

Mentalization Based Treatment for Antisocial Personality Disorder (MBT-ASPD)

Programme

Day 1

09:00 - 10:30 Introduction and orientation to mentalizing

Coffee/Tea

10:45 - 11:45 Theoretical basis of mentalizing – attachment, neurobiology and psychology

11:45 - 13:00 Mentalizing, violence, antisocial personality disorder and borderline personality disorder

Lunch

14:00 - 14:30 Clinical Theory

14:30 - 14:45 Trajectory of treatment and Formulation. Development of crisis plans and risk assessment

14:45 - 15:00 Exercise: Development of risk/crisis plan and formulation from clinical history

15:00 - 15:15 Discussion of formulation and link to collaborative treatment plan

Coffee/Tea

15:35 – 17:00 Therapist stance. Contrary moves and self-disclosure

Demonstration in front of large group
Role play - Patient talks about incident in his life

Feedback

Role Play by participants - Patient has got into an argument with probation officer and may be recalled to prison

Day 2

09:00 - 09:45 Basic Mentalizing – Intervention trajectory

Empathic validation, clarification, exploration, challenge, affect

development

09:45 - 10:40 Role Play: Patient thinks the treatment is rubbish and he only attends because he is forced to

Coffee/Tea

11:00 - 13:00 Basic Mentalizing – Empathic validation, clarification, exploration, challenge, affect development

Role Play: Client tells you about violent episode/destructive activity/problem with probation officer

Role Play: Client tells you he is using drugs and alcohol again.

Role Play: Client states he is being treated unfairly by the system/hospital staff e.g. 'You allow the people with schizophrenia to go out unaccompanied but not me because I have personality disorder. This is not fair.'

Workshop exercise: Techniques to increase affect recognition in self and in others in group

Lunch

14:00 - 15:15 Mentalizing and violent action

Role Play Patient reports violent incident/taking drugs or alcohol again.

Coffee/Tea

15:35 - 17:00 Mentalizing the relationship/ Feelings in the clinician and self-observation

Role Play: Client uses aggressive language and assertive bodily posture. Clinician experiences threat

Day 3

09:00 - 09:40 Mentalizing and Group MBT – principles and structure

09:40 - 10:20 MBT-I. Introductory group for ASPD - outline of sessions

Coffee/Tea

10:20 - 11:15 MBT Group – generic and specific techniques

11:15 - 12:00 Group video and discussion

Lunch

12:30 - 14:00 Common Clinical Problems with ASPD and clinical interventions