

Mentalization-Based Treatment Basic Training

Timetable

There may be some variation in the timetable **but start and finish times are fixed.**

Day 1

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

Coffee/Tea

10:45 - 12:00 Theoretical basis of mentalizing – attachment, neurobiology and psychology

12:00 - 13:00 Mentalizing and borderline personality disorder and other personality disorders

Lunch

14:00 - 14:30 MBT – Introductory phase

14:30 - 15:00 Structure of MBT and MBT-Introductory group

15:00 – 15.30 General Principles, Process and Therapist stance

Role Play in front of participants and discussion

15:30 - 15:45 Coffee/Tea

15:45 – 17:00 General principles, Process and Therapist stance

Role play - Patient talks about incident in his life

Feedback

Video and discussion

Day 2

09:00 - 09:30 Therapist stance and Basic Mentalizing interventions for psychic equivalence, pretend mode, teleological function

09:30 - 09:45 Empathic validation

09:45 – 10:30 Role Play

Coffee/Tea

11:00 - 13:00 Basic Mentalizing: Clarification, Exploration, Challenge, Affect and affect focus

Role play: Patient has been shouting at staff / other role play

Lunch

14:00 - 15:15 Basic Mentalizing – Clarification, Exploration, Challenge, Affect and Affect focus

Role Play Patient wants another therapist

15:15 – 15:40 Coffee/Tea

15:40 - 17:00 Mentalizing and self-harm

Role Play Patient reports self-harm

Day 3

09:00 - 10:30 Mentalizing the relationship

Role Play Patient does not think he will manage without therapy sessions/talks about shouting at child and thinks you are appalled by her/feels you are bullying her

Coffee/Tea

11:00 - 12:00 Feelings in the clinician and use of self-observation

12:00 - 13:00 MBT group

Lunch

14:00 - 15:00 Video or Role Play MBT Group

15.00 - 16.00 This time is catch-up time if necessary with Questions and Discussion