

# Mentalization-Based Treatment for Adolescence Training

## Programme

### Day 1

- 09:00 Registration
- 09:15 Introduction  
What is mentalization?  
How does it develop?  
What does it look like?  
Adolescent brain
- 12:30 Lunch
- 13:00 Structure of MBT-A
- 16:00 End

### Day 2

- 09:00 Structure of MBT-A  
Clinical applications in self harm
- 12:30 Lunch
- 13:00 Clinical applications in trauma
- 16:00 End