

Mentalization-Based Treatment for Adolescence Training

Programme

Day 1

- 08:30 Registration
- 09:00 Introduction:
- What is mentalization?
- How does it develop?
- What does it look like?
- Adolescent brain
- 11:00 Coffee break (30 min)
- 11:30 Structure of MBT-A
- 13:30 Lunch
- 14:30 Structure of MBT-A
- 16:30 End

Day 2

- 09:00 Structure of MBT-A
- Clinical applications in self harm
- 11:00 Coffee break (30 min)
- 11:30 Clinical applications in trauma
- 13:30 Lunch
- 14:30 Clinical applications in trauma
- 17:00 End