Mentalization Based therapy for eating disorders (MBT-ED): a guide for eating disorder practitioners

Timetable

Day 1

09.00    Introduction
09.15    What is mentalizing and MBT? Why MBT for eating disorders? Introduction to the model (MBT-ED)
10.15    Work in pairs: “What is mentalizing and how does it sometimes go wrong in eating disorders?”
10.45    Structures in MBT-ED: an overview.
11.00    Break
11.15    Stance and techniques: Using MBT-ED to address Eating Disorder symptoms. Seminar, videos and demonstration.
13.00    Lunch
14.00    Structures in MBT-ED. Group therapy. Group process in MBT-ED-I and in group MBT-ED. Seminar
15.00    Break
15.15    MBT-ED role play: Pair work. Choose a patient. Swap after 10 minutes.
          Patient 1 is underweight and restricts: a binge is 2 rice cakes.
          Patient 2 is overweight and binges, feels guilty about. Always tries to lose weight.
          Patient 3 is normal weight and bingeing and vomiting to block out negatives feelings and thoughts. Helps stop her harming herself.
15.45 Feedback and discussion
16.15 Review of the day: Eating disorder symptoms, attachment, mentalizing and group process
17.00 Close of Day 1

Day 2

09.00 Introduction to the day
09.15 Anti-mentalizing modes and MBT-ED techniques
10.00 Role play: Identifying and managing Anti-mentalizing modes
11.00 Break
11.15 The mentalizing team: how to mentalize the process of treatment
12.00 Group work: how my team would respond to being mentalized
13.00 Lunch
14.00 MBT-ED and families
15.00 Break
15.15 Supervision, intervision and research
16.15 Group work: MBT-ED back home, a SWOT analysis
17.00 MCQ
17.15 Close