Mentalization-Based Treatment for Families (MBT-F)

Programme

Day 1

Morning: Theory and research foundations underpinning mentalizing treatments and rationale for use in work with families, introduction to the MBT-F model.

Afternoon: Introduction to the core features of MBT-F, the clinical stance and techniques and interventions using training video clips, discussion and practice role plays

Day 2

Morning: Role plays focusing on embedding a mentalizing stance into clinical practice and using core MBT-F techniques and interventions, games and activities to stimulate mentalizing.

Afternoon: Assessing mentalizing capacity within a family and further developing skills in identifying and interrupting non-mentalizing patterns of relating within families. Opportunity to film role plays and receive live feedback.

Break of six to ten weeks during which participants may begin to trial MBT-F techniques in their work

Day 3

Morning: Re-cap of clinician’s stance and core components of MBT-F model. Opportunity to feedback on implementing MBT techniques into clinical practice and "thinking together" and mentalizing identified areas of difficulty and

Afternoon: Introduction to the MBT-F adherence scale, rating of video clips and further guidance on implementing MBT-F principals and techniques into clinical practice.

Lunch is served every day, and there is a coffee break each morning and afternoon.