

# Mentalization-Based Family Therapy

## Timetable

### Day 1

09:30: Introductions and housekeeping

09:45: Mentalization – theory, development, and significance

11:00: Break

11:30: Psychoeducation – teaching about mentalization

12:00 : Deploying Mentalization in therapy

1:00: Lunch

1:45 :The Core MBFT features (all afternoon)

3:00: Break

5:00: End

### Day 2

09:30: Specific Mentalizing techniques

11:00: Break

11:30: Mentalizing games and activities (I)

1:00: Lunch

1:45: Mentalizing games and activities (II)

3:00: Break

3:30: Endings

4:00: Outcomes measurement

4:30: Onwards accreditation/competency framework – (preview)

4:45: Feedback and finish