

# Mentalization Based Treatment (MBT)

## Skills training

The skills training focuses on mentalizing interventions that are helpful in everyday working practice in in-patient and community mental health settings. The skills are useful for a wide range of patients including those with personality disorder (PD) who are difficult to engage in a therapeutic process. It is accepted that most clinicians will not be part of a specialist PD service but they will treat and manage this group of patients in their daily work. Mentalizing skills facilitate a more meaningful dialogue with the patient and promote compassion and understanding.

The aims of the training are::

Explain what mentalizing is and how it develops

Consider the role of mentalizing in psychiatric disorders and identify areas of your clinical practice that can be enhanced by mentalizing techniques

Implement a mentalizing stance with patients focusing on validation, empathic communication, working with emotions.

Recognise non-mentalizing

Consider approaches to restore mentalizing

Video examples and participant role plays are used.

The two day training allows for more extensive theory, a wider range of role plays, and includes further skills related to managing patients with volatile emotions and mentalizing the patient-clinician relationship.

**NB** The MBT skills training has been developed so that practitioners can incorporate the skills in to any therapeutic exchange with a patient. It is not a training in Mentalization Based Therapy. The skills training does not entitle the clinician to consider him or herself as an MBT therapist. Further training is required to fulfill the requirements for practitioner level MBT clinician.

The Skills Training can only be delivered by tutors approved by Anna Freud Centre, London.