

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.
12.15	Structures in MBT-ED. Individual therapy. Clinical 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