Introduction to Mentalization-Based Therapy (MBT)

Program

Day 1: The concept of mentalizing, assessment of mentalizing capacity, clinical assessment, theory and empir for MBT, dynamic MBT case formulation, standard MBT models, psychoeducative MBT group

08.30 – 09.00 Registration
09.00 – 09.45 Finn Skårderud: A new intellectual phrase for psychotherapy. What is mentalizing? What is mentalization based therapy?
11.00 – 12.00 Sigmund Karterud: Assessment of patient’s mentalizing capacity in clinical work. The Relational Interview. Video illustrations 1 & 2.
12.00 – 12.45 Lunsj
12.45 – 13.30 Finn Skårderud: The attachment paradigm, secure and unsecure attachment, self development, prementalistic modes of thinking, minding the body
13.30 – 14.00 Sigmund Karterud: Rating of text vignettes for reflective functioning
14.15 – 15.00 Sigmund Karterud: Mentalization based case formulation, on the structure of MBT, alliance and conjoint individual and group psychotherapy
15.10 – 16.00 Sigmund Karterud: Psychoeducational MBT group. Live demonstration.

Day 2: Therapeutic techniques, role playing MBT in small groups, MBT and neurobiology, MBT adherence and competence rating scale.

09.00 – 09.15 Bente Sommerfeldt: Therapeutic technique 1: Basic interventions
09.15 – 10.00 Small group role playing (exercise 1)
10.15 – 10.50 Finn Skårderud: MBT and neurobiology. Evolution, the attachment system, arousal, regulation and mentalising.
11.00 – 11.15 Bente Sommerfeldt: Similarities and differences with other psychotherapies.
11.15 – 12.00 Small group role playing (exercise 2).
12.00 – 12.45 Lunsj
12.45 – 13.00 Finn Skårderud: Therapeutic technique 2: Mentalizing the transference.
13.00 – 13.45 Small group role playing (exercise 3).
14.00 – 14.15 Finn Skårderud: Therapeutic technique 3: Affect storms and self harm
14.15 – 15.00 Small group role playing (exercise 4)
15.15 – 16.00 MBT adherence and competence scale. Live demonstration.
Day 3: MBT as conjoint individual and group therapy. Recent developments

09.00 – 09.15 Sigmund Karterud: Therapeutic technique 4: Conjoint individual and group therapy.
09.15 – 10.00 Small group role playing. (exercise 5)
10.15 – 11.00 Sigmund Karterud: Video demonstrations. Video 3: Repairing the alliance. Video 4: Individual therapist focus on a group event
10.15 – 12.00 Sigmund Karterud: Dynamic MBT group. Live demonstration.
12.00 – 12.45 Lunch
12.45 – 13.15 Finn Skårderud: Developments with MBT. Borderline, eating disorders, addiction, traumas, panic disorder, prevention, inpatient treatment, etc.
13.15 – 14.00 Plenary discussion, evaluation and closure.

Literature: