Programme

Day 1

Morning:
Introduction to mentalizing, understanding how it develops and exploring the rationale for using this approach in work with families.

Afternoon:
Introduction to the core features of MBT-F, the clinical stance and techniques and interventions using training video clips, discussion and practice role play.

Day 2

Morning:
Role plays focusing on embedding a mentalizing stance into clinical practice, using core MBT-F techniques and interventions, including the Loop.

Afternoon:
Introduction to MBT-F games and activities and role play using these.

*Break of six to ten weeks during which participants may begin to trial MBT-F techniques in their work*

Day 3

Morning:
Developing and consolidating MBT-F stance and skills. Introducing tools to support your practice. Further role plays and discussion.

Afternoon:
Focus on reflective practice and introduction to the MBT-F supervision model.

Lunch is served every day, and there is a coffee break each morning and afternoon.