

In collaboration with



# MBT Practitioner course – Certificate level

## Form: Obtaining MBT Practitioner Status

### Please note:

**1. This document applies to Mentalization Based Treatment for Personality Disorder only.**

**2. The specified training requirements can only be met through treatment of people with personality disorder using MBT adherent to the research model**

To become a certified MBT Practitioner, you will need to evidence the following requirements detailed in the MBT Quality Assurance Manual:

1. MBT practitioner trainees must have an existing qualification in a mental health profession, good knowledge of mental disorders, particularly personality disorder, and previous experience of conducting psychological therapy with individuals and/or groups.
2. MBT practitioner trainees must read the MBT manual and have attended a 3-day basic introductory course.
3. Attended a recognised 2-day practitioner certificate course (formerly advanced course)
4. Four patients or two groups must be treated using MBT as the primary intervention for a minimum of 24 sessions each. Patients (minimum of 2 or 1 group) should have a primary diagnosis of Borderline Personality Disorder. Supervision of the cases with an [Anna Freud accredited supervisor](#) is required. Supervision should be conducted weekly initially either individually or in a group format. Each trainee must receive at least 4 hours supervision for each case.
5. A reflective written statement must be produced on completion of each case.
6. A satisfactory supervisor's report must also be provided.
7. Evidence of continuing professional education in MBT, e.g case presentation and discussion, conferences, workshops, e-learning.

Please tick the box to indicate that you can meet each requirement, **and provide either a certificate or reference/e-mail from your training institution or supervisor as proof. Without this information it will not be possible to certify you as a qualified MBT Practitioner.**

Once you have compiled **all** of the required certificates and references please post them, marking clearly which requirement each of the documents refers to, to:

Billie Delaney  
Anna Freud National Centre for Children and Families  
12 Maresfield Gardens  
London NW3 5SU

If you have any questions please contact [billie.delaney@annafreud.org](mailto:billie.delaney@annafreud.org)

Signature:

Print:

Date:

Booking reference: