



# Mentalization-Based Treatment for Adolescents (MBT-A)

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<b>Date:</b>	Thursday, May 2, 2019-Friday, May 3, 2019
<b>Location:</b>	The Conference Center at Waltham Woods, Waltham, MA, <a href="http://www.conferencecenteratwalthamwoods.com/">http://www.conferencecenteratwalthamwoods.com/</a>
<b>Tuition Fee:</b>	\$700 (excluding online training) or \$800 (including online training)
<b>Provided by:</b>	Borderline Personality Disorder Training Institute, McLean Hospital Anna Freud Centre for Children and Families
<b>CME Credits:</b>	12.5
<b>Course Director:</b>	Lois W. Choi-Kain, MD, MEd
<b>Faculty:</b>	Peter Fonagy, PhD; and Trudie Rossouw, MD
<b>Prerequisites:</b>	Online training is strongly encouraged
<b>Registration:</b>	<a href="https://tinyurl.com/MBT-A-2019">https://tinyurl.com/MBT-A-2019</a>

## Course Description

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One of the few evidence-based treatments for borderline personality disorder (BPD) that has been adapted for adolescents and proven effective is Mentalization-Based Treatment for Adolescents (MBT-A). MBT, developed from concepts and research focused on early childhood development and attachment, requires therapists to focus on the patient's mental state and on their understanding of interactions with the patient. The therapist stance is of particular importance and differs from the usual therapist stance encountered in psychodynamic and cognitive therapies. It is more active and participatory than dynamic therapy but less specifically so than cognitive therapy and not only focuses on the mind of the patient but also openly juxtaposes the mind of the therapist with that of the patient/family. Importantly the therapist takes a 'not knowing' stance and yet explicitly develops with the patient or family alternative perspectives about what is happening. The course considers techniques, such as clarification, challenge and basic mentalizing in the context of some of the common clinical situations encountered in treatment with patients. Common clinical situations are discussed and 'role played' to practice skills. In this course, participants will learn how to implement MBT-A techniques within their clinical practice as a specialist treatment for young people diagnosed with or developing BPD.

This workshop will equip participants to understand:

- How mentalizing handicaps derive from early parent-child interactions
- How mentalizing failures reflect and cause insecure attachments
- How psychotherapeutic interventions are efforts to correct mentalizing & attachment handicaps

## Target Audience

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Physicians, psychologists, psychiatric nurses, social workers and other licensed mental health counselors.

## Educational Objectives

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Upon completion of this activity, participants should be able to:

1. Discuss adolescent brain development
2. Identify non-mentalizing, and differentiate it from mentalizing
3. Practice a not-knowing therapeutic stance
4. Intervene when non-mentalizing cognition is present
5. Apply basic mentalizing skills of:
  - Empathy, clarification, challenge, affect focus, stop and stand, rewind
  - Managing arousal of an activated hypersensitive attachment system
  - Mentalizing the transference- including working with counter-transference

## Agenda

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Thursday, May 2, 2019

7:45-8:15am	Registration and Continental Breakfast
8:15-9:30am	Outline of Training: Introduction to Mentalizing and the Adolescent Brain
9:30-9:45am	Break
9:45-11:45am	Principles & General Techniques of Mentalization Based Treatment for Adolescents
11:45-12:30am	Mentalization Based Therapy for Adolescents – Setting the Context
12:30-1:30pm	Lunch (provided)
1:30-2:15pm	Mentalization Based Therapy for Adolescents – Setting the Context (Continued)
2:15-2:30pm	Break
2:30-4:15pm	Basic Therapist Stance – Role Play
4:15 PM-5:30pm	MBT-A: Principles of Service Organization and Treatment Pathways

### Friday, May 3

8:00-9:00am	Continental Breakfast
9:00-10:00am	Early Issues in Treatment, Formulation and Assessment of Mentalizing Class Exercise
10:00-10:15am	Break
10:30-11:30am	Working with Adolescents – Case Studies
11:30-12:30pm	General Principles of Interventions and Spectrums of Interventions
12:30-1:30pm	Lunch (provided)
1:30-2:00pm	General Principles of Interventions and Spectrums of Interventions (Continued)
2:00 -2:15pm	Break
2:15-4:00pm	Integrating Mentalization – Based Work with Adolescents and Families

### Faculty Information

**Lois W. Choi-Kain, M.D., M.Ed.** Director, Adult Borderline Center and Training Institute; Director, McLean Gunderson Residence, Assistant Professor of Psychiatry, Harvard Medical School

**Peter Fonagy, Ph.D.** Chief Executive Officer, Anna Freud Centre, London; Head of Department, Research Department of Clinical, Educational and Health Psychology, University College London; Clinical Professor of Psychiatry, Yale School of Medicine; Adjunct Professor of Psychiatry, Baylor College of Medicine

**Trudie Rossouw, M.D.** Consultant, Child & Adolescent Psychiatrist; Associate Director for Children's Services, North East London NHS Foundation Trust

### Continuing Education

**Physicians:** McLean Hospital is accredited by the Accreditation Council for continuing Medical Education (ACCME) to provide Continuing medical education for physicians. McLean Hospital designates this educational activity for a maximum of 12.5 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Psychologists:** McLean Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. McLean Hospital maintains responsibility for this program and its content. Participants meeting requirements will receive 12.5 CE credits.

**Nurses:** This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for 12.5 contact hours of nursing continuing education credit. Advance practice nurses, please note: educational activities which meet the requirements of the ACCME (such as this activity) count toward 50% of the nursing requirement for ANCC accreditation.

**Social Workers:** Application for social work continuing education credits has been submitted. Please contact us at 617-855-3195 or [moverhiser@partners.org](mailto:moverhiser@partners.org) for the status of social work CE accreditation.

**Licensed Mental Health Counselors:** McLean Hospital has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6085. Programs that do not qualify for NBCC credit are clearly identified. McLean Hospital is solely responsible for all aspects of the programs. This offering meets the requirements for up to 12.5 NBCC hours.



### Disclosure Policy

Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g., planners, faculty, authors, reviewers, and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest

prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations

### **Refund Policy**

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Due to the small nature of our trainings, the BPD Training Institute cannot offer any refunds. If the participant is unable to attend, they may send a substitute attendee.