

Mentalization-Based Treatment (MBT) for Parents: Reflective Parenting

Programme

Day 1

- 9.30 - 12:30: What is Reflective Parenting? Reflective Parenting's links to mentalization and reflective functioning.
- 12:30 - 13:30 Lunch
- 13:30 - 16:30 Connecting with parents, epistemic trust and helping parents get a sense of their own minds

Day 2

- 9.30 - 12:30: Helping parents connect with their children (introducing the Parent APP – Cooper and Redfern) and understanding what is in their child's mind.
- 12:30 - 13:30 Lunch
- 13:30 - 16:30 Reframing difficult times as opportunities. Using positive times to enhance Reflective Parenting. Overview and recap of how to work with parents and young children to increase reflective parenting and build greater connection.