they are up to date and relevant for all those interested in Balint group work.

Challenges. Despite all the above, we have ongoing challenges which we hope Council and the Society will continue to take seriously: engaging GPs, retaining leaders who become accredited, and maintaining history and the experience of senior members. It is also of note that in psychiatry although case-based discussion remains mandatory, the majority of groups are not led by accredited leaders, even though they may be following the Balint model.

We are pleased to launch our September 2025 Balint Society Journal, which we hope will be thought-provoking for you all. We would like to take this opportunity

to once again thank Raluca Soreanu and the Editorial team – Katalin Barcza-McQueen, Jacqueline Bristow, Andrew Elder, Shameel Khan, and John Salinsky – for all their hard work putting together the journal.

Finally, we are thankful to Council and you, our members, for your ongoing support for the Society.