

In collaboration with



# MBT Supervisor Form: Obtaining MBT Supervisor Status

## Requirements

To register formally as 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. Evidence the initial 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) will have registered a go/no-go to enter the supervisor pathway)
4. You are 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, MBT Practitioner Certificate training and MBT Supervisor training course
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 have met 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](mailto: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 your report needs 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 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:

- 10 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 supervisor trajectory with a positive recommendation will result in formal registration as MBT supervisor. At the end of the personal 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/Meeting/Workshop with other supervisors at least once a year;
- Evidence of commitment to professional development.

If you have any questions, please contact [sarahlina.mortada@annafreud.org](mailto:sarahlina.mortada@annafreud.org)

Signature:

Date: