

Mentalization-Based Treatment for Children: a time limited approach

This face-to-face 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

Location: AFNCCF, 4- 8 Rodney St, London,
N1 9JH

Date: 26th - 28th January 2021

Tutors: Emma Morris * Merlijn Rutten

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

Time: 09:30 - 16:30

For more information, please visit:
www.annafreud.org/66885

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.

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.

