

Mentalization-Based Treatment (MBT) for Fostering & Adoption: Reflective fostering

Programme

Day 1

09.30 - 12:30 MBT Introduction: What is mentalizing and how this capacity develops in healthy relationships?

12:30 - 13:30 Lunch

13:30 - 16:30 Lies and re-enactment in the context of early developmental trauma.

The impact of repeated trauma and / or neglect on the development of mentalizing. A review of literature into the effects of trauma and abuse.

Outlining a framework for assessing for trauma in children.

Outlining a framework for assessing the reflective capacities of foster carers and adoptive parents.

Day 2

9.30 - 12:30 The impact on the foster carers'/adoptive parents' capacity to mentalize when in relationships with children who have suffered repeated trauma and / or neglect and how this can affect how they parent their child.

Direct application of MBT to working with foster carers/adoptive parents, for example techniques to help carers hold a mentalizing stance.

12:30 - 13:30 Lunch

13:30 - 16:30 Specific parenting strategies that come a mentalizing stance.

Reflective Fostering Programme, a group based intervention