

## MBT trainings information sheet

MBT-F (families), MBT-A (adolescents), AMBIT (Adolescents or broader chaotic/complex cases), MBT-C (children) and MBT-G (groups) share a common core, which is that they are based on the pragmatic application of the theory of mentalization in the clinical setting. Trainings for all of these approaches thus include an **introduction to the theory of mentalization** including information drawn from research findings on the development of this faculty of mind. It is the *developmental* and *relational* origins of mentalization that most explain the "fit" with the demands of working with family and child and adolescent clients. In addition, all of these approaches share a common core of the **translation of theoretical and experimental understandings of mentalization into a "therapist's mentalizing stance"** - in which the therapists behaves in ways that foster and sustain mentalizing by the patient(s) during the therapeutic encounter. This too, is a part of the training that is common to all.

To some extent all the MBT trainings include attention to a shared core of structural elements, shaping the therapeutic sessions and the course of therapy, but there are variations in these, too, in keeping with the different demands of client groups.

Beyond these shared core components, there are of course differences between these methods of working, reflecting the developmental and dynamic differences between working with individual adults, adolescents, children, groups or families, etc. For instance, **MBT-F** deploys a wide range of *games and activities* that can be used to engage younger children, and provide structure in order to reduce anxiety and promote playful curiosity about states of mind; it also emphasises systemic aspects to mentalization, in keeping with the family focus. Likewise, **AMBIT** (a team-based approach) includes material on the application of mentalization-based practices to *staff (peer to peer, and team-based) supervisory relationships*, and to the *wider multi-agency network* in addition to its application to the therapeutic task with young people and their families.

If there is doubt about the content or applicability of a course, please contact the AFC for further information.