

CBT and Mentalisation

Timetable

Day 1

10.00 Introductions: what do you want from these two days?

10.30 Rationale for the course

10.45 When does CBT work, and when does it work less well? Factors that contribute to ruptures in CBT

11.30 Coffee

11.45 Introduction to mentalizing

1.00 Lunch

2.00 Non-mentalizing and Mentalizing techniques

3.00 Practising mentalizing techniques

BREAK

4.00 The nature of help seeking and mental events

4.30 Finish

Day 2

10.00 Welcome

10.05 Summarising the previous day

10.20 Our plan

10.30 Practicing the mentalizing stance

11.00 Incorporating mentalizing ideas in CBT techniques

11.30 Coffee

11.45 Tape of Mia and Vicki

12.30 Enhancing mentalizing in children and parents

1.0 Lunch

2.00 Formulation – a synthesis

4.00 The nature of help seeking and mental events

4.30 Finish