

CPD WORKSHOP

Mentalisation Based Treatment

Saturday, 25 January 2025 | 12:45 to 18:00

Venue: Quakers Meeting House, 77 Church Crescent, London N10 3NE

Workshop fee: £32.50 HCC members | £65.00 non-HCC members

Overview:

Mentalisation Based Treatment (MBT) is psychodynamically-orientated and has been manualised with a focus in helping people to understand their own thoughts and feelings and why they do what they do and to help people to understand what others might be thinking and feeling and how come they might behave in the ways that they do.

The workshop is as an introduction to MBT and is not designed to enable participants to practice MBT. However, it will give you some new ways of thinking about your own work and aims to complement your existing skill set.

Workshop outcomes:

This workshop will consider:

- What is mentalizing
- Theory - an attachment based treatment
- The importance of developing epistemic trust
- Research into the effectiveness of MBT
- What good and poor mentalizing looks like
- What a typical MBT individual and group session looks like
- Overview of the domains in MBT
- The not knowing stance in MBT - practice through role play or with each other
- The use of empathetic validation in MBT - practice through role play or with each other
- Non mentalizing modes and how to intervene - may show a video to demonstrate.
- The use of contrary moves in mentalizing.
- Q&A

How to book:

Please email training@highgatecounselling.org.uk to reserve a place, letting us know if you are an HCC member or not. We will then send you an invoice for £32.50/£65, and once this is paid your place will be confirmed. You can pay online via the link on the invoice.