

Mentalization-Based Treatment for Children: a time limited approach

Timetable

Note: Video and role play will be used throughout the training to embed clinical skills

Day 1

09:00 – 09:30 Registration and coffee

09:30 – 11:00 Theory about the development of mentalizing, especially in school-age children; attachment and mentalizing; difficulties with mentalizing and the link to typical childhood disturbance

11:00 – 11:30 Coffee break

11:30 – 13:00 Continuation of the morning session

13:00 – 14:00 Lunch

14:00 – 15:15 Introduction to time-limited MBT-C, its structure and aims; the therapist stance; the assessment of a child's mentalizing capacity

15:15 – 15:30 Coffee break

15:30 – 16:30 Continuation of the afternoon session

Day 2

09:30 – 11:00 Core features of working time-limited with MBT-C; introduction of further skills and interventions; Clinical skills

11:00 – 11:30 Coffee break

11:30 – 13:00 Continuation of the morning session

13:00 – 14:00 Lunch

14:00 – 15:15 The model of 'inter-vision'; working towards endings in MBT-C

15:15 – 15:30 Coffee break

15:30 – 16:30 Continuation of the afternoon session

Day 3

09:30 – 11:00 The importance of parental mentalizing; an introduction to the assessment of mentalizing of the parents

11:00 – 11:30 Coffee break

11:30 – 13:00 Continuation of the morning session

13:00 – 14:00 Lunch

14:00 – 15:15 Doing parent-work alongside MBT-C with the child

15:15 – 15:30 Coffee break

15:30 – 16:30 Continuation of the afternoon session