



**14th International Balint Congress.  
Stockholm, august 2005.**

**Balint work in a time of Change and Crisis in the Health Care System**

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**`The drug doctor`  
- concerning doctor-  
patient relationships.**

- **A course project on  
communication and  
supervision**

- **Edited by  
Søren Kaltoft  
&  
Lars Thorgaard**

**København: Månedsskrift for Praktisk  
Lægegerning. Lægeforeningens Forlag.  
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- **Editorial group:**

**Annette Davidsen  
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Helena Nielsen  
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- **Case editorial group:**

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- **Søren Kaltoft**
- ❖ **M.D**
- ❖ **Group Analyst**
  
- ❖ **E.mail: [skal@mail.dk](mailto:skal@mail.dk)**

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- **Empathy Groups.**

**Lars Thorgaard**



# **Empathy can be disturbed.**

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- **Empathy within the medical profession can often be painful for the doctor.**
- **Patients - and doctors as well - can lose empathy with themselves.**
- **Even the strongest develop a thick skin in order to cope with the constant contact with misery.**



# Empathy Groups.

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- **The unconscious process of protecting oneself begins already in medical school: being de-sensitised.**
- **The process of re-sensitisation starts in the balint group.**



# Counter-transference as a tool.

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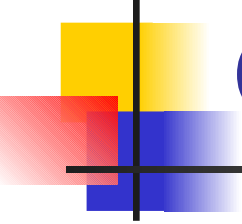
- **In the balint group the tools are the group`s and the individual participants so-called counter-transference feelings, fantasies and thoughts.**



# **Empathy exercises in balintgroups.**

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- **There are at least six particularly exercises in which to instruct the members of a balint group.**



# **The Unobjectionable Counter-transference:**

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- **is a basic ability and capacity, in many different and-or extreme transference relationships, to maintain and regain the capacity to contribute with healing love.**



# **The Unobjectionable Counter-transference.**

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- **Much of what happens in complicated doctor/patient relationships is due to the doctors unobjectionable counter-transference being disturbed by the influences of the patient. But paradoxically: It is precisely the expression of these disturbances that can tell the doctor a great deal about the patient`s (inner – and outer) difficulties.**



# **The Unobjectionable Counter-transference.**

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- **The long-term work in a balint group offers a unique possibility: to develop knowledge of how different patients in different ways have an influence and impact on and disturb ones unobjectional counter-transference.**



# **The Unobjectionable Counter-transference.**

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- **This the, in turn, allows access to the fact that the professional personality can be refined, individualised and made flexible in opinions and techniques in relation to each individual unique patient.**



# **The Unobjectionable Counter-transference and Empathy.**

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- **Striving for re-establishment and maintainance of empathy - `empathising` - is a key area of the balint groups work. Group members are trained to feel, acknowledge and localise the patients disturbances of the unobjectionable counter-transference.**



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- **Lars Thorgaard**
- ❖ **M.D**
- ❖ **Senior psychiatrist and consultant psychotherapist,  
The Psychiatric Department in Herning, DK.**
- ❖ **Private practice with psychotherapy and  
supervision in Århus, DK.**
- ❖ **e.mail: [ithorgaard@dadlnet.dk](mailto:ithorgaard@dadlnet.dk)**
- ❖ **[www.Lars-Thorgaard.dk](http://www.Lars-Thorgaard.dk)**