

In collaboration with



MBT Practitioner course – Certificate level

Form: Obtaining MBT Practitioner Status

Please note:

1. This document applies to Mentalization Based Treatment for Personality Disorder only.

2. The specified training requirements can only be met through treatment of people with personality disorder using MBT adherent to the research model

To become a certified MBT Practitioner, you will need to evidence the following requirements detailed in the MBT Quality Assurance Manual:

1. MBT practitioner trainees must have an existing qualification in a mental health profession, good knowledge of mental disorders, particularly personality disorder, and previous experience of conducting psychological therapy with individuals and/or groups.
2. MBT practitioner trainees must read the MBT manual and have attended a 3-day basic introductory course.
3. Attended a recognised 2-day practitioner certificate course (formerly advanced course)
4. Four individual patients or two groups or two individual patients and one MBT-G group must be treated using MBT as the primary intervention for a minimum of 24 sessions each. Patients (minimum of 2 or 1 group) should have a primary diagnosis of Borderline Personality Disorder.
5. Participation in or working knowledge of MBT-Introductory group or Socialisation to MBT model in individual sessions
6. Supervision of the cases with an Anna Freud accredited supervisor.
7. Supervision conducted initially either individually or in a group format. Each trainee must receive at least 4 hours supervision for each case.

8. Some sessions of each treatment must be recorded (video). If video is impractical audio recording is acceptable if agreed with supervisor. A minimum of three 15 minute sections from different sessions from each treatment selected by the trainee will be submitted for formal review to supervisor with reference to MBT competencies.
9. A reflective written statement must be produced on completion of each case.
10. A satisfactory supervisor's report must also be provided.
11. Evidence of continuing professional education in MBT, e.g. case presentation and discussion, conferences, workshops, e-learning.

Please tick the box to indicate that you can meet each requirement and **provide either a certificate or reference/e-mail from your training institution or supervisor as proof. Without this information it will not be possible to certify you as a qualified MBT Practitioner.**

Once you have compiled **all** of the required certificates and references please email them, marking clearly which requirement each of the documents refers to, to:

Sarah Lina Mortada
sarahlina.mortada@annafreud.org

If you have any questions, please contact sarahlina.mortada@annafreud.org

Signature:

Date: