

In collaboration with



MBT Supervisor Form: Obtaining MBT Supervisor Status

Requirements

To become a certified MBT Supervisor, you will need to evidence the following requirements detailed in the MBT Quality Assurance Manual:

1. Mental health professional registered with professional organisation (country specific)
2. Meet criteria for practitioner MBT practitioner level therapist (or on country specific MBT register) – achieved Level A and B and fulfilling requirements for Level C for a minimum of 3 years.
3. Agreement to enter the supervisor pathway (see below) following review of at least one video of a treatment session showing MBT clinical interventions (The assessor of the sessions (AFC nominated/and a national expert) gives a go/no-go to enter the supervisor pathway)
4. The supervisor is an experienced MBT therapist with additional expertise and competences on the following domains:
 - Theoretical knowledge
 - Clinical experience
 - Didactical qualities
 - Personal qualities
 - Meta-competencies

A positive report by a registered supervisor regarding specified competencies must be submitted.

5. Course attendance: MBT Basic training and MBT Practitioner Certificate training
6. Evidence of continued MBT Practitioner status
7. Supervision: completed at least 6 supervised MBT cases dating from period after having acquired MBT Practitioner registration (supervision individually or in group)
8. Supervised at least 2 cases under direct supervision of registered MBT Supervisor

Please tick the box to indicate that you can meet each requirement and provide either a certificate or reference/e-mail from your training institution or supervisor as proof. Without this information it will not be possible to certify you as a qualified MBT Supervisor.

Once you have compiled all the required certificates and references please email them, marking clearly which requirement each of the documents refers to, to:

Sarah Lina Mortada (sarahlina.mortada@annafreud.org)

Please note the following:

Evaluation

In working towards becoming a supervisor (and after becoming an MBT practitioner) a recorded individual and group session with report need to have been presented demonstrating theoretical knowledge and clinical skills. The assessor of the sessions (AFC nominated/and a national expert) gives a go/no-go to enter the supervisor pathway. After a positive assessment there may be an initial supplementary live assessment of didactical qualities, personal qualities in supervision and relevant meta-competences depending on the current clinical status of the individual in their organisation. Each potential supervisor receives a written feedback and personal advice for further improvement. In the following period all potential supervisors enter the supervisor training pathway following the recommendation agreed.

Supervisor training trajectory:

- 8 supervision sessions with AFC nominated and national expert on recorded supervision sessions or demonstration of competencies in live supervision session;
- Demonstrating reliable scoring of adherence scale (training required);
- Exchange of recorded supervision sessions with other (potential) supervisors at least once per year.

Ending the personal and supervisor trajectory with a positive recommendation will result in formal registration as MBT supervisor. At the end of the personal and supervisor training trajectory, when the candidate meets the criteria for MBT supervisor he/she will be included in the register as MBT supervisor.

Maintenance

- Continuous clinical work as an MBT therapist and supervisor;
- Evidence of maintenance of knowledge of developments in mentalizing and its applications and in clinical skills of MBT e.g. conferences, reading, case discussion;
- Exchange with other supervisors at least once a year;
- Once a year schooling supervisors AFC/ MBT Netherlands required;
- Evidence of commitment to professional development.

If you have any questions, please contact sarahlina.mortada@annafreud.org

Signature:

Date: