

## Pre-course Task: MBT Online training\*

**\*Only applicable to those who have booked on to the training post-May 2018.**

### **What is the MBT Online training?**

The MBT Online training is a series of 15, short videos that span four hours. They cover most of the theoretical knowledge that is currently taught on the MBT courses organised by the Anna Freud National Centre for Children and Families.

The primary aim of the online training is to ensure that people who attend the training courses start the course with some background knowledge about mentalizing. The aims are to improve learning, allow a reduction in the time apportioned to teaching the knowledge base on the course, and increase the time allotted to clinical practice and development of skills.

The format is a brief lecture followed by a discussion of some frequently asked questions. At the end of the unit you will be given some multiple choice questions based on the information delivered in the lecture. It is expected that you will score 70% or more. Please make a note of the questions you get wrong and bring them to the training so the answers can be clarified.

### **When will I get access to the MBT Online training?**

You will be granted access to the Online training one month before the training start date. If you already have commitments in the month leading up to the course and need more time to complete the Online training, please email [amy.rozwod@annafreud.org](mailto:amy.rozwod@annafreud.org) and we can set you up with access at an earlier date.

### **How do I access the MBT Online training?**

The Online training is hosted on a different platform to the Anna Freud website called [The Digital Academy](#). One month before the training, we will set you up as a user with a license to access the training videos. You will then receive an email from The Digital Academy with login instructions. Please follow the instructions in this email. You will then be able to log in and watch the videos.

### **What do I need to do in order to be able to attend the training?**

The Online training is a prerequisite for the course. You will need to watch all of the videos, and complete the pre-video questionnaire in order to be best prepared to attend. If you do not complete these, you will not have the theoretical knowledge to get the most out of the training you are scheduled to attend. The content of the Online training will not be covered in the in-person training.

### **How long will I be able to access the MBT Online training for?**

Your access will be granted for 10 months from the date you are enrolled on the MBT Online training.