

# Agenda for Mentalization-Based Treatment for Adolescents Basic Training

Dates: July 22-24, 2024

## July 22, 2024

9:00am-9:30am	Introduction and outline of the 3-day live training, participant introductions and self-identified learning aims
9:30am-10:40am	<p>Clinical Theory and Practice in MBT with adolescents</p> <p>Clinical Theory – Adolescence - Outline of adolescent developmental processes and general discussion of potential impact on social relationships, resilience, and engagement in therapy.</p> <p>Clinical Theory – Epistemic Trust – Outline of help-seeking behaviors in adolescence, focusing on adolescents with emerging BPD, and/or complex early developmental histories with multiple Adverse Childhood Experiences (ACEs), establishing therapeutic alliance and responding to help-seeking behaviors. Activity – video clip and discussion identifying behaviors engendering epistemic trust and ostensive cues for opening up social communication with adolescents.</p> <p>Clinical Theory – Building skills in assessing – Outline, what is mentalizing and how does it develop, identifying effective and ineffective mentalizing, pre-mentalizing modes and developmental stages of mentalizing, assessing mentalizing breaks, states vs. traits. Activity – video clip and discussion identifying assessing pre- or non-mentalizing modes.</p>
10:40am-11:00am	Break
11:00am-12:30pm	Clinical Theory and Practice in MBT with adolescents continued
12:30pm-2:00pm	Lunch
2:00pm-3:20pm	<p>Clinical Theory and Practice in MBT with adolescents</p> <p>Clinical Theory – Working with self-harm – Outline of mentalization based theory of self-harm and the development of an alien self, contributing to self-harming behaviors and interpersonal distress and misunderstanding.</p> <p>Practice of MBT – Outline of the MBT Adolescent model and key concepts for use with adolescents emerging personality disorder and transdiagnostic use of the model, including the</p>

	<p>mentalizing stance. Role Play – Mentalizing stance in initial session.</p> <p>Preparatory Task for Day 2 – Based on your learning today briefly develop a mentalizing profile/ assessment for an adolescent you are currently working with, 20-30 minutes, jot down your ideas.</p>
3:20pm-3:40pm	Break
3:40pm-4:40pm	Clinical Theory and Practice in MBT with adolescents continued

## July 23, 2024

9:00am-9:30am	Summary, re-cap, questions from Day 1, group discussion of homework task
9:30am-10:40am	<p>Clinical Theory and Practice in MBT with adolescents</p> <p>Clinical Practice – Review Mentalizing stance and assessing mentalizing, participant role play on establishing epistemic trust utilizing a mentalizing stance, observers developing an assessment of adolescent’s mentalizing.</p> <p>Clinical Practice - Part 1 - Key techniques &amp; interventions, outline of empathic validation, therapist use of self, emphasis on process vs. content, extending the interaction literacy in serve and return interactions, basic mentalizing, affect elaboration, clarification, clinical illustration video and discussion on empathic validation. Participant role play on therapist’s use of self and empathic validation.</p>
10:40am-11:00am	Break
11:00am-12:30pm	Clinical Theory and Practice in MBT with adolescents continued
12:30pm-2:00pm	Lunch
2:00pm-3:20pm	<p>Clinical Theory and Practice in MBT with adolescents</p> <p>Clinical Practice - Part 2 - Key techniques &amp; interventions, basic mentalizing, affect elaboration, clarification, mentalizing the relationship between adolescent and therapist, clinical illustration video and discussion.</p> <p>Clinical Practice – Part 3 - Key techniques &amp; interventions, working with pre- or non-mentalizing modes, contrary moves, exploring self-harm and establishing safety plans, clinical illustration video and discussion on managing self-harm, participant role play working with self -harm.</p>
3:20pm-3:40pm	Break
3:40pm-4:40pm	Clinical Theory and Practice in MBT with adolescents continued

## July 24, 2024

# McLean Hospital

9:00am-9:30am	Summary, re-cap, questions from Day 1, group discussion of homework task
9:30am-10:40am	<p>Clinical Theory and Practice in MBT with adolescents</p> <p>Clinical Practice – Outline of working with adolescent’s family/ caregivers - Identifying parental tasks in adolescence and validating the parents’ subject experience of caring for their adolescent, supporting parents through psychoeducation, how to manage self-harm, and identifying vicious cycles of non-mentalizing in family interactions undermining effective communication.</p> <p>Clinical Practice - Applying key MBT techniques &amp; interventions with parents - Clinical illustration video and discussion, participant role play on review session with parents and adolescents.</p>
10:40am-11:00am	Break
11:00am-12:30pm	Clinical Theory and Practice in MBT with adolescents continued
12:30pm-2:00pm	Lunch
2:00pm-3:20pm	<p>Clinical Theory and Practice in MBT with adolescents</p> <p>Clinical Practice - MBT-I Groups and Psychoeducation - Outline of various group interventions and the evidence base for group work, review of key techniques used in groups with adolescents.</p> <p>Clinical Practice – Staying on Model - Outline of the Thinking Together model of mentalizing supervision and how to use this individually and in groups, in both peer and formal supervisory settings, to regain and sustain clinician mentalizing. Group role play of reflective supervision.</p>
3:20pm-3:40pm	Break
3:40pm-4:40pm	Clinical Theory and Practice in MBT with adolescents continued