



# Mentalization Based Treatment (MBT): Basic Training

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<b>Date:</b>	January 11, 13, 14, 2022 (Eastern Time)
<b>Location:</b>	Virtual
<b>Tuition Fee:</b>	\$1350 for those who have not completed Mentalizing and MBT Adult - An Introduction \$1250 for those who have completed Mentalizing and MBT Adult - An Introduction
<b>Provided by:</b>	Gunderson Personality Disorders Institute, McLean Hospital
<b>CME Credits:</b>	13.25
<b>Course Director:</b>	Lois W. Choi-Kain, MD, MEd
<b>Faculty:</b>	Anthony Bateman, MA, FRCPSych; Peter Fonagy, PhD; Lois Choi-Kain, MD, MEd; Brandon Unruh, MD; Robert Drozek, LICSW
<b>Prerequisites:</b>	None
<b>Registration:</b>	<a href="https://home.mcleanhospital.org/gpdi-mbtbasic">https://home.mcleanhospital.org/gpdi-mbtbasic</a>

## Course Description

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This will be a 3 full-day intensive course specializing in Mentalization Based Treatment (MBT) training for the treatment of Borderline Personality Disorder.

The new MBT Basic Training one-month course is made up of 3 days of live, instructor-led content (including breaks) over 3 days, and 21 hours of self-guided content - attendees will be required to do various tasks before, in-between and after the live, instructor-led sessions and these self-paced hours will not be included in the CME credits.

Mentalizing refers to our ability to attend to, and understand our own actions and those of others on the basis of, mental states. This is the focus of MBT, initially developed by Drs. Anthony Bateman and Peter Fonagy for the treatment of borderline personality disorder (BPD) but now used on a wide range of disorders. MBT was developed based on studies of early childhood development and attachment. In this course, participants will learn how to implement MBT techniques within their clinical practice as a specialist treatment.

Common clinical situations are discussed and 'role played' to practice skills. MBT requires therapists to focus on the patient's mental state and on their understanding of interactions with the patient. The therapist takes a 'not knowing' stance and yet explicitly develops with the patient or family alternative perspectives about what is happening. Participants will learn how to use their own experiences of the patient as a way of increasing mentalizing within therapeutic encounters. The course considers techniques, such as clarification, challenge and basic mentalizing in the context of some of the common clinical scenarios encountered in treatment with patients.

This workshop will equip participants to understand:

- How mentalizing handicaps derive from early parent-child interactions
- How mentalizing failures reflect and cause insecure attachments
- How psychotherapeutic interventions are efforts to correct mentalizing & attachment handicaps

## Target Audience

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Physicians, psychiatric nurses, psychologists, social workers, licensed mental health counselors.

## Educational Objectives

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This workshop will equip participants to:

1. Demonstrate an understanding of the mentalizing problems of BPD
2. Recognize mentalizing and non-mentalizing interventions
3. Develop and maintain a mentalizing therapeutic stance
4. Use basic mentalizing techniques in their everyday clinical work in group and individual psychotherapy

## Agenda

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### Day 1 (LIVE)

9:00 Intro and outline of training, small group discussions

9:35 Large group discussion

9:45 Clinical Theory – Outline and general discussion

10:10 Break

### Module 1

10:30 MBT Principles and Not Knowing stance and Mentalizing Process

10:45 Video of Not knowing stance

10:50 Role Play in Large Group of Not Knowing stance and Mentalizing Process

11:00 Small Groups – Role play

11:35 Discussion all participants and review

12:00 Lunch

13:00 Intro to Empathic Validation and Positive Mentalizing

13:10 Discussion all participants

13:15 Video of empathic stance – participants rate

13:25 Discussion all participants

13:40 Introduction to Small Group Role Play

13:42 Small Group Role Play – Not knowing stance/empathic stance

14:05 Discussion all participants

14:15 Break

14:35 MCQs

14:45 Discussion of answers

14:55 Summary

15:00 End

### Day 2 (LIVE)

9:00 Questions from Day 1

### Module 2

9:05 Recognising non-mentalizing modes; discussion from transcript from session

9:30 Psychic Equivalence

9:35 Video of psychic equivalence - rated by participants

9:45 Discussion all participants

10:00 Break

10:20 Teleological mode

10:30 Video of teleological mode - rated by participants

10:45 Discussion all participants

11:00 Outline of small group work

11:05 Small group – psychic equivalence and teleological mode

11:35 Discussion - all participants

11:50 Pretend Mode

12:00 Lunch

13:00 Video of Pretend mode – rated by participants

13:10 Discussion - all participants

### Module 3

13:20 Structure of MBT

13:25 Generation of formulation and key areas of formulation
13:30 Small Group – working on formulation using ‘Jennifer’ followed by role play of giving the formulation -
14:00 Discussion - all participants
14:15 Break
14:35 Summary of the formulation.
14:35 MCQs
14:45 Discussion of answers
15:00 End
<b>Day 3 (LIVE)</b>
9:00 Questions from Day 2; review of written formulation; summary so far
<b>Module 4</b>
9:15 Introduction to mentalizing affects and affective narrative
9:25 Video of Clarification of affect
9:35 Discussion - all participants
9:45 Suicide attempts and Self Harm – summary in relation to affective trajectory
10:00 Break
10:20 Video of mentalizing functional analysis – rated by participants
10:30 Discussion - all participants
10:40 Small Group
11:05 Discussion - all participants
<b>Module 5</b>
11:10 Introduction Affect focus and Relational/Counter-relational Mentalizing
11:15 Video of relational mentalizing - rated by participants
11:25 Discussion - all participants
11:35 Small Group
12:00 Discussion - all participants
12:10 Break
<b>Module 6</b>
13:00 Introduction to MBT Groups
13:30 Discussion - all participants
<b>Module 7</b>
13:45 Introduction to MBT online
14:00 Break
14:15 MCQs
14:35 Discussion of answers
14:45 Final Summary and Questions
15:00 End

## Faculty Information

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**Anthony W. Bateman, M.A., F.R.C.Psych.** Director, Psychotherapy Services and Research Lead, St. Ann’s Hospital, London; Visiting Professor, University College, London; Chief Examiner, Royal College of Psychiatrists, United Kingdom

**Peter Fonagy, Ph.D.** Chief Executive Officer, Anna Freud Centre, London; Head of Department, Research Department of Clinical, Educational and Health Psychology, University College London; Clinical Professor of Psychiatry, Yale School of Medicine; Adjunct Professor of Psychiatry, Baylor College of Medicine

**Lois W. Choi-Kain, M.D., M.Ed.** Director, Gunderson Personality Disorders Institute; Assistant Professor of Psychiatry, Harvard Medical School

**Brandon Unruh, M.D.** Director, Mentalization-Based Treatment Clinic, McLean Hospital; Assistant Medical Director, Gunderson Residence, McLean Hospital; Instructor in Psychiatry, Harvard Medical School

**Robert P. Drozek, L.I.C.S.W.** Clinical Social Worker, Gunderson Outpatient Program, Alcohol and Drug Abuse Partial Hospital Program

## Continuing Education

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**Physicians:** McLean Hospital is accredited by the Accreditation Council for continuing Medical Education (ACCME) to provide Continuing medical education for physicians.

McLean Hospital designates this educational activity for a maximum of 13.25 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Psychologists:** McLean Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. McLean Hospital maintains responsibility for this program and its content. Participants meeting requirements will receive 13.25 CE credits.

**Nurses:** This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for 13.25 contact hours of nursing continuing education credit. Advance practice nurses, please note: educational activities which meet the requirements of the ACCME (such as this activity) count toward 50% of the nursing requirement for ANCC accreditation.

**Social Workers:** This program has been approved for 13.0 Social Work Continuing Education hours for relicensure, in accordance with 258 CMR Collaborative of NASW and the Boston College and Simmons Schools of Social Work Authorization Number D 90044.

**Licensed Mental Health Counselors:** McLean Hospital has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6085. Programs that do not qualify for NBCC credit are clearly identified. McLean Hospital is solely responsible for all aspects of the programs. This offering meets the requirements for up to 13.25 NBCC hours.



## Disclosure Policy

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Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g., planners, faculty, authors, reviewers, and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

## Refund Policy

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Due to the small nature of our trainings, the Gunderson Personality Disorders Institute cannot offer any refunds. If the participant is unable to attend, they may send a substitute attendee.