

## Medical Student Psychotherapy and Balint Groups: Promoting Wellbeing and Reflection in our Future Doctors

**Online - Friday 17 October 2025**

Time	Topic
10.00-10.10	Introduction and overview of Balint around the UK <i>Sarah Majid</i>
10.10-10.40	Medical Student Wellbeing <i>Jane Morris</i>
10.40-11.00	Balint-ly obvious: the value of Balint groups in medical education <i>Roshni Bahri and Siân Davies</i>
11.00-11.30	International Experiences <i>Meredith Waugh and Daniel Brass</i> <i>David Holub</i>
11.30-11.45	<b>Break</b>
11.45-12.15	Bristol Balint Groups and Balint Society accreditation process <i>Judy Malone, Liz Lee, Ami Kothari, Tanvir Randhawa and Elsa Brew-Girard</i>
12.15-12.35	Balint - Student experiences  <i>Essay presentations:</i> <i>Ariana Axiaq</i> <i>Ava Khoshnaghsh</i>
12:35-13:05	Q&A with students with <i>Eamonn Marshall</i> <i>Lauren Pereira-Greene and Lucy Savill</i> <i>Ariana Axiaq and Ava Khoshnaghsh</i>
13.05-13.40	<b>Lunch Break</b>
13.40-14.00	Linking Balint to the UK Medical Licensing Assessment outcomes <i>Sophie Butler, Yuki Takao and Tom Dewhurst</i>
14.00-14.10	Questions <i>Chaired by Charlotte Wilson Jones</i>
14.10-14.35	Foundation doctors' experiences and impact on practice <i>Naomi Borseth-Rasmussen and Felix Simpson-Orlebar</i>  <i>Chaired by Charlotte Wilson Jones</i>

14.35-14.45	<b>Break</b>
14.45-14.50	Medical student psychotherapy schemes – overview <i>Sarah Majid</i>
14.50-15.40	Medical student psychotherapy schemes – student experiences <i>Mia Carley</i> <i>Lazaros Iakovidis</i> <i>Hardy Parker</i> <i>Mahnoor Zafar</i> <i>Yeun Gyeong Woo</i>
15.40-15.50	Questions <i>Chaired by Sarah Majid</i>
15.50-16.00	Reflections on the day and close <i>Sarah Majid and Charlotte Wilson Jones</i>