

# Mentalization Based Treatment: Certificate course - Practitioner level

In Collaboration  
With



## Programme

### Day 1 - Knowledge and Supervision Skills

09.00 – 09.15	Introduction
09.15 – 10.30	New ideas/New developments
10.30 – 10.50	Break
10.50 – 11.15	MBT supervision
11.15 – 11.45	Discussion of supervision methods
11.45 – 12.45	MBT Adherence Scale with brief video
12:45 – 13:45	Lunch
13:45 – 14:10	Video for rating
14:10 – 14:45	Discussion of ratings of video (small groups)
14:45 - 15:10	Reports from groups and discussion
15:10 - 15:30	Break
15:30 – 17.00	Role Play(s) of clinical issue arising from adherence ratings

### Day 2 - Clinical Skills

09.00 – 09:20	Formulation
09:20 - 09:45	Formulation with clinical presentation – small groups
09:45 - 10:15	Discussion of formulation

10:15 - 10:30	Non-mentalizing modes, dimensions of mentalizing and other clinical dilemmas
10:30 - 10:50	Break
10:50 - 11:50	Clinical Presentation from participant. Role play from clinical presentation e.g. recognizing/managing non-mentalizing modes and dimensions (small groups)
11:50 - 12:50	Clinical Presentation from participant. Role play from clinical presentation e.g. affect focus and mentalizing the relationship (small groups)
12:50 - 13:40	Lunch
13:40 - 14:40	Clinical Presentation from participant. Role play of MBT clinical problem from clinical presentation
14:50 - 15:00	Break
15:00 - 16:00	Clinical Presentation from participant Role play of MBT clinical problem from clinical presentation
16:00 - 16:15	Conclusions

