

MENTALISATION BASED THERAPY

A one-day workshop

Saturday, 17th April 2021:1000-1600 (via Zoom)

Facilitated by Malcolm Peterson

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 provide you with some new ways of thinking about your own work.

Malcolm Peterson is a UKCP registered Psychotherapist and Counsellor and has a background in working in specialist addiction services and later in the NHS working in specialist services, as well as generic services working with people who suffered from depression, anxiety, and those who have been exposed to traumatic events. He currently works in occupational health settings helping people with work related stress and anxiety as well as those that have been exposed to traumatic events during the course of their work.

Malcolm is trained in psychodynamic therapy, Mentalisation Based Treatment, Dynamic Interpersonal Therapy, and has had some training in EMDR to work with people who have suffered trauma. Malcolm also provides clinical supervision to psychotherapists and counsellors working in private practice and within organisational settings. He also has successful private practice.

Workshop Fee:

£70.00 HCC members or £90.00 non-HCC members

To secure your place, please fill in the form overleaf. Please direct any queries to:

Kevin Hamilton, Highgate Counselling Centre

Telephone: 020 8883 5427

Email: kevin.hamilton@highgatecounselling.org.uk

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Please reserve me a place on the above workshop

Name:

Address:

Telephone:

Email:

Workshop Fee:

HCC members £70

Non-members £90

Payment by BACS bank transfer:

Highgate Counselling Centre

Barclays Bank

Account Number: 53577538

Sort code: 20-76-90

Reference: Your surname MBT Workshop

Please return this booking form by Friday, 16th April 2021 to:

Kevin Hamilton
Training Manager
Highgate Counselling Centre

Telephone: 020 8883 5427

Email: kevin.hamilton@highgatecounselling.org.uk

A CPD CERTIFICATE WILL BE EMAILED TO YOU FOLLOWING THE WORKSHOP

Note: If you wish to book/pay via card, please call Ruth Fitzgerald at HCC on 0208 883 5427 to make this booking/payment.

Any information provided is held securely in line with GDPR requirements. We will automatically add your name/email address to our CPD Contacts and may contact you about future CPD events. If you do not wish to be informed about future events, please let us know.

Your address is required for us to be able to post you a CPD certificate following the event.