

Mentalization-Based Therapy

In Collaboration
With



Timetable

Day 1

08:30 – 09:00: Registration (tea and coffee will be available)

09:00 – 10.15: Outline of Training

Introduction to mentalizing and Mentalization Based Treatment

Theory of mentalization and other aspects of mentalization model (Part 1)

10:15 - 10:45: Coffee

10:45 – 12.30: Theory of mentalization and other aspects of mentalization model (Part 2)

Differentiation from and similarities to other therapies

12.:30 - 14:00: Lunch

14:00 – 15:00: Basic therapist stance

15:00 - 15:30: Tea

15.30 – 17.00: Basic therapist stance – role-play/group exercise later

Day 2

09:00 – 10:15: Principles of Service Organization and Treatment Pathways

10:15 - 10.45: Coffee

10.45 – 11.30: Early Issues in treatment and Formulation and assessment of mentalizing – Class exercise

Code therapists' interventions according to type of mentalizing intervention

11.30 – 12.30: General Principles of Interventions and Spectrum of interventions (Part 1)

12:30 - 14:00: Lunch

14.00 – 15.30: General Principles of Interventions and Spectrum of interventions (Part 2)

15:30 - 16:00: Tea

16.00 – 17.00: How do I deal with (Part 1)?

Suicide and Self-harm
Boundary violations
Affect Storms
Threats to leave treatment

Day 3

09.00 – 12.30 (with Coffee Break)

How do I deal with (Part 2)?
Suicide and Self-harm
Boundary violations
Affect Storms
Threats to leave treatment

12:30 - 14:00: Lunch

14.00 – 15.00: Mentalising Groups – basic principles and practice

15.00 – 16.00: Final Discussion

Educational Objectives

At the end of the course participants will be able to:

- Demonstrate an understanding of the mentalizing problems of borderline personality disorder
- Recognise mentalizing and non-mentalizing interventions
- Develop and maintain a mentalizing therapeutic stance
- Use basic mentalizing techniques in their everyday clinical work in group and individual psychotherapy.