

American Balint Society (ABS) Statement on Commitment to Clinician Well-being and Resilience

The American Balint Society (ABS) is proud to support the work of the National Academy of Medicine (NAM) and the Action Collaborative on Clinician Wellbeing and Resilience. The ABS, through education and training regarding Balint groups, is committed to the promotion of clinician wellbeing and resilience. The ABS commends the efforts of the Action Collaborative “to raise awareness about the challenges to clinician wellbeing, clinician stress and burnout, and to improve patient care by caring for the caregiver.”

The ABS believes that at **the** heart of healing there is a therapeutic relationship between the clinician and the patient. The effort to work toward the wellbeing and resilience of the clinician is paramount for the therapeutic relationship and the ABS, since its inception, has been committed to this task.

The American Balint Society is a 501c3 non-profit organization dedicated to improving the therapeutic relationships between clinicians and their patients. The ABS seeks to promote Balint groups with the aim of helping clinicians find a safe and trusting forum to explore the contexts and intricacies of this therapeutic relationship. The ABS strives to develop and support the growth and development of clinicians as leaders and/or members of Balint groups, helping them “improve their understanding of both themselves and others, so that patients and clients are increasingly heard, supported and empowered to become healthier and happier.”

Balint groups focus on “actively engaging in the empathic care of others and of our professional selves, inspiring dedication and perseverance of health care providers, and developing essential skills for sustaining and enhancing resiliency and longevity in the practice of medicine.” Through education and training in Balint groups, the ABS promotes its core values of “Authenticity, Collective Wisdom, Compassion, Empathy, Hope, Lifelong Learning and Reflection.”

The ABS is also committed to diversity and inclusiveness within the organization and all its activities. The ABS understands that “greater diversity enhances the Balint experience, which provides a space of inclusiveness and safety for discussion of difficult dialogues and exploration of personal or collective biases.”

To learn more about Balint groups and the American Balint Society (ABS) please visit our website at <http://www.americanbalintsociety.org/>