FACULTY: TRUDIE ROSSOUW, M.D.

Dr. Trudie Rossouw is a child and adolescent psychiatrist currently working as consultant psychiatrist at the Priory Hospital, Chelmsford and the North London Priory Hospital. She is an MBT-A therapist, supervisor and trainer at the Anna Freud Centre for Children and Families, and is an honorary senior lecturer at University College London. Her 2012 study led the way, showing the efficacy of MBT in reducing injurious behavior in self-harming adolescents, and she has authored several works on MBT in mentalization-based treatment for adolescents (MBT-A).

COURSE DIRECTOR: ROBIN KISSELL, M.D.

Dr. Robin Kissell is Associate Professor at the David Geffen School of Medicine, Department of Psychiatry, UCLA.

ACCREDITATION

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Institute for Medical Quality California Medical Association (IMQ/CMA) through the joint providership of The Semel Institute for Neuroscience and Human Behavior and The Anna Freud National Centre for Children and Families, University College London. The Semel Institute for Neuroscience and Human Behavior is accredited by the IMQ/CMA to provide continuing medical education for physicians. The Semel Institute for Neuroscience and Human Behavior designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credit(s) M. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Social Workers and MFCCs/MFTs: The Semel Institute at UCLA is an accredited provider for continuing education credits for LCSWs and MFCCs/MFTs (provider number PCE 378). This course meets the qualifications for up to 12.5 hours of continuing education credit for LCSWs and MFCCs/MFTs as required by the California Board of Behavioral Sciences.

MENTALIZATION-BASED TREATMENT FOR ADOLESCENTS (MBT-A)

2-DAY INTENSIVE TRAINING
FRIDAY & SATURDAY
JANUARY 19-20, 2018
UCLA FACULTY CENTER
LOS ANGELES, CALIFORNIA

REGISTRATION

COURSE FEE: $700
REGISTRATION: www.annafreud.org/training
QUESTIONS: emilyalmog79@gmail.com
Mentalization-Based Treatment for Adolescents (MBT-A)

Course Description
Adolescence presents tremendous challenge for teens in terms of their developing identity as individuals and social beings and as a time of major changes in the brain. It furthermore represents a period when personality cohesion occurs, and personality disorders as well as other psychiatric disorders, present. Borderline personality disorder (BPD) is one such disorder that presents in early adolescence and young adulthood, yet diagnosis and treatment are commonly delayed. At its core lies a difficulty with interpersonal hypersensitivity and an impaired capacity for mentalization. Mentalization-Based Therapy (MBT), an evidence-based therapy for BPD and adolescents at risk, targets these areas of vulnerability.

This training will teach clinicians how to recognize early signs and symptoms consistent with the diagnosis of BPD and its sub-threshold forms in effort to promote early diagnosis and intervention. MBT A, the theory behind it, and its clinical application will be presented through lecture, demonstration, videos and role play.

Participating clinicians will acquire the ability to recognize early signs and symptoms of BPD, including hypermentalization, the ability to recognize and distinguish mentalizing from non-mentalizing and to implement basic MBT techniques and interventions and practice them whether in a clinic setting or private practice.

Techniques aimed at strengthening mentalizing capacities will be taught, namely:
1. Knowledge of adolescent brain development
2. Ability to identify non-mentalizing, and differentiate it from mentalizing
3. Ability to practice a not-knowing therapeutic stance

Objectives
By the end of this conference, participants will:
• Demonstrate an understanding of the mentalizing problems in adolescents with BPD.
• Recognize mentalizing and non-mentalizing interactions.
• Develop and maintain a mentalizing therapeutic stance.
• Be prepared to use basic mentalizing techniques in their everyday clinical work with adolescents.

Agenda
Friday, January 19, 2018
8:00-9:00 AM Registration and Continental Breakfast
9:00-10:15 AM Outline of Training: Introduction to Mentalizing and the Adolescent Brain
10:15-10:30 AM Break
10:30-12:30 PM Principles & General Techniques of Mentalization Based Treatment for Adolescents
12:30-1:30 PM Lunch (provided)
1:30-3:00 PM Mentalization Based Therapy for Adolescents – Setting the Context
3:00-3:15 PM Break
3:15-5:00 PM Basic Therapist Stance – Role Play

Saturday, January 20, 2018
8:00-9:00 AM Continental Breakfast
9:00-10:15 AM MBT-A: Principles of Service Organization and Treatment Pathways
10:15-10:30 AM Break
10:30-11:30 AM Early Issues in Treatment, Formulation and Assessment of Mentalizing Class Exercise
11:30-12:30 PM Working with Adolescents – Case Studies
12:30-1:30 PM Lunch (provided)
1:30-3:00 PM General Principles of Interventions and Spectrums of Interventions
3:00-3:15 PM Break
3:15-4:30 PM Integrating Mentalization – Based Work with Adolescents and Families