

## Agenda for Mentalization-Based Treatment Basic Training

Dates: Tuesday, 1/27/2026; Wednesday, 1/28/2026; Friday, 1/30/2026

### January 27, 2026

8:00am-9:00am	Introduction to MBT and MBT for narcissism (MBT-N)
9:00am-9:45am	Core structure and techniques of standard MBT
9:45am-10:00am	Break
10:00am-10:45am	A mentalization-based theory of pathological narcissism / the domain-based model of mentalizing
10:45am-11:45am	Delivering the diagnosis of pathological narcissism
11:45am-12:30pm	Lunch break
12:30pm-2:00pm	The trajectory of interventions in MBT-N [ <i>Video</i> ]

### January 28, 2026

8:00am-9:00am	Clarification and the affect elaboration pathway [ <i>Role-play</i> ]
9:00am-10:00am	Context-focused interventions / addressing nascent emotions and sub-dominant themes [ <i>Video and role-play</i> ]
10:00am-10:15am	Break
10:15am-11:45am	Process-focused interventions for pretend mode [ <i>Video</i> ]
11:45am-12:30pm	Lunch break
12:30pm-2:pm	Process-focused interventions for psychic equivalence [ <i>Video and role-play</i> ]

### January 30, 2026

8:00am-9:00am	Process-focused interventions for teleological mode / teleological self-esteem [ <i>Video</i> ]
9:00am-10:00am	Role-play of process-focused interventions for teleological mode
10:00am-10:15am	Break
10:15am-11:45am	Techniques for mentalizing the therapeutic relationship [ <i>Video</i> ]
11:45am-12:30pm	Lunch break
12:30pm-1:15pm	Group psychotherapy of pathological narcissism
1:15pm-2:00pm	Bringing it all together: Questions and discussion