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# **Mentalization Based Treatment: Basic Training Course**

**Presented by Prof. Anthony Bateman  
(Anna Freud Centre and University College London)**

**Course Overview:** Mentalization Based Treatment (MBT) is gaining traction internationally as an innovative and useful way to treat the relational pathology at the core of a number of personality disorders. Participants of this three day training course should be qualified health professionals who have undertaken a minimum of 1 year experience working with clients in the context of supervised practice. Participants will learn the necessary skills to implement MBT techniques into their clinical practice as a specialised treatment. Emphasis will be placed on equipping participants to maintain the therapist stance used in MBT, which differs from that used in many other treatment modalities. Participants will have an opportunity to discuss and role play a range of difficult but common clinical situations. Attendance of an accredited Basic Training Course in MBT is the first step required toward becoming a recognised MBT practitioner.

## **TRAINING DATES**

**Adelaide: 14-16 July 2016      Venue: The University of Adelaide**

**Adelaide contact: cbookless@internode.on.net**

**Perth: 18-20 July 2016      Venue: Curtin University**

**Perth contact: m.ruggiero@scienceofself.com.au**

**COST: \$800 (lunch and refreshments included each day)**

**To register visit <http://www.trybooking.com/187069>**



**Prof. Anthony W Bateman MA FRCPsych** is Consultant Psychiatrist and Psychotherapist and MBT coordinator at the Anna Freud Centre (London), visiting Professor at University College London, and Honorary Professor in Psychotherapy at the University of Copenhagen. He developed Mentalization Based Treatment with Peter Fonagy for Borderline Personality Disorder (BPD) and studied its effectiveness in research trials. Adapted versions are now being used in multi-centre trials for Antisocial Personality Disorder, eating disorders, and drug addiction. He was an expert member of the National Institute for Clinical Excellence development group for treatment guidelines for BPD in the UK and is currently Chair of the National Guideline Development Group for Eating Disorders. He was President of the European Society for the Study of Personality Disorders from 2012-2015. He received a senior scientist award from British and Irish group for the Study of Personality Disorder in 2012 and in 2015 the annual award for "Achievement in the Field of Severe Personality Disorders" from the BPDRC in the USA. He has authored 14 books, numerous book chapters, and over 120 peer reviewed research articles on personality disorder and the use of psychotherapy in psychiatric practice.