

Supervision with the Mentalizing Initiative

Why Supervision Matters

Integrating Mentalization-Based Treatment (MBT) into clinical practice takes time. Many clinicians leave training inspired, yet find it challenging to translate concepts into real sessions. Supervision bridges the gap between knowing the theory and confidently applying it in practice.

Through ongoing supervision, clinicians can:

- Explore cases from a mentalizing perspective
- Strengthen confidence using MBT principles
- Stay connected with peers and mentors
- Receive feedback and support when challenges arise

Whether you're completing training or refining your skills, supervision is an essential step toward developing genuine MBT competence.

The Mentalizing Initiative Supervision Pathway

Supervision through the Mentalizing Initiative supports clinicians as they integrate MBT into their daily work.

After completing the MBT Basic Training, participants are encouraged to continue their learning through MI Supervision, which offers:

- Small-group or didactic supervision with MI faculty
- Connection to a practitioner community
- Ongoing case-based learning and peer support

Supervision is more than a requirement, it's an ongoing practice of reflection, curiosity, and growth within a supportive community.