

# Mentalization-Based Treatment Basic Training

## Timetable

There may be some variation in the timetable **but start and finish times are fixed.**

### Day 1

09:00 - 10.30      Introductions and orientation to mentalizing.

Coffee/Tea

10.45 – 12.00      Theoretical basis of mentalizing – attachment, neurobiology and psychology.

12.00 – 13.00      Mentalizing and borderline personality disorder and other personality disorders

Lunch

14.00 - 15.30      Structure of MBT. Including pathway, trajectory, MBT-I, Formulation  
Referral letter: small group discussion of formulation

Break

15.50 – 17.00      Therapist Stance

Role Play in front of participants and discussion

Role play - Patient talks about incident in his life

Feed back

Video and discussion

### Day 2

09:00 – 10:30      Basic Mentalizing process – including arousal, contrary moves, affect trajectory, and empathic validation

Role Play: Patient talks about a significant event

Video

Break

10.50 – 13.00

Ineffective mentalizing modes: how to intervene clinically in psychic equivalence, teleological mode, and pretend mode.

Role Play: Patient does not feel that you understand and thinks that it would be better to have another therapist.

Video – discuss pretend mode

Role play: Patient has been shouting at staff

Lunch

14.00-15.15

Basic Mentalizing – Clarification and exploration of affect including affect and significant events and implicit sessional interaction

Role Play Patient wants another therapist

Break

15.40 – 16.10

Mentalizing the relationship

16.10 – 17.00

Feelings in the clinician and use of self-observation

Role Play Patient does not think he will manage without therapy sessions/talks about shouting at child and thinks you are appalled by her/feels you are bullying her

Video discussion

### **Day 3**

09.00 – 10.30

Mentalizing and self-harm

Role Play Patient reports self-harm

Break

11.00 – 13.00

Mentalizing and Group therapy (MBT-G)

Lunch

14.00 – 14.40

Role Play MBT Group (Goldfish format) (trainees treating patients in a group if possible)

Break

15.00 – 16.00

This time is catch-up time if necessary with Questions and Discussion