



Anna Freud

MBT Practitioner Status Pack

Form: Obtaining MBT Practitioner Status

To become a certified MBT Practitioner, you will need to evidence the following requirements detailed in the MBT Quality Assurance Manual:

1. MBT practitioner trainees must have an existing qualification in a mental health profession, good knowledge of mental disorders, particularly personality disorder, and previous experience of conducting psychological therapy with individuals and/or groups.

In the absence of recordable professional registration (core profession), applications for the MBT Practitioner training may be considered from people who can provide written evidence of:

- a) suitable clinical experience as outlined above.
- b) employment in NHS or other mental health services in a substantive clinical post at band 5 (NHS Agenda for Change) or equivalent or above.
- c) managerial agreement that MBT training and delivery of MBT is part of their current job plan.
- d) the clinical governance that is in place to support them i.e., confirmation that clinical and managerial supervision is in place and that they will be training alongside a group of other MBT trainees who can meet for peer supervision in addition to the supervision outlined above.

On receiving a positive supervisor report, they will be recorded on the Anna Freud register as 'Associate MBT Practitioner (without core profession)'. Their approval is specific to the post that they are in at the time of undertaking and completing the MBT training and is not transferable beyond their current job role (unless future job role requirements can be demonstrated as above).

Clinicians who later go on to gain a qualification which leads to professional registration can have their associate practitioner status re-evaluated if:

- a. They are currently working in a role where MBT is implemented as outlined in the MBT quality manual.
- b. They have met the MBT CPD (Continuing Professional Development) requirements as outlined in the MBT quality manual.

2. MBT practitioner trainees must read the MBT manual and have attended a 3-day basic introductory course.

3. Attended a recognised 2-day practitioner certificate course (formerly advanced course) approximately 6 months after the 3-day basic MBT training.

4. Delivered a 12-18-month MBT treatment to two individual patients and 1 group. Twenty-four weeks of each treatment must be supervised by a supervisor on the Anna Freud MBT Supervisor List. The patients should have complex emotional and interpersonal problems associated with developmental trauma.

Where full MBT services are yet to be established (12-18 month individual and group MBT programme) trainees can work towards either 'Individual MBT Practitioner' or 'Group MBT Practitioner' status by delivering an MBT intervention of 12-to-18-months duration to:

Four Patients or two groups (supervision requirements as above).

Delivery of MBTi does not count as a clinical case and is an additional requirement (see below item 5)

5. Participation in or working knowledge of MBT-Introductory group or Socialisation to MBT model in individual sessions.

6. Supervision of the cases with an Anna Freud approved supervisor. Supervision from at least **2 Supervisors** is required. (Applicants who attended and completed the NHS England (formerly HEE) funded formal MBT Training programme (course work and supervision) require a report only from their primary supervisor).

7. Receipt of MBT Supervision conducted either individually or in a group format. Each trainee must receive at least 4 hours supervision for each case.

8. Some sessions of each treatment must be recorded (video). If video is impractical audio recording is acceptable if agreed with supervisor. A minimum of three 15-minute sections for each MBT treatment case (one beginning, middle and end of treatment) selected by the trainee will be submitted for formal review to supervisor/s with reference to MBT competencies.

This will mostly take place in the live supervision sessions but may also involve submitting whole session recordings to your supervisor as needed to demonstrate competence in the model throughout a whole individual and group session.

9. A reflective written statement must be produced on completion of each case.

10. A satisfactory supervisor's report must also be provided.

Please tick the box to indicate that you can meet each requirement and **provide either a certificate or reference/e-mail from your training institution or supervisor as evidence that you meet the above criteria. Without this information it will not be possible to acknowledge MBT Practitioner status.**

Once you have compiled the required certificates and references, please email them, marking clearly which requirement each of the documents refers to. Send to MBTSCM@annafreud.org

If you have any questions, please contact MBTSCM@annafreud.org

Signature:

Date:

* For trainees funded by the NHSE programme aiming to increase access to evidence-based treatments:

Clinicians who are not yet able to deliver a full MBT group and individual programme, may work with patients with complex emotional and interpersonal problems on a 1:1 basis to learn and demonstrate their competency in MBT interventions for individual MBT. **This can only take place in health services where there is written consent from the clinical service manager and the patients in treatment.**

Levels of MBT Practitioner Status

On successful completion of the MBT training and development programme, people who worked with individuals or group only, will receive a certificate stating that they have demonstrated competence in the delivery of MBT with individuals or group - MBT Practitioner (individual) or MBT Practitioner (Group). People who work with both individual and group, on successful completion of the training trajectory will receive a certificate stating that have demonstrated competence in the full delivery of MBT - MBT Practitioner (individual and group).

Supervision Logbook

With thanks to Rachael Line and Emma Hickey who drafted these forms for supervisors.

Date & MBT Approved Supervisor	Video Presented Y/N	Duration	MBT Clinical Work Accomplished PLUS focus of supervision and specific learning
16.10.2018 with Joe Bloggs	N	90 minutes (group supervised)	<p><i>Group: 40 sessions of a MBT Group (7 participants) Between 03/2019 and 03/2020</i></p> <p><i>Patient 1: 39 sessions of 1:1 MBT treatment (Between 03/2019 and 03/2020)</i></p> <p><i>Patient 2: 26 sessions of 1:1 MBT treatment (Between 10/2018 and 06/2019)</i></p> <p><i>Patient 3: 24 sessions of 1:1 MBT treatment (Between 03/2019 and 08/2019)</i></p> <p><i>Patient 4: 1:1 Treatment 07/01/2020 to date (treatment ongoing)</i></p>

Date & MBT Approved Supervisor	Video Presented Y/N	Duration	MBT Clinical Work Accomplished

Reflective Statements

Please complete a reflective statement for each of your cases covering the following:

1. Your thoughts on overall adherence to the model
2. What was challenging about application of MBT in this case
3. Specific learning.
4. Going forward, what would you do differently?

Mentalization Based Treatment (MBT) Supervisor Report

Name:

Organisation(s):

Clinical Supervision

Name of MBT supervisor

Number of hours supervision received

Clinical work

Number of individual clients seen for 24 plus sessions of MBT

Number of individual clients with diagnosis of Borderline Personality Disorder seen for 24 plus sessions of MBT

Number of MBT groups delivered for 24 plus sessions

MBT competencies

Description	Competent?	Comments
1. Sessional Structure: Engagement/warmth, identifying priorities, go around in group, identifying focus, closure of session		CPD Need:
2. Not Knowing Stance: authenticity, genuine interest, appropriate uncertainty /knowing, open questions, “what” rather than “why”, conversational		CPD Need:
3. Mentalizing Process: Empathic validation, acknowledging + mentalizing, managing arousal and form of session, contrary moves, parking in group		CPD Need:
4. Identifying and working on non-mentalizing modes: Psychic equivalence, pretend mode, hypermentalizing, teleological mode		CPD Need:

<p>5. Mentalizing affective narrative: Clarification, affect identification, affect focus, affect & interpersonal events, clarification of group's perspectives, interpersonal affect recognition in group</p>		<p>CPD Need:</p>
<p>6. Relational Mentalizing: Mentalizing the relationship Pt/Th/ Group Members</p> <p>Mentalizing counter-relationship Pt/Th/Group Members</p>		<p>CPD Need:</p>
<p>7. Mentalizing-focused Formulation: Appropriate elements of relational formulation, mentalizing process around co-construction, suited to Pt mentalizing capacity, reviewed as appropriate.</p>		<p>CPD Need:</p>
<p>Date of completion:</p> <p>Signature of Supervisor:</p>		

CV

Please include an up-to-date copy of your CV in the space provided below. Please include your employment history, core profession and any relevant CPD.