



2025 MBT - BASIC TRAINING

October 16-18, 2025

Agenda

DAY 1 Thursday, October 16th

08:00 - 8:15	Check-in
08:15 - 8:30	Introductions
08:30 - 9:00	Overview of Mentalizing
09:00-10:15	Social and Developmental Modes of Mentalizing
10:15 - 10:30	Coffee & Tea Break
10:30 - 11:15	Mentalizing Mechanisms / Polarities of Mentalizing
11:15 - 12:00	Personality Disorders / BPD, NPD, ASPD
12:00 -12:30	MBT Structure of Treatment
12:30 - 1:30	Lunch
01:30 - 2:15	Assessment and Formulation
02:15 - 3:30	Therapist Stance / Contrary Moves
03:30 - 3:45	Break
03:45 - 4:15	Role Play / Discussion
04:15 - 5:00	Epistemic Trust



MBT BASIC TRAINING

DAY 2 – Friday, October 17th

08:00 - 8:10	Check-in
08:10 - 9:30	MBT Basic Interventions & Process
09:30 - 9:45	Empathic Validation as MBT Intervention
09:45 - 10:15	Role Play
10:15 - 10:30	Coffee & Tea Break
10:30 - 12:30	Non-mentalizing Modes / MBT Loop / Role Play
12:30 - 1:30	Lunch
1:30 - 3:15	Mentalizing Affective Narratives
3:15 - 3:30	Coffee & Tea Break
3:30 - 5:00	Relational Mentalizing / Affective Narratives / Role Play

DAY 3 - Saturday, October 18th

08:00 - 8:10	Check-in
08:10 - 9:30	Mentalizing Affective Narrative: Self-Harm /Suicide /Violence

09:30 - 10:30	MBT Self-harm and Suicide Intervention Algorithm
10:30 - 10:45	Coffee & Tea Break
10:45 - 12:00	Relational Mentalizing / Role Play
12:00 – 1:00	Lunch
1:00 - 2:00	Counter Relational Mentalizing / Interventions
2:00 - 3:15	Mentalizing and Culture
3:15 - 3:30	Coffee & Tea Break
3:30 – 4:15	Intro to MBT Groups / Role Play
4:15 – 5:00	Putting it All Together / Discussion / Questions