



Australian Association for  
Infant Mental Health Inc.

# LIGHTHOUSE© MBT PARENTING PROGRAMME (LPP)

with Gerry Byrne & Rory Bolton

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**VENUE:** The Terrace Hotel, 208 South Terrace, Adelaide  
**DATES:** Monday 23<sup>rd</sup> - Thursday 26<sup>th</sup> November 2026  
**TIME:** 8.30am – 5.00 pm – Monday- Wednesday  
8.30am – 4.00pm – Thursday

## ABOUT THE TRAINING

The Lighthouse MBT-Parenting Programme (LPP) equips qualified health professionals to deliver Lighthouse interventions, with supervision, in group work, individual sessions, or a combination of both. The four-day training course develops both generic MBT competencies and Lighthouse MBT-Parenting Programme-specific competencies, while also helping participants experience the parent's perspective in a group setting.

The Lighthouse MBT-Parenting Programme (LPP) is an evidence-based intervention underpinned by research in attachment, child development, trauma and neuroscience, together with core psychoanalytic concepts that help us understand how minds and relationships work.

The framework is designed for parents who struggle to understand and respond to their children's emotional and behavioural difficulties. LPP interventions help parents manage their own emotions and develop the capacity to notice and think about their children's complex internal experiences.

This training is particularly valuable for clinicians who want to combine practical application with ongoing research and reflective practice.

**Pre-training:** Previous MBT training is not necessary (although helpful) as this training will cover the core components/competencies in a MBT Basic training but does not replace an Anna Freud approved MBT Basic, certificated course).

**Course goals:** Attendees will leave ready to

- implement the programme with supervision in group or individual formats, or both;
- understand both generic MBT and Lighthouse MBT-Parenting Programme-specific competencies; and
- experience the parent's perspective in a group setting.

**Accreditation:** Attendees will be given a certificate of attendance certified by Solas Oxford, the sole licensed training institution for the Lighthouse MBT-Parenting Programme (LPP).



## ABOUT THE PRESENTERS

**GERRY BYRNE** is a consultant child and adolescent psychoanalytic psychotherapist, and adult psychotherapist. He is a mentalization-based treatment (MBT) practitioner, supervisor, and tutor (adult, adolescent, parenting and family) for Anna Freud. He is the originator of the Lighthouse MBT Parenting Programme (LPP), which is rooted in psychoanalytic and attachment concepts aimed at reducing the risk of maltreatment in high-risk families. Formerly Head of Attachment and Perinatal Services in a NHS Trust who worked with families in which severe child abuse occurred for over 33 years. He is founder and director of a not-for-profit community interest company (SOLAS OXFORD) whose mission is to support health and social care professionals working with vulnerable, complex, risk laden clinical populations to enhance the quality and effectiveness of their therapeutic relationships, through bespoke training, supervision, adaptation of treatment programmes, and innovation. He is author of a picture book, [\*All at Sea\*](#), published by Walker Books.

**RORY BOLTON** PhD is the joint National Programme Director for the Adult Mentalization-Based Treatment (MBT) Programme at the Anna Freud Centre. He is a Consultant Nurse, a British Psychoanalytic Council registered adult psychoanalytic psychotherapist, and a Dynamic Interpersonal Therapist. He worked as a clinician within the Halliwick Personality Disorder Service between 1996 and 2015, where he participated in the research studies and the development of the Mentalisation-Based Therapy (MBT) approach under the direction of Professor Anthony Bateman.

Rory has been an associate trainer on the basic and practitioner training courses in MBT run through the Anna Freud Centre since 2010, and he is experienced in supervising specialist personality disorder services in the application of MBT across NHS secondary care, private hospital and offender pathway settings since 2010.

In September 2021, Rory became a co-director of SOLAS Oxford Community Interest Company, which aims to support health and social care professionals who are working with some of the most vulnerable children, families and adults in society. He has also been gaining experience in the training, supervision, research and delivery of an adapted MBT Parenting intervention developed by Gerry Byrne, known as the MBT Lighthouse Parenting Programme. Prior to his career in psychiatry he completed a PhD in biological research, where he obtained a grounding in empirical research methodology.

**REGISTRATION FEES**  
ABN: 88 625 753 522

**REGISTRATIONS CLOSE Monday 16th November 2026**  
**Numbers strictly limited to 30 people**

| NON AAIMH MEMBER                                                            |                                                  | AAIMH MEMBER                                                                |                                                  |
|-----------------------------------------------------------------------------|--------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> <b>Early Bird</b><br>Up to 23rd October 2026       | <b>\$1880</b><br>(inc<br><b>\$170.91</b><br>GST) | <input type="checkbox"/> <b>Early Bird</b><br>Up to 23rd October 2026       | <b>\$1650</b><br>(inc<br><b>\$150.00</b><br>GST) |
| <input type="checkbox"/> <b>Full Registration</b><br>From 24th October 2026 | <b>\$2030</b><br>(inc<br><b>\$184.55</b><br>GST) | <input type="checkbox"/> <b>Full Registration</b><br>From 24th October 2026 | <b>\$1800</b><br>(inc<br><b>\$163.64</b><br>GST) |

Enquiries re Registration: Thomas Luke: [satraining@aaimh.org.au](mailto:satraining@aaimh.org.au)  
Enquiries re Training: Sally Watson or [satrainingcoordinator@aaimh.org.au](mailto:satrainingcoordinator@aaimh.org.au)

**REGISTER NOW TO SECURE YOUR PLACE**

**Registrations close Monday 16<sup>th</sup> November 2026**

**Early bird rates close Friday 23<sup>rd</sup> October 2026**

**How to Register**

1. Pay with credit card using the relevant workshop link or pay by bank transfer with event reference number **F32** and **your name**.
2. After payment, finalise your booking by completing the registration form at the following link: <https://forms.gle/PNzAn6D1YCgEyeAd9>
3. Your place is only confirmed once payment is made and registration form is completed

**PAYMENT OPTIONS**

Pay via Credit Card at

<https://www.dramatix.com.au/events/2424>

OR

Bank Transfer BSB 105 148 Acc No 020 405 040 and Reference **Event F32** with **your name**

**TO BECOME AN AAIMH MEMBER GO TO** <https://www.aaimh.org.au>

**CANCELLATION & REFUNDS:** Up to 2 weeks in advance- 80% refund. Less than 2 weeks – No refund but replacement possible