

3-day Mentalization-Based Treatment Basic Training

Timetable & Checklist

This on-line training will run between 10.00 – 16.00 on each day. There will be a number of additional brief breaks during the day if necessary for enhancing on-line concentration.

Please follow the checklist prior to each live training day to complete the pre-course tasks.

Prior to Day 1 (Self-guided training)

Preparation for Module 1 – Online Platform

Pre-course Task	Comment* <i>*tick the comment box when completed</i>
Mentalizing and Mentalization Based Treatment with Adults (MBT Adult) – An Introduction: https://www.annafreud.org/training/online-training/	
Offline Questionnaires (Measuring Clinical and Theoretical Knowledge)	

Tasks - Module 1	Comment* <i>*tick the comment box when completed</i>
Video: What is mentalizing – Peter Fonagy	
MBT Clinical Summary	
Essential readings	
Pre-recorded module 1: Clinical skills – Mentalizing stance and process	
Video: Empathic validation	
Questionnaire – day 1 (complete it in the end of Day 1 – live training)	
* Essential reading: - Jennifer – clinical summary of a prototypical patient with Borderline Personality Disorder - Preface from Mentalization Based Treatment for Personality Disorder - Mentalization Based Treatment for Personality Disorder Chapter 6, Chapter 7 and Chapter 8	

Day 1 (LIVE)

10:00	Intro and outline of training
10:10	Introductions
10:20	Small Group Exercise

a) Deciding on practicalities and thinking about working on-line as a small group

b) Establishing group values for the training -What values can you agree for your group work

10:35	Large group discussion
10:45	Clinical Theory – Outline and general discussion
11:10	Break

Module 1

11:30	MBT Principles and Not Knowing stance and Mentalizing Process
11:45	Video of Not knowing stance
11:50	Role Play in Large Group of Not Knowing stance and Mentalizing Process
12:00	Intro to Small group Exercise
12:05	Small Groups – Role play Small group exercise:

Role Play (based on real life experience of member of small group). One member of the group tells a story about something that happened recently e.g. an everyday activity like going shopping, deciding to take the MBT training

OR

Role Play Jennifer – Clinician asks about Jennifer’s motivation to have treatment

Observers: identify questions that promote mentalizing and questions that elicit narrative

12:35	Discussion all participants and review
13:00	Lunch
14:00	Intro to Empathic Validation and Positive Mentalizing
14:10	Discussion all participants
14:15	Video of empathic stance – participants rate
14:25	Discussion all participants
14:40	Introduction to Small Group Role Play
14:42	Small Group Role Play – Not knowing stance/empathic stance

Jennifer: Your son was with his father for the weekend. You talk about your new relationship and not seeing your boyfriend at the weekend, so you went out to a bar on your own.

Therapist: Use mentalizing stance and manage process to explore the incident and decide which emotional states to empathically validate.

Observers: Identify not knowing stance/factual questions and empathic validation

15:05	Discussion all participants
15:15	Break
15:35	MCQs Discussion of answers
15:55	Summary
16:00	End

Preparation for Module 2 and Module 3 – Online Platform

Tasks - Module 2	Comment* <i>*tick the comment box when completed</i>
Essential readings	
Pre-recorded module 2: Clinical skills – Non-mentalizing modes	
Offline exercise: Transcript for rating non-mentalizing modes	
Offline exercise: Read the Referral Letter on Jennifer and consider indicators suggesting a) mentalizing profile b) her 'default' non-mentalizing modes c) her attachment strategies	
* Essential reading: - <i>Mentalization Based Treatment for Personality Disorder Chapter 3 and Chapter 4</i> - <i>Bateman, A., & Fonagy, P. (2019). Handbook of mentalizing in mental health practice (2nd Edition ed.) Introduction. Chapter 1</i>	

Tasks - Module 3	Comment* <i>*tick the comment box when completed</i>
Essential readings	
Pre-recorded module 3: Clinical skills – Structure	
Questionnaire – day 2 (complete it in the end of Day 2 – live training)	
* Essential reading: - <i>Mentalization Based Treatment for Personality Disorder Chapter 5</i> - <i>Bateman, A., Unruh, B., and Fonagy, P. Individual Therapy Techniques. In Bateman, A., & Fonagy, P. (eds). Chapter 6 Handbook of mentalizing in mental health practice (2nd Edition ed.)</i> - <i>Simonsen, S., Nørgaard, N., Larsen, K., & Bjørnholm, K. (2011). Mentalization-inspired case formulation: Minding the difficult patient., Personality and Mental Health, 5.</i> - <i>Bateman, A. (2011). Commentary on 'Minding the difficult patient': Mentalizing and the use of formulation in patients with borderline personality disorder comorbid with antisocial personality disorder. Personality and Mental Health, 5, 85-90.</i>	

Day 2 (LIVE)

10:00 Questions from Day 1

Module 2

10:05 Recognising non-mentalizing modes
Discussion of transcript from session

10:30 Psychic Equivalence
10:35 Video of psychic equivalence - rated by participants
10:45 Discussion all participants

11:00 Break

11:20 Teleological mode
11:30 Video of teleological mode - rated by participants
11:45 Discussion all participants

12:00 Outline of small group work
12:05 Small group – psychic equivalence and teleological mode

Jennifer – problem in the group in which you feel judged by others in the group

Clinician – generate a therapy process to reduce the force of psychic equivalence and teleological mode.

Observers – watch out for helpful interventions and harmful interventions e.g. joining with non-mentalizing, carefully crafted counter arguments to Jennifer’s perceptions and affective beliefs.

12:35 Discussion - all participants
12:50 Pretend Mode
13:00 Lunch
14:00 Video of Pretend mode – rated by participants
14:10 Discussion - all participants

Module 3

14:20 Structure of MBT
14:25 Generation of formulation and key areas of formulation
14:30 Small Group – working on formulation using ‘Jennifer’ followed by role play of giving the formulation

15:00 Discussion - all participants
15:15 Break
15:35 Summary of the formulation.
15:35 MCQs
15:45 Discussion of answers
16:00 End

Prior to Day 3 (Self-guided training)

Preparation for Module 4, 5, and 6 – Online Platform

Tasks prior to Day 3	Comment* <i>*tick the comment box when completed</i>
Offline exercise: Exercise Mentalizing formulation <ul style="list-style-type: none"> - Write a mentalizing formulation for Jennifer - Read Jennifer – clinical material 	
Tasks - Module 4	Comment* <i>*tick the comment box when completed</i>
Essential readings (MBT Manual for Suicide and Self-harm and 1 chapter)	
Pre-recorded module 4: Clinical skills – Mentalizing Affect, Affective Narratives, Suicide and Self-Harm	
Video: modelling mentalizing functional analysis for Suicide and Self Harm	
* Essential reading: - <i>Detailed manual for Intervention for Suicide and Self-harm</i> - <i>Mentalization Based Treatment for Personality Disorder: a practical guide. Chapter 9</i>	
Tasks - Module 5	Comment* <i>*tick the comment box when completed</i>
Essential readings	
Pre-recorded module 5: Relational mentalizing	
Offline exercise: Read again: Dynamic formulation of interpersonal patterns (Module 3)	
* Essential reading: - <i>Mentalization Based Treatment for Personality Disorder: a practical guide. Chapter 11 and 12</i> - <i>Bateman, A., Kongerslev, M., Hansen, S, Mentalization-Based Group Therapy (MBT-G) for Adults and Adolescents In Bateman, A., & Fonagy, P. (eds). Chapter 7 Handbook of Mentalizing in Mental Health Practice (2nd Edition ed.)</i>	
Tasks - Module 6	Comment* <i>*tick the comment box when completed</i>
Essential readings	
Pre-recorded module 6: Introduction to MBT groups	
Questionnaire – day 3 (complete it on Day 3, tutor to advise)	
* Essential reading: - <i>Mentalization Based Treatment for Personality Disorder: A Practical Guide. Chapter 10</i> - <i>Bateman, A., Unruh, B., and Fonagy, P. Individual Therapy Techniques. In Bateman, A., & Fonagy, P. (eds). Chapter 6 Handbook of Mentalizing in Mental Health Practice (2nd Edition ed.)</i>	

Day 3 (LIVE)

10:00 Questions from Day 2
Review of written formulation
Summary so far.

Module 4

10:15 Introduction to mentalizing affects and affective narrative
10:25 Video of Clarification of affect
10:35 Discussion - all participants
10:45 Suicide attempts and Self Harm – summary in relation to affective trajectory
11:00 Break
11:20 Video of mentalizing functional analysis – rated by participants
11:30 Discussion - all participants
11:40 Small Group

Jennifer: You made a suicide attempt or self-harmed. You accept that it is something that has to be discussed

Therapist: Mentalizing Functional Analysis of the action

12:05 Discussion - all participants

Module 5

12:10 Introduction Affect focus and Relational/Counter-relational Mentalizing
12:15 Video of relational mentalizing - rated by participants
12:25 Discussion - all participants
12:35 Small Group

Jennifer: you were telling something very intimate and feeling vulnerable. The therapist looked at her watch. You're convinced she's sick of you and can't wait to end the session.

Or

Jennifer: your son is currently a child in need (has agreed contact with child social worker). You tell your clinician that you were at the end of your tether one occasion last week and shouted at him. You think the clinician thinks you are a bad mother and your son should be removed.

13:00 Discussion - all participants

13:10 Break

Module 6

14:00 Introduction to MBT Groups
14:30 Discussion - all participants

Module 7

14:45 Introduction to MBT online
15:00 Break
15:15 MCQs
15:35 Discussion of answers
15:45 Final Summary and Questions
16:00 End