

Agenda

BASIC TRAINING

Thursday, November 7

- 8:15 – 9:00 Registration and Breakfast
- 9:00 – 10:30 Introduction and Orientation to Mentalizing
- 10:30 – 10:45 Coffee & Tea Break
- 10:45 – 12:00 Theoretical Basis of Mentalizing – Attachment, Neurobiology, and Psychology
- 12:00 – 13:00 Mentalizing and Borderline Personality Disorder and Other Personality Disorders
- 13:00 – 14:00 Lunch
- 14:00 – 14:30 Structure of MBT
- 14:30 – 15:00 General Principles, Process and Therapist Stance / Role Play in Front of Attendees / Discussion
- 15:00 – 15:40 Group Role Play
- 15:40 – 16:00 Coffee & Tea Break
- 16:00 – 17:00 General Principles, Process, and Therapist Stance / Feedback / Video and Discussion

Friday, November 8

- 8:15 – 9:00 Breakfast
- 9:00 – 9:30 Basic Mentalizing Interventions For Psychic Equivalence, Pretend Mode, Teleological Function
- 9:30 – 9:45 Empathic Validation
- 9:45 – 10:30 Role Play
- 10:30 – 11:00 Coffee & Tea Break
- 11:00 – 13:00 Basic Mentalizing: Clarification, Exploration, Challenge, Affect and Affect Focus / Role Play
- 13:00 – 13:45 Lunch
- 14:00 – 15:15 Basic Mentalizing: Clarification, Exploration, Challenge, Affect and Affect Focus Continued / Role Play
- 15:15 – 15:30 Coffee & Tea Break
- 15:30 – 17:00 Mentalizing and Self-Harm / Role Play

Saturday, November 9

- 8:15 – 9:00 Breakfast
- 9:00 – 10:30 Mentalizing the Relationship / Role Play
- 10:30 – 11:00 Coffee & Tea Break
- 11:00 – 12:00 Feelings in the Clinician and Use of Self-Observation
- 12:00 – 13:00 Introductory Groups and MBT Group
- 13:00 – 14:00 Lunch
- 14:00 – 15:00 Role Play in MBT Group GoldfishFormat / Role Play
- 15:00 – 15:30 Questions and Discussion

PRACTITIONER TRAINING

Saturday, November 9

- 8:45 – 9:00 Introduction to course
- 9:00 – 10:30 New developments in personality disorder
- 10:30 – 10:50 Break
- 10:50 – 11:30 Discussion and implementation in MBT
- 11:30 – 13:00 Clinical presentation and role play of problem discussed
- 13:00 – 14:00 Lunch
- 14:00 – 14:45 Clinical presentation and role play of problem discussed
- 14:45 – 15:00 Break
- 15:00 – 16:00 TBD

Sunday, November 10

- 08:30 – 08:45 Formulation
- 8:45 – 09:00 Formulation with clinical presentation – small groups
- 9:30 – 9:45 Discussion of formulation
- 9:45 – 10:00 MBT supervision
- 10:00 – 10:30 Discussion of supervision methods
- 10:30 – 11:00 MBT Adherence Scale with brief video
- 11:00 – 11:30 Video for rating
- 11:30 – 11:45 Break
- 11:45 – 12:40 Video ratings discussed in small group and large group.
- 12:40 – 13:30 Lunch
- 13:30 – 14:20 Clinical Video/discussion and role play
- 14:30 – 15:20 Clinical Video/discussion and role play
- 15:20 – 15:30 Conclusions