

MBT Practitioner Course – Timetable

Day 1

- 10.05 Introduction and outline of training
- 10.15 Small Group Exercise
- a) Deciding on practicalities and thinking about working online in group therapy/individual therapy as a small group
 - b) Establishing group values for the training -What values can you agree for your group work. How do these relate to values in MBT
 - c) Consider which values from the Values check list you might use for an MBT group for BPD and ASPD
- 10.35 Large group discussion
- 10.45 **Clinical Introduction** Plenary: Trainer introduction about MBT Group/Individual Face to Face and Online
- 11.00 Break
- 11.20 Small group - outline a protocol (make headings) for patients joining a group online who have never met face to face. What written information will you provide?
- 11.35 Plenary Discussion
- 11.45 **Clinical Interventions 1** Trainer: MBT and Communication Systems 1 and 2 – Introducing the patient to MBT and preparation for treatment contrasting face to face with online treatment: Engagement/Formulation/Risk Management
- 12.00 Small Group: Following your protocol headings discuss the detail of engagement of the patient in individual and group work
- 12.20 **Clinical Interventions 2** Trainer: Formulation and Risk Management

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- 12.25 Small group: Consider risk management of a patient who shows increasing risk in online group treatment. Write (headings) a brief 'stepped' process for an MBT clinician to follow
- 12.45 Plenary Discussion
- 13.00 LUNCH
- 14.00 **Clinical Intervention 3:** Trainer: Working with Trauma with Psychic Equivalence and Teleological Modes face to face and in Online treatment
- 14.30 Discussion
Small Group: Illustrative role play: trainer/trainer or trainer/participant
- 15.00 Break
- 15.20 Treatment **Clinical Interventions 4** Trainer: Introduction to MBT Self-reflection and use of Adherence Scale
Small Group: Take each Domain and Item of the Adherence Domains and discuss examples of therapist intervention to define each item
- 15.40 Discussion and **Agreement for presentation of Clinical Examples for**
- 16.00 END**

Day 2

- 10.00 Introduction and Discussion of pre-submitted questions
- 10.15 Small Group: Discuss your adherence homework together.
Do you have inter-rater reliability in terms of where interventions are placed i.e. under which items?
What tips have you given for the clinician to improve their practice?
- 10.35 Plenary Discussion
- 11.00 11.20 Break
- 11.20 **Clinical Intervention 5:** Trainer: Introduction to Hypermentalizing/Pretend Mode
- 11.30 Clinical Example from Participant (agreed on Day 1)
Illustrative role play based on example: trainer/trainer or trainer/presenter
- 12.10 **Clinical Intervention 6** Trainer Introduction to relational and counterrelational mentalizing
- 12.20 Clinical Example from Participant (agreed on Day 1)
Illustrative role play based on example: trainer/trainer or trainer/presenter
- 13.00 LUNCH
- 14.00 **Clinical Intervention 7** Trainer: MBT Group and Group Relational/Counterrelational Mentalizing - face to face and online
- 14.15 Clinical Example from Participant (agreed on Day 1)
Illustrative role play based on example:
Participants Role Play Group members.
Trainer + participant therapists

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15.00	Break
15.20	Summary and questions
15.30	MCQ Test
15.40	Discussion of answers and Further Questions
16.00	END