MBT Supervisor Form: Obtaining MBT Supervisor Status

Requirements

To become a certified MBT Supervisor, you will need to evidence the following requirements detailed in the MBT Quality Assurance Manual:

1. Mental health professional registered with professional organisation (country specific)

2. Meet criteria for practitioner MBT practitioner level therapist (or on country specific MBT register) – achieved Level A and B and fulfilling requirements for Level C for a minimum of 3 years.

3. Agreement to enter the supervisor pathway (see below) following review of at least one video of a treatment session showing MBT clinical interventions (The assessor of the sessions (AFC nominated/and a national expert) gives a go/no-go to enter the supervisor pathway)

4. The supervisor is an experienced MBT therapist with additional expertise and competences on the following domains:
   - Theoretical knowledge
   - Clinical experience
   - Didactical qualities
   - Personal qualities
   - Meta-competencies

   A positive report by a registered supervisor regarding specified competencies must be submitted.

5. Course attendance: MBT Basic training and MBT Practitioner Certificate training

6. Evidence of continued MBT Practitioner status

7. Supervision: completed at least 6 supervised MBT cases dating from period after having acquired MBT Practitioner registration (supervision individually or in group)

8. Supervised at least 2 cases under direct supervision of registered MBT Supervisor
Please tick the box to indicate that you can meet each requirement and provide either a certificate or reference/e-mail from your training institution or supervisor as proof. Without this information it will not be possible to certify you as a qualified MBT Supervisor.

Once you have compiled all the required certificates and references please post or email them, marking clearly which requirement each of the documents refers to, to:

Billie Delaney (billie.delaney@annafreud.org)
Anna Freud National Centre for Children and Families
12 Maresfield Gardens
London
NW3 5SU

Please note the following:

**Evaluation**
In working towards becoming a supervisor (and after becoming an MBT practitioner) a recorded individual and group session with report need to have been presented demonstrating theoretical knowledge and clinical skills. The assessor of the sessions (AFC nominated/and a national expert) gives a go/no-go to enter the supervisor pathway. After a positive assessment there may be an initial supplementary live assessment of didactical qualities, personal qualities in supervision and relevant meta-competences depending on the current clinical status of the individual in their organisation. Each potential supervisor receives a written feedback and personal advice for further improvement. In the following period all potential supervisors enter the supervisor training pathway following the recommendation agreed.

**Supervisor training trajectory:**
- 8 supervision sessions with AFC nominated and national expert on recorded supervision sessions or demonstration of competencies in live supervision session;
- Demonstrating reliable scoring of adherence scale (training required);
- Exchange of recorded supervision sessions with other (potential) supervisors at least once per year.

Ending the personal and supervisor trajectory with a positive recommendation will result in formal registration as MBT supervisor. At the end of the personal and supervisor training trajectory, when the candidate meets the criteria for MBT supervisor he/she will be included in the register as MBT supervisor.

**Maintenance**
- Continuous clinical work as a MBT therapist and supervisor;
- Evidence of maintenance of knowledge of developments in mentalizing and its applications and in clinical skills of MBT e.g. conferences, reading, case discussion;
- Exchange with other supervisors at least once a year;
- Once a year schooling supervisors AFC/ MBT Netherlands required;
- Evidence of commitment to professional development.

If you have any questions, please contact billie.delaney@annafreud.org

Signature:

Print:

Date: