

Mentalizing the Body in Clinical Practice: Parental Embodied Mentalizing Assessment (PEMA™)

Day 1

09:00-09:30 Introduction

09:30-11:00 Peter Fonagy - PEMA in Context

11:00-11:15 Break

11:15-12:15 Parental Mentalizing and PEM

12:15-13:00 Lunch

13:00-14:15 The language of movement – video-based and experiential learning

14:15-14:30 Break

14:45-16:00 The language of movement – video-based and experiential learning - Con

Home Exercises: Review the manual; identify movement qualities in video 1

Day 2

09:00-11:00 Reflections of the home exercises; PEMA Protective factors – video-based and experiential learning

11:00-11:15 Break

11:15-12:15 PEMA Risk factors – video-based and experiential learning

12:15-13:00 Lunch

13:00-14:15 PEMA Risk factors – video-based and experiential learning – Cont.

14:30-14:45 Break

14:45-16:00 PEMA Risk factors – video-based and experiential learning – Cont.

Home Exercises: Review manual (protective and risk factors); identify risk and protective factors in video 2

Day 3

09:00-11:00 Reflections of the home exercise; Small group coding

11:00-11:15 Break

11:15-12:15 Using PEMA to create interactive embodied profiles

12:15-13:00 Lunch

13:00-14:15 PEMA in Research

14:30-14:45 Break

14:15-16:00 Watching and coding tape 300481 in groups

Home Exercises: identify risk and protective factors in video 3

Day 4

09:30-11:00 Reflections of the home exercise; Intervention paths using PEMA

11:00-11:15 Break

11:15-12:00 Next steps in using PEMA in clinical practice

12:00-13:00 Reflections and questions