

Mentalization-Based Therapy for Eating Disorders (MBT-ED): a guide for eating disorder practitioners

Finn Skårderud, Bente Sommerfeldt, Paul Robinson, Sara Morando

Timetable

Day 1:

- 09.00: **Introduction**
- 09.15: **Why MBT for Eating Disorders?**
What is mentalizing and what is its biological basis, Sara Morando
Mentalizing dimensions and pre-mentalizing modes in eating disorders, Sara Morando
How mentalizing fails in eating disorders, Paul Robinson
Embodied mentalizing; minding the body, Finn Skårderud
Reminder of the essential features of MBT, Bente Sommerfeldt
- A model for providing MBT-ED**, Finn Skårderud
Video showing classical mentalizing failure, i.e. concretism and how therapists' mentalizing can be challenged by being drawn to the themes of food, calories etc.
Detachment, as a result of ED symptoms, as a relational style
The not-knowing stance in MBT
- 10.15-11:00: **Introductory MBT-ED (iMBT-ED)**, Bente Sommerfeldt
Description of iMBT. Introduction to materials used.
- 10.45: **Play as iMBT group therapist.**
Small groups. "What is mentalizing and how does it sometimes go wrong in eating disorders?" Therapist gets group members to talk about how ED problems led to mentalizing failure. Using breakout facility. Each trainer has a group (or a number of groups) to supervise
- 11.00: *Break*

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- 11.15: **Using MBT-ED to address Eating Disorder symptoms:** Seminar, videos and demonstration, e.g. weight loss/gain, body image distortion, detachment, bulimic symptoms. Risk management in MBT-ED. Paul Robinson
- 12.00: **Role-play, Individual MBT-ED:** "Yesterday after breakfast I felt so fat I had to binge and vomit". In groups of 3 Using breakout facility. 15 mins each as therapist.
- 12.45: **Quiz,** Paul Robinson
- 13.00: *Lunch*
- 14.00: **Introduction to the afternoon**
- 14.15: **The use of texts, case formulation and crisis plans,** Bente Sommerfeldt
- 14.45: **Transference and counter-transference in MBT-ED. Loss of professional mentalizing in individual and group therapy.** Finn Skårderud
- 15.15: **Role-play** by tutors to demonstrate this.
- 16.00: *Break*
- 16.15: **Using stop and stand, rewind and other techniques in MBT-ED:** Seminar and demo. Paul Robinson
- 17.00: Close.
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Day 2:

- 09.00: **Role-play:** Practice techniques demonstrated in previous afternoon
Delegates act as therapist to a tutor. Break-out rooms, one for each trainer with a group of delegates or several groups.
- 9.30: **Group process in iMBT-ED and in group MBT-ED,** Finn Skårderud
Seminar, e.g. silence, comparison, fat and slim, restrictors seen as superior to bingers. Comments about therapists' own bodies.

- 10.15: *Break*
- 10.30: **Group MBT-ED role-play**
In small groups of 3, using breakout facility. "Patient" describes eating disorder symptom (eg disgust at weight gain, or episode of bingeing). "Therapist" encourages group to see symptom in context of things happening in patient's life. After 15 mins change roles and change again at 30 min point. Each trainer has a group (or a number of groups) to supervise
- 11.15: **Feedback and discussion**
- 11.45: **Eating disorder symptoms, attachment, mentalizing and group process**, Sara Morando
- 12.45: **Quiz**, Paul Robinson
- 13.00: *Lunch*
- 14.00: **Review of information presented**, Finn Skårderud
Film demonstrating techniques
- 15.00: *Break*
- 15.15: More on techniques. ED and personality. Challenges with different presentations. Seminar and role-play. Sara Morando
- 16.15: **Group work**: MBT-ED back home. The mentalizing team. How to deal with established models in clinics, training, funding and supervision. Bente Sommerfeldt
- 16.30: **Quiz and Q and A**, Paul Robinson
- 17.00: *Close*
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