

CPD WORKSHOP: MENTALISATION BASED THERAPY

Saturday, 9 March 2019, 1000-1600
Quakers Meeting House, Church Crescent, London N10 3NE

Facilitated by Judith Roberts

Mentalisation Based Therapy (MBT) is a specific type of psychodynamically-oriented psychotherapy. The focus is in helping people to differentiate and separate out their own thoughts and feelings from those around them. This workshop will consider:

- What is mentalisation and why does it matter?
- Developmental factors that may lead to poor mentalising capacity
- Why deficits in mentalising capacity are so disabling
- Some of the difficulties faced by those with poor mentalising abilities. These may include difficulties in maintaining relationships, a lack of sense of personal coherence, fear of abandonment, an inability to regulate emotions, unstable moods, a sense of emptiness or lack of meaning in life and impulsive and self-destructive behaviours
- Some aspects of MBT
- Treatment implications

The workshop is designed as an introduction to Mentalisation Based Therapy and will not give participants the skills to deliver MBT. It will however give you some new ways of thinking about your own work.

Judith Roberts is a UKCP registered psychotherapist and is a member of the Guild of Psychotherapists. She works in a NHS personality disorder service, where she manages a small MBT team and also works in private practice.

Cost: £50.00 HCC members
£75.00 non HCC members
(This includes refreshments but not lunch)

To secure your place, please fill in the form overleaf

Please direct any queries to:
Kevin Hamilton
Training Manager
Highgate Counselling Centre

Telephone: 020 8883 5427
Email: kevin.hamilton@highgatecounselling.org.uk

HIGHGATE COUNSELLING CENTRE
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Please reserve me a place on the above workshop

Name: _____

Address: _____

Telephone: _____

Email: _____

Fee: £50.00 (HCC members) £75.00 (non HCC members)
(This fee is non-refundable and includes refreshments but not lunch)

I enclose a cheque for £50.00 £75.00
(Please circle and make your cheque payable to Highgate Counselling Centre)

I have paid by BACS £50.00 £75.00
(Please circle and provide a reference or date of payment)

Payment by BACS bank transfer:

Bank: CAFBANK

Sort code: 40-52-40

A/C number: 00018507

Please use reference: MBT Workshop / Your Name

Please return this booking form by Friday, 1 March 2019 to:

Kevin Hamilton
Training Manager
Highgate Counselling Centre
58a Highgate High Street
London N6 5HX

Telephone: 020 8883 5427

Email: kevin.hamilton@highgatecounselling.org.uk

A CPD CERTIFICATE WILL BE ISSUED AT THE END OF THE WORKSHOP