

2-daagse Engelstalige seminar

12 EN 13 APRIL 2018 | AMSTERDAM

Mentalization based psychotherapy (MBT) and Interpersonal psychotherapy (IPT)

Mentalizing – attending to mental states in oneself and others in order to understand intention and behaviour – has been described as ‘the most fundamental common factor among psychotherapeutic techniques’. It is the basis of mentalization based therapy, which aims to reduce emotional and behavioural difficulties for children, adolescents and adults, who are often parents.

Interpersonal Psychotherapy (IPT) is an evidence based intervention, which has been used to treat depression across the lifespan, from mothers struggling to bond with their new born child, preadolescents and adolescents with depression and anxiety to parents with depression whose children are attending mental health services.

docent

Roslyn Law is a Consultant Clinical Psychologist, Chair of IPTUK, Honorary Senior Lecture at UCL, and National Lead for IPT in IAPT. Dr Law was the author of the IAPT Curricula for IPT practitioner and supervisor training and a member of the Expert Reference Group that developed the statement on IPT competencies.

Who should attend

This workshop is aimed at clinicians working with young people and their parents in an attempt to help them to understand themselves and each other better. Clinicians from range of training backgrounds, and with basic understanding of IPT and MBT, are welcome to attend: Health psychologists working with children and adolescents / GZ-psychologen K&J, Psychotherapists / Psychotherapeuten K&J, Clinical psychologists / Klinisch Psychologen, Pedagogues / Orthopedagogen Generalist, Systems therapists / Systeemtherapeuten.

This workshop will employ a combination of didactic teaching, discussion of clinical illustrations, including those provided by course participants, demonstrations and participant and tutor led role-plays.

Aim of the course

- Explain and develop skills in the practical applications of mentalization based therapy techniques within the IPT framework
- Recognize breaks in mentalization in therapists, clients and members of the wider interpersonal network
- Implement techniques for restoring mentalization in therapists and clients, following practice in role plays

data

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2-daagse Engelstalige seminar
12 en 13 april 2018

kosten

€ 525,- inclusief lunch.

Accreditatie

NIP K&J | NVO
NIP K&J | NVO herregistratie

in aanvraag
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Meer informatie en inschrijven www.rino.nl/082