

Agenda for Mentalization-Based Treatment Basic Training

Dates: March 3, 4, & 7, 2025

March 3, 2025

9:00am-9:10am	Intro and outline of training
9:10am-9:20am	Introductions
9:20am-9:30am	Small group exercise: <i>Establishing group values for the training – what values can you agree on for your group work</i>
9:30am-9:40am	Large group discussion
9:40am-10:10am	Clinical theory – outline and general discussion – What is mentalizing; Social mentalizing; Mentalizing mechanisms; Attachment disruptors of mentalizing
10:10am-10:25am	Break
10:25am-11:15am	Clinical theory continued
11:15am-12:00pm	MBT-Introductory group
12:00pm-1:00pm	Lunch
1:00pm-1:30pm	MBT principles and not knowing stance and mentalizing process
1:30pm-1:45pm	Plenary role play of not knowing stance
1:45pm-2:05pm	Intro to small group exercise: appoint a feedback person Small groups – role play
2:05pm-2:20pm	Break
2:20pm-2:40pm	Feedback from small group work
2:40pm-2:55pm	Introduction to formulation
2:55pm-3:00pm	MCQ/summary/homework/blackboard

March 4, 2025

9:00am-9:05am	Summary and questions from day 1
9:05am-9:25am	Small group discussion of formulation of Jennifer
9:25am-9:50am	Feedback from small groups
9:50am-10:05am	Recognizing non-mentalizing modes Psychic equivalence and teleological modes
10:05am-10:20am	Break
10:20am-10:35am	Clinical examples Video of psychic equivalence/teleological mode – rated by participants
10:35am-10:45am	Discussion – all participants
10:45am-11:15am	Outline of small group work Small group – psychic equivalence and teleological mode
11:15am-12:00pm	Feedback from small groups discussion – all participants
12:00pm-1:00pm	Lunch

1:00pm-1:10pm	Pretend mode
1:10pm-1:20pm	Video of pretend mode – rated by participants
1:20pm-1:30pm	Discussion – all participants
1:30pm-2:00pm	Mentalizing affective narratives
2:00pm-2:15pm	Break
2:15pm-2:35pm	Summary
2:35pm-2:45pm	MCQs for discussion
2:45pm-3:00pm	Outline of day 3 and blackboard information

March 7, 2025

9:00am-9:15am	Questions from Day 2; summary so far
9:15am-9:25am	Introduction to mentalizing affects and affective narrative
9:25am-9:35am	Video of clarification of affect
9:35am-9:45am	Discussion – all participants
9:45am-10:00am	Suicide attempts and self-harm – summary in relation to affective trajectory
10:00am-10:15am	Break
10:15am-10:30am	Video of mentalizing functional analysis – rated by participants
10:30am-10:40am	Discussion – all participants
10:40am-11:05am	Small group
11:05am-11:10am	Discussion – all participants
11:10am-11:15am	Introduction affect focus and relational/counter-relational mentalizing
11:15am-11:25am	Video of relational mentalizing – rated by participants
11:25am-11:35am	Discussion – all participants
11:35am-11:50am	Small group (if time available)
11:50am-12:00pm	Discussion – all participants
12:00pm-1:00pm	Lunch
1:00pm-1:45pm	Introduction to MBT groups
1:45pm-2:00pm	Small group to discuss final questions about clinical interventions – link to potential role plays
2:00pm-2:15pm	Break
2:15pm-2:45pm	Role Plays in plenary based on participant presentation
2:45pm-2:50pm	MCQs and discussion of any incorrect answers
2:50pm-3:00pm	Summary and questions