Continuing Education Offering

Mentalization-Based Treatment (MBT): Basic Training

Held on: Thursday February 5 – Saturday February 7, 2015
Location: The Conference Center at Waltham Woods, Waltham, MA
Tuition Fee: $1,000
No Prerequisites

Provided by: Borderline Personality Disorder Training Institute, McLean Hospital
Course Directors: John G. Gunderson, MD and Lois W. Choi-Kain, MD, MEd
Faculty: Anthony W. Bateman, MA, FRC.Psych; Lois W. Choi-Kain, MD, MEd; Peter Fonagy PhD; John G. Gunderson, MD; and Brandon Unruh, MD

Course Description:

One of the most promising empirically supported therapies in the treatment of Borderline Personality Disorder is Mentalization-Based Treatment (MBT), developed by Drs. Anthony Bateman and Peter Fonagy. MBT was developed based on studies of early childhood development and attachment. In this course, participants will learn how to implement MBT techniques within their clinical practice as a specialist treatment.

Common clinical situations are discussed and ‘role played’ to practice skills. MBT requires therapists to focus on the patient’s mental state and on their understanding of interactions with the patient. The therapist stance is of particular importance and differs from the usual therapist stance encountered in psychodynamic and cognitive therapies. It is more active and participatory than dynamic therapy but less specifically so than cognitive therapy and not only focuses on the mind of the patient but also openly juxtaposes the mind of the therapist with that of the patient/family. It shares some components with systemic family therapy but has different aims. Importantly the therapist takes a ‘not knowing’ stance and yet explicitly develops with the patient or family alternative perspectives about what is happening. Participants will learn how to use their own experiences of the patient as a way of increasing mentalizing within therapeutic encounters. The course considers techniques, such as clarification, challenge and basic mentalizing in the context of some of the common clinical situations encountered in treatment with patients.

This workshop will equip participants to understand:
• How mentalizing handicaps derive from early parent-child interactions
• How mentalizing failures reflect and cause insecure attachments
• How psychotherapeutic interventions are efforts to correct mentalizing & attachment handicaps

Target Audience:

Physicians, nurses, psychologists, social workers, licensed mental health counselors.
Educational Objectives:
By the end of this workshop, participants will be able to:
• Demonstrate an understanding of the mentalizing problems of BPD
• Recognize mentalizing and non-mentalizing interventions
• Develop and maintain a mentalizing therapeutic stance
• Use basic mentalizing techniques in their everyday clinical work in group and individual psychotherapy

Agenda
Thursday February 5, 2015
8:00a – 9:00a  Registration and breakfast
9:00a – 10:15a  Introduction and orientation to mentalizing
10:15a – 10:30a  Break
10:30a – 11:30a  Theoretic basis of mentalizing – attachment, neurobiology and psychology
11:30a – 12:30p  Mentalizing and borderline personality disorder
12:30p – 1:30p  Lunch (provided)
1:30p – 2:00p  Therapist stance
2:00p – 2:30p  Video of therapist stance and discussion
2:30p – 3:10p  Demonstration in front of large group
3:10p – 3:40p  Break
3:40p – 5:00p  Therapist stance
Role play – Patient talks about incident in his life

Friday February 6, 2015
8:00a – 9:00a  Breakfast
9:00a – 9:45a  Structure of MBT
Development of crisis plans and risk assessment
Treatment programs
9:45a – 10:15a  Role play (in large group) – Patient calls in emotional crisis
10:15a – 10:30a  Break
10:30a – 12:15p  Basic mentalizing – clarification, exploration, challenge, affect focus
Role play – Patient has been shouting at staff
12:15p – 1:15p  Lunch
1:15p – 2:30p  Basic mentalizing – clarification, exploration, challenge, affect focus
Role play – Patient wants another therapist
2:30p – 3:00p  Break
3:00p – 5:00p  Mentalization and self-harm
Role play – Patient reports self-harm

Saturday February 7, 2015
8:00a – 9:00a  Breakfast
9:00a – 10:30a  Mentalizing the transference and countertransference
Role play – Patient tells you she was angry and shouted at her child, she knows that you were appalled by her
10:30a – 11:00a  Break
11:00a – 12:30p  Introductory group and MBT group
12:30p – 1:30p  Lunch
1:30p – 2:30p  Role play – MBT group
2:30p – 3:00p  Break
3:00p – 5:00p  Adherence scale
Questions and discussion
Faculty Information

Anthony W. Bateman, M.A., F.R.C.Psych. Director, Psychotherapy Services and Research Lead, St. Ann’s Hospital, London Visiting Professor, University College, London Chief Examiner, Royal College of Psychiatrists, United Kingdom

Lois W. Choi-Kain, M.D., M.Ed. Medical and Program Director, Gunderson Residence at McLean Hospital, Co-Director, McLean Borderline Personality Disorders Training Institute, Instructor of Psychiatry, Harvard Medical School

Peter Fonagy, Ph.D. Chief Executive Officer, Anna Freud Centre, London Head of Department, Research Department of Clinical, Educational and Health Psychology, University College London, Clinical Professor of Psychiatry, Yale School of Medicine Adjunct Professor of Psychiatry, Baylor College of Medicine

John G. Gunderson, M.D. Director, Psychosocial and Personality Research, McLean Hospital, Director, Center for the Treatment of Borderline Personality Disorder, McLean Hospital, Professor of Psychiatry, Harvard Medical School

Brandon Unruh, M.D. Medical Director, McLean Hospital Mentalization Clinic, Staff Psychiatrist, Gunderson Residence at McLean Hospital

Jointly Sponsored Continuing Education For:

Physicians: This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of McLean Hospital and the BPD Training Institute. McLean Hospital is accredited by the ACCME to provide continuing medical education for physicians. McLean Hospital designates this educational activity for a maximum of 18.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists: This program is co-sponsored by McLean Hospital and the BPD Training Institute. McLean Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. McLean Hospital maintains responsibility for this program and its content. This offering meets the criteria for 18.5 C.E. hour(s) for psychologists. For more information, please call 617-855-3195.

Continuing Education For:

Nurses: This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for 18.5 contact hours of nursing continuing education credit. Advance practice nurses, please note: educational activities which meet the requirements of the ACCME (such as this activity) count toward 50% of the nursing requirement for ANCC accreditation.

Social Workers: For information about continuing education credit for social workers, please call 617-855-3195.

Licensed Mental Health Counselors: McLean Hospital is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. The hospital's provider number is 6085. This program is approved for 18.5 clock hours of CE credit or 1.85 CEUs.

Disclosure Policy:

Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS’s policy that those who have influenced the content of a CME activity (e.g., planners, faculty, authors, reviewers, and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.
SAVE THE DATE: Upcoming Workshops

- MBT Advanced Training: March 26-27, 2015 (basic 3-day MBT Workshop is a prerequisite for this advanced workshop)
- Good Psychiatric Management: June 10, 2015

Registration Information: See attached form

Payment by check only. A confirmation letter will be mailed to attendee upon receipt of registration form and payment.

Refund policy: Due to the very small nature of this training, refunds cannot be granted. If the registrant is unable to attend, they may send a substitute attendee.

Additional information available from
McLean Borderline Personality Disorder Training Institute
Email: BPDTrainingInstitute@partners.org
McLean Borderline Personality Disorder Training Institute
Registration Form to be completed and mailed to below address

Mentalization-Based Treatment (MBT): Basic Training
February 5-7, 2015
Tuition Fee: $1,000

Full Name:

_______________________________________________________
Last

First

MI

Degree

Mailing Address:

_______________________________________________________
Street

_______________________________________________________
City

State

Zip Code

_______________________________________________________
Daytime Phone

Fax

Email

Please mail a check payable to McLean Hospital for $1,000. We will verify check has been received. We must receive payment within 3 weeks of registration to hold the spot in the course.

Refund policy: Due to the very small nature of this training, refunds cannot be granted. If the registrant is unable to attend, they may send a substitute attendee.

Mail to: McLean BPD Training Institute
Mailstop 312
c/o Jenna Adams
115 Mill Street
Belmont, MA 02478

A confirmation letter will be mailed to attendee upon receipt of registration form and payment.