

## Mentalization-Based Treatment for Children: a time limited approach

This live, online training will provide an introduction to Mentalization Based Treatment for Children (MBT-C), a time-limited approach to working with children aged 5-12, with a range of clinical presentations.

### Anna Freud National Centre for Children and Families

Six afternoon sessions: 23rd and 30th  
October, and 6th, 13th, 20th and 27th  
November 2020

Tutors: Norka Malberg \* Jordan Bate \* Nick  
Midgley \* Emma Morris \* Merlijn Rutten \*  
Nicole Muller

Training Fee: £787.50 with access to  
“Mentalizing and Mentalization-Based  
Treatment for Children, Young People and  
Families (MBT-CYP - An Introduction”

Time: 13:30 - 16:30 (apart from 27th  
November which will run from 14:30 - 17:30)

For more information, please visit:  
[www.annafreud.org/75396](http://www.annafreud.org/75396)

### Aims of the course

- To gain an understanding of the development of mentalizing in middle childhood and an understanding of its role in a range of typical presenting problems in CAMHS;
- To learn about the key features of time-limited MBT for children, including online and remote therapy;
- To learn about assessment of the capacity for mentalizing in children;
- To develop practical skills in working with children and their parents from a mentalizing perspective.

### About this course

The course will introduce an adaptation of Mentalization-Based Treatment for use in clinical work with children in middle childhood (5-12) and their parents. The course will provide an overview of the development of mentalizing in middle childhood, and how it can be assessed; an introduction to a time-limited model of MBT-C (including remote or online therapy); and will give opportunities to practice specific skills for working with children from a mentalizing perspective, as well as the parallel work with parents.

### Who is this course suitable for?

Counsellors and therapists working with children and families. This course will assume a working knowledge of the concept of mentalization. For those who have not previously completed an MBT training it is a requirement of this training must complete the Mentalizing and Mentalization Based Treatments with Children, Young People and Families (MBT CYP) – An Introduction training before the training start date. You will be given access to this training one month before the training start date.

