

Mentalization-Based Treatment for Adolescence Training

Programme

Day 1

- 09:00 Registration
- 09:15 Introduction
What is mentalization?
How does it develop?
What does it look like?
Adolescent brain
- 12:30 Lunch
- 13:00 Structure of MBT-A
- 16:00 End

Day 2

- 09:00 Structure of MBT-A
Clinical applications in self harm
- 12:30 Lunch
- 13:00 Clinical applications in trauma
- 16:00 End

Day 3

- 09:00 MBT-F
- 12:30 End