

Dear Colleague

As a member of the Mentalisation Based Treatment (MBT) team you are eligible to work towards becoming a certified MBT Supervisor. This pack aims to summarise this process and support you towards submitting the evidence required.

Please find enclosed:

- A check list detailing the requirements needed to become a certified MBT Supervisor (page 2 – 3).
- A blank logbook to record sessions undertaken and supervision attended (page 4 – 5).
- A blank template of the supervisors report (page 6).

Once you have met and can evidence all of the requirements as detailed in the MBT Quality Assurance Manual you are required to submit the documents to the Anna Freud centre. Details of how to do this are included on the check list.

If you are interested in working towards and/or applying to become a certified MBT Supervisor please let your supervisor know and they can review your current status and agree a plan to work towards any outstanding areas.

Kind regards

MBT Accredited Supervisor

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 of 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
 - 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)

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 training if necessary. 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 and/or attendance at the quarterly supervisors online meeting.

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)

Signature:

Date:

Mentalization Based Treatment (MBT) Supervision Logbook for Trainee Supervisors

Date of Supervision	Duration	Organisation/Team Supervised	MBT Format/ Stage	Key Points Discussed	Supervision Process Learning Points/ Techniques Used
<i>16.10.2021 with Joe Bloggs</i>		<i>90 minutes (group supervised)</i>			e.g.(not exhaustive) Facilitative discussion; Role Plays; Didactic; Intervention recommendation and practice; Reading material used/recommended; Adherence check list. Video/Audio

Mentalisation Based Treatment (MBT) Supervisor Report

Name of Applicant for MBT Supervisor Status:

Organisation of Applicant:

Clinical Supervision

Name of MBT supervisor

Number of hours supervision received

Clinical work

Number of supervision sessions on recorded supervision (minimum of 10 sessions)

Number of supervised MBT cases (after acquired MBT Practitioner status) (minimum of 6 cases)

MBT competencies

Description	Competent	Comments
Technique: Facilitative discussion; Role Plays; Didactic; Intervention recommendation and practice; Reading material used/recommended; Adherence check list. Video/Audio	Yes/No	Continuing Professional Development (CPD) need:
Theoretical knowledge: Thorough knowledge of the theoretical background of the concept of personality disorder	Yes/No	CPD need:
Understand the aims, objectives and structure of MBT as outlined in the MBT Curriculum	Yes/No	CPD need:
Understand the theories about what supervision is, what are the different types of supervision, what is competency-based supervision, what is evidence-based supervision practice	Yes/No	CPD need:

Be able to make a self-assessment of their own supervisor competences and set personal goals as supervisor	Yes/No	CPD need:
Generate a supervision process in keeping with the mentalizing model and develop personalised supervision trajectories for supervisees stimulating the integration of declarative, procedural and reflective knowledge about MBT clinical process	Yes/No	CPD need:
Show competence in using the MBT Adherence scale in supervision and rate sessions to individualize goals for MBT supervisees	Yes/No	CPD need:
Be able to use different ways of learning e.g. feedback, role-play, modelling, experiential learning	Yes/No	CPD need:
Understand the importance of the supervisor-supervisee working alliance and the possible problems e.g. ruptures that may occur when using competence based supervision practice	Yes/No	CPD need:
Be able to manage the failing supervisee and implement a pathway for learning and improvement	Yes/No	CPD need:
Generate their own expert clinical and supervision skills by using reflective practice and from direct observation and feedback of their clinical and supervision work from senior MBT supervisors	Yes/No	CPD need:
Have the ability to use their teaching and supervision skills to support novice and expert practitioners learning MBT	Yes/No	CPD need:

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Understand the importance of supervision as a key clinical activity within MBT services and practice	Yes/No	CPD need:
Understand the importance of the supervisor as a change agent offering leadership and support to colleagues during the development and sustainability of MBT services	Yes/No	CPD need:
Understand the role of MBT in the wider context of treatments for personality disorder	Yes/No	CPD need:
Date of completion: Signature of Senior Supervisor:		