

Mentalization-Based Treatment for Families (MBT-F)

Programme

Day 1

Morning: Theory and research foundations of mentalizing treatments

Afternoon: Introduction to MBT-F, clinical stance and core techniques, with training video clips and role play

Day 2

Morning: Role plays continued, with video clips

Afternoon: Introduction of further skills and interventions, and group feedback

Break of six to ten weeks during which participants may wish to trial MBT-F techniques in their work

Day 3

Morning: Introduction to adherence scale and mentalizing profile of families, with practice rating of video clips

Afternoon: Applying these assessment methods to role plays, and extending clinical skills to include games and activities

Day 4:

Participants will have the opportunity to be filmed practising MBT-F with actors throughout the day, contributing to their assessment for Practitioner Level.

Morning: Consolidation of all MBT-F interventions, techniques and activities

Afternoon: MBT-F supervision, introduction to training escalator, and outcome measurement

Lunch is served every day, and there is a coffee break each morning and afternoon.