

# Basic Training on MBT

## 12-14 September 2014

### Speaker

Prof. Anthony W Bateman, MA, FRCPsych

### Course Description

This 3-day **Mentalization Based Treatment (MBT)** Training is a 17.5-hour course organised by the Institute of Mental Health (IMH), Castle Peak Hospital (CPH). MBT is an evidence-based treatment approach, initially developed and investigated for the treatment of adults with borderline personality disorder (BPD). More recently it has been developed in different formats for other groups of patient. Its approach is based on a view that a core problem for many patients, emblematically those with BPD, is their vulnerability to a loss of mentalizing. It aims to re-establish mentalizing when it is lost and maintain mentalizing when it is present. Therapists are expected to focus on the patient's subjective sense of self.

### Target participants

Mental health professionals in Asia Pacific Region who need to manage patients with borderline personality disorder (BPD)

### Date & Time

Day 1	12 September 2014 (Fri)	9:00am – 5:00pm	Contact Hour (17.5)
Day 2	13 September 2014 (Sat)	9:00am – 5:00pm	
Day 3	14 September 2014 (Sun)	9:00am – 4:30pm	

### Course Fee

HK\$7,000 per person

(HK\$6,000 per person for early bird registration on or before 12 July 2014)

### Enrolment Deadline

12 August 2014

### Accreditation

CME/ CNE/ CPD Accreditation in application

Certificate will be awarded to participant with at least 80% attendance

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### Venue

Castle Peak Hospital,  
15 Tsing Chung Koon Road, Tuen Mun,  
New Territories, Hong Kong SAR

(Limited parking spaces at a charge of \$50 per day will be available on 13 & 14 September 2014 and on first come first serve basis)

### Daily Schedule

The 17.5-hour course is divided into 3 days and 4 sessions each. Lectures are provided with handouts.

### Topics

#### **Day 1 (12 September 2014)**

- Theoretical basis of mentalizing – attachment, neurobiology and psychology
- Mentalizing, borderline personality disorder and other personality disorders
- Therapist stance and self-disclosure

#### **Day 2 (13 September 2014)**

- Structure of MBT, development of crisis plans and risk assessment, treatment programmes
- Basic Mentalizing – clarification, exploration, challenge, affect focus
- Mentalizing and self-harm

#### **Day 3 (14 September 2014)**

- Mentalizing the relationship
- Feelings in the clinician and self-observation
- Introductory groups and MBT group

**Role plays and video illustrations in each session**

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**Prof. Anthony W Bateman, MA, FRCPsych**

### Bio Brief

Prof. Bateman is a Consultant Psychiatrist and Psychotherapist, Halliwick Unit, Barnet, Enfield, and Haringey Mental Health Trust; Visiting Professor University College, London; Honorary Professor in Psychotherapy University of Copenhagen; Consultant to the Anna Freud Centre, London.



Prof. Bateman developed mentalization based treatment with Peter Fonagy for borderline personality disorder and studied its effectiveness in research trials. An adapted version is now being used in other psychiatric disorders and in the treatment of families and adolescents. He was an expert member of National Institute for Clinical Excellence (NICE) development group for treatment guidelines for Borderline Personality Disorder in UK. His NHS clinical services are recognised nationally in the UK as a demonstration site for the treatment of personality disorder. He is the President of the European Society for the Study of Personality Disorders (ESSPD).

Prof. Bateman has authored 13 books including Psychotherapy for Borderline Personality Disorder: Mentalization Based Treatment and Mentalization Based Treatment for Borderline Personality Disorder: a Practical Guide (with Peter Fonagy), numerous chapters, and over 100 research articles on personality disorder and the use of psychotherapy in psychiatric practice.