

Mentalization-Based Treatment with Children (MBT-C): Working with Trauma

This course is for those who have already attended an introductory course on mentalization-based therapy with children or families (MBT-C or MBT-F), and wish to further their learning in relation to the model.

About this course

The course will focus on working with children age 5-12 who have experienced long term relational trauma, physical, sexual and emotional abuse and neglect and the impact of parental conflict and domestic violence. Work with children with both internalizing and externalizing responses to trauma will be discussed. This course will provide further opportunities to learn about, and practice the implementation and integration of the MBT-C approach.

Who is this course suitable for?

Practitioners who have completed an MBT-C or MBT-F introductory course, and who work with children who have experienced trauma.



Anna Freud National Centre for
Children and Families

24th - 25th September 2020

Tutors: Nicole Muller * Norka Malberg

Training Fee: £500

Time: 09:00 - 17:00

For more information, please visit:
www.annafreud.org/56089

Aims of the course

- A better understanding of the problems with mentalizing in traumatized children;
- Skills how to manage the arousal level and the pre-mentalizing modes with traumatised children in MBT-C;
- Skill building on how to therapeutically help children and caregivers to create a narrative with pre-verbal children or those presenting with selective mutism;
- Exploration of how to use the phase of ending with children who are traumatized at a very young age, to work through themes like grief, mourning and existential loneliness;
- Techniques of dyadic and triadic sessions with caregivers and the child around issues of behavioral and emotional response to trauma.