

Training as an MBT supervisor – Mapping summary of MBT-BPD/ASPD and MBT-A

Practitioners are able to train as a supervisor in MBT–BPD/ASPD or MBT-A. Supervision is discussed in more detail in the quality assurance document for MBT.

Training as a supervisor in either MBT-BPD/ASPD or MBT-A follows a model specific pathway, each with its own training requirements. Training as a supervisor in MBT-F is currently in development. Achieving supervisor status in one model enables the individual to count their experience towards the requirements of the other model. This is discussed on an individual basis.

MBT supervisors are recognised by the Anna Freud Centre as having specific competence to act as a supervisor in their chosen model.

Essential Application Criteria

- 1) Mental health professional registered with professional organisation (country specific)
- 2) Meet criteria for practitioner MBT therapist (or on country specific MBT register) and evidence of continued status.
- 3) Show evidence of continuing education in MBT through attendance at additional training
- 4) Supervision: completed at least 6 supervised MBT-cases dating from period after having acquired MBT therapist registration (supervision individually or in group)
- 5) Satisfactory report from recognised MBT supervisor

Summary Chart

Criterion	MBT-BPD/ASPD	MBT-A
Profession	Mental health. Registered with professional organisation	Mental health. Registered with professional organisation
MBT Experience	Practitioner status – attended recognised basic training course and practitioner course	Accredited basic MBT-A course
Continuing Education	3 days – course/conference/workshop/symposia	3 days – course/conference/workshop/symposia
Clinical Practice	6 supervised cases following practitioner status	6 supervised cases following practitioner status
Assessment of application	CV and report from supervisor	CV and report from supervisor

Requirements

Expertise and competences

The supervisor is an experienced MBT therapist with additional expertise and competences on the following domains:

- Theoretical knowledge
 - Thorough knowledge of the theoretical background of mentalizing theory and therapy
 - Understanding of parallel processes and group processes in teams
- Clinical experience

- Extensive experience and good skills in performing individual and group therapy in MBT
- Didactical qualities
 - Experience and good skills in teaching, training and clinical supervision in psychotherapy
 - Capacity to establish a framework for mentalizing supervision
 - Capacity to clarify and explain therapy processes from a mentalizing framework
 - Ability to compare similarities and differences between MBT and its clinical techniques with those of other therapies
- Personal qualities
 - Capacity to take an open, transparent and supportive attitude towards supervisees
 - Capacity to stimulate a mentalizing process among supervisees and teams
 - Capacity to empower self-confidence of therapists in their therapy sessions
 - Capacity to support therapists to keep their mentalizing stance longer in sessions
- Meta-competences
 - Capacity to take a meta-position towards the team processes in order to detect and manage team processes and parallel processes
 - Capacity to understand the self-appraisal of therapists regarding their own qualities in relation to a particular client

Application Process

- Provision of evidence of training
- Assessment of clinical skills by brief video (10 - 20 minutes) of two MBT sessions with reflection about therapist aim and intervention. Preference is for one individual and one group in MBT-BPD/ASPD and either 2 sessions of MBT-A or one session of MBT-A and one session of MBT-F in MBT-A
- Assessment of didactic and supervisory skills via observation
- Agreement of development plan following clinical assessment for meeting supervisor competencies in MBT e.g. number of additional clinical supervision sessions + number of supervision of supervision sessions (minimum 10 supervision of supervision sessions).

Summary Chart

	MBT-BPD/ASPD	MBT-A
Evidence	CV and supervisor report	CV and supervisor report
Clinical Skills	Video x 20 minutes with reflection explanation of MBT process illustrated in segment	Video x 20 minutes with reflection explanation of MBT process illustrated in segment
Assessment	1/2 day meeting - didactic and supervision observation with other potential supervisors	Attending a 2 day course which will involve didactic input; supervision role plays as well as conducting a videotaped live supervision session during the training course.
Development Plan	Agreement on additional clinical skill and supervisory skill sessions (skype or face-to-face)	Agreement on additional clinical skill and supervisory skill sessions (skype or face-to-face)
Evaluation	Observation of supervision – transmission of model, maintaining mentalizing process in supervisees, use of adherence scale for	Observation of supervision – transmission of model, maintaining mentalizing process in supervisees, use of adherence scale for

	<p>supervision. ½ day meeting</p>	<p>supervision. This will be assessed by 2 assessors looking at the videotaped supervision made during the training and assessment dependent on agreement of additional supervisory skills</p>
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Final Evaluation

- Meeting requirements outlined in development plan
- Demonstrating understanding of scoring of adherence scale and use in supervision
- Formal evaluation by MBT Supervisor or Expert regarding specified competences based upon demonstration of supervision as seen on recorded supervision sessions or demonstration of competencies in live supervision session.

Maintenance

- Continuous clinical work as a 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.
- Meeting with other supervisors at least once a year
- Attendance at supervisors refresher course AFC/ MBT Global Network annually if possible.