

Agenda for Mentalization-Based Treatment Practitioner-Level Training

Dates: March 21 & 22, 2025

March 21, 2025

9:00am-9:15am	Introduction and outline of training
9:15am-9:25am	Small group work — introductions and reflections on implementing the model (online and face to face)
9:25am-9:45am	Large group feedback
9:45m-10:15am	Recap on MBT model communications systems 1, 2, &3
10:15am-10:30am	Break
10:30am-12:00pm	MBT—small group work on social mentalizing: “I” mode, “Me” mode, and “we” mode — understanding of concept with examples from clinical work, particularly linking to formulation
12:00pm-1:00pm	Lunch
1:00pm-1:15pm	The domains of mentalizing/adherence scale
1:15pm-1:30pm	Clinical video
1:30pm-1:45pm	Break
1:45pm-2:00pm	Small group work – say what you see
2:00pm-2:30pm	Large group feedback
2:30pm-3:00pm	Preparation for Day 2 presentations

March 22, 2025

9:00am-9:15am	Introduction and preparation for presentations
9:15am-10:15am	Small Group Work 1 – Clinical audio/video case presentations and Group Thinking Together Supervision
10:15am-10:30am	Break
10:30am-11:30am	Small Group Work 2 – Clinical audio/video case presentations and Group Thinking Together Supervision
11:30-11:45am	Break
11:45am-12:45pm	Small Group Work 3 – Clinical audio/video case presentations and Group Thinking Together Supervision
12:45pm-1:45pm	Lunch
1:45pm-2:45pm	Small Group Work 4 – Clinical audio/video case presentations and Group Thinking Together Supervision
2:45pm-2:55pm	Reflecting on common clinical dilemmas in presentations, planning for further learning
2:55pm-3:00pm	Final Discussion