

12.5 CE/CME Credits
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MENTALIZATION BASED TREATMENT (MBT)

Two-day Intensive Introductory Training
By: Dr. Robin Kissell & Dr. Daniel Kupper

Brought to you by:



SATURDAY, February 9, 2019:

9am - 5pm &

SUNDAY, February 10, 2019

8:30am - 4pm

Location:

2880 Gateway Oaks

Sacramento, CA

Course Description

This workshop introduces clinicians to the theory and technique of MBT. It combines lecture with interactive modes of teaching including live demonstrations, videos and role-play. By the end of the training, one would expect the participants to have gained an introductory theoretical understanding of mentalization, an ability to detect non-mentalizing, a familiarity with the basic techniques and therapist stance of MBT and an ability to begin applying the new understanding, principles and techniques.

Educational Objectives:

Participants will be able to:

1. Identify non-mentalizing, and differentiate it from mentalizing
2. Practice a not-knowing therapeutic stance
3. Intervene when non-mentalizing cognition is present
4. Learn basic mentalizing skills of:
 - o Empathy, clarification, challenge, affect focus, stop and stand, rewind
 - o Managing arousal of an activated hypersensitive attachment system
 - o Mentalizing the transference- including working with counter-transference

Before December 15th SVPA, SPS, SFCP members and/or Sutter Employees: \$330, Students: \$325, Non-members: \$340

After December 15th SVPA, SPS, SFCP members and/or Sutter Employees: \$360, Students: \$345, Non-members: \$370

CME/CE credits for additional fee:

CME credits - \$150 (\$125 for SFCP Members)

Purchased through SFCP with evaluation.

CE credits - \$25

Purchased on SPS website:

<https://sps.wildapricot.org/>

Background:

Mentalization Based Therapy, developed by Dr. Peter Fonagy and Dr. Anthony Bateman, is an evidence-based psychotherapy derived from developmental psychology, attachment theory and social cognition. Originally developed in the context of studying and treating Borderline Personality Disorder, it has been adapted for the treatment of eating disorders, antisocial personality disorder, adolescents, children and families. Beginning with infancy, mentalization develops in the context of an attachment relationship and becomes the core of our social cognitive processes. Specifically, it is our capacity to know and understand internal mental states our own and those of others. Mentalizing is what enables us to recognize that behaviors, our own and those of others, represent internal desires, thoughts, feelings, wishes and beliefs. As such, mentalization is the basis of our sense of self and the basis of our ability to have interpersonal relationships. Given it is what enables us to read and understand others; it is not surprising that it is fundamental to all effective psychotherapy.

Faculty

Robin Kissell, M.D. is Associate Professor of Psychiatry at UCLA where she developed and directed a comprehensive MBT clinic and training program, modeled after the original program at Halliwick Hospital, London. Also at UCLA, she developed and continues to supervise the MBT program within the Behavioral Health Service for UCLA students and was research psychiatrist for a recently completed study with David Miklowitz Ph.D. comparing MBT with FFP (Family Focused Therapy) on their efficacy reducing self-harm in adolescents with mood disorders. Annual intensive trainings in MBT (Basic and Advanced) and MBT-A (Adolescents) are offered in conjunction with Drs. Bateman, Fonagy and Rossouw of the Anna Freud Center, where Dr. Kissell is a certified supervisor. She is a training and supervising psychoanalyst at the New Center for Psychoanalysis in Los Angeles where she teaches on personality and object relations.

Daniel Kupper Ph.D. is Associate Clinical Professor of Psychiatry at UCLA, Adjunct Professor of Clinical Psychology at the Pacific Graduate Institute (Santa Barbara, CA), and a psychologist in private practice. He was senior supervising psychologist of the Borderline Personality Disorder Initiative (2006 -2016) and continues to disseminate MBT through group supervision, doctoral seminars at Pacifica Graduate Institute, and an MBT program at Psychological Care and Healing Treatment Center (Los Angeles, CA), which he developed. He has been certified as an MBT supervisor by the Anna Freud Center and has served for a decade as a faculty member for the annual intensive MBT trainings with Anthony Bateman and Peter Fonagy at UCLA. His clinical interests include psychoanalytic psychotherapy, applications of MBT, borderline personality disorder, and post-traumatic stress disorder.

Cancellations up to 2 weeks before the event will be fully refunded. Cancellations between 2 weeks and 3 days before the event will be refunded \$25 less. Later cancellations are non-refundable.

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Continuing Education Credits (for additional fee)

PHYSICIANS: Provided by The San Francisco Center for Psychoanalysis, designates this educational activity for a maximum of 12.5 credits as listed for each individual program, AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the CMA Certification in Continuing Medical Education.

SFCP program evaluations are sent electronically. It will be your responsibility to check email for the evaluation form so please ensure messages from office@sf-cp.org are allowed. The evaluation forms will be emailed within 7 days of end of the event. Participants will have 3 weeks to complete the online evaluation form, after this the evaluation period will be closed. Upon completion of a course evaluation form, a CME/CE Verification Letter will be issued. This serves as documentation of attendance.

The San Francisco Center for Psychoanalysis is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. The San Francisco Center for Psychoanalysis takes responsibility for the content, quality and scientific integrity of this CME activity.

LCSWs/MFTs, PSYCHOLOGISTS, REGISTERED NURSES: Provided by The Sacramento Center for Psychotherapy, approved by the American Psychological Association to sponsor continuing education for those licensed under the Board of Psychology, Board of Behavioral Sciences, and Board of Registered Nursing. The Sacramento Center for Psychotherapy maintains responsibility for this program & its content. The workshop is approved for 12.5 hours of Continuing Education Credits and is intended for mental health professionals and graduate students of behavioral sciences at all levels of experience. The instructional level will be intermediate.

Commercial Support: None

Faculty Disclosure: All moderators and planning committee members have disclosed NO financial interest/arrangement or affiliation with commercial companies who have provided products or services, relating presentation(s) or commercial support for this continuing medical education activity. All conflicts of interest have been resolved in accordance with the ACCME Updated Standards for Commercial Support.

