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MBT-C Practitioner Status

Submission guidelines for case formulation letter and reflective commentary

Instructions

Before submitting your brief case formulation and reflective commentary along with the video/ audio clip of your selected session, be sure you have the written agreement of your first supervisor that you are ready to submit material for approval as an MBT-C Practitioner. You can download a Practitioner Application form from the MBT-C training pages for your supervisor to sign.

Send this completed application form along with your selected video/ audio recorded session and formulation letter and reflective commentary on a word or PDF document to your second supervisor. Be sure any identifying details have been anonymised and confirm with the supervisor the most secure format for sharing this material, and if applicable, meeting any requirements from your work setting.

MBT- C brief case review and formulation

The aim of the brief case review and formulation in MBT-C is to summarise your understanding of the child and family and to clarify the mentalizing strengths and needs and use this information to establish the main metaphor or focus formulation for further work together in MBT-C. When writing the case review try to evidence your thinking, making reference to your observations and experiences from the assessment sessions.

The brief case review formulation should include the following information and aim to be between 1,500 -2,500 words. Where possible try and reference your observations and experiences from the assessment sessions.

The case review and formulation **begins** with a **brief** description of the child and family constellation and should be no more than 400 words. This is followed by a brief description of the reasons for referral which should be more than 300 words.

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The **middle section** of the case review formulation will focus on your observations from the assessment and sessions and will aim to address the following areas.

- Your understanding of the child's temperament, emerging personality and attachment style, commenting on how they experience themselves in relationship to others and their perceptions and expectations of others. This might include some commentary on how you experienced the child, and how you understood them to experience you in the assessment sessions and how they responded to your interest in them and their family.
- Your understanding of the child's mentalizing capacities, making reference to the building blocks of mentalizing (attention control, affect regulation, explicit mentalizing). This might also include some commentary on the child's preferred or predominate functioning in the pre-mentalizing modes and might also include some commentary on their play.

The **closing** of the case review and formulation will describe main metaphor or agreed area of focus for therapy and how it emerged out of the observations and the information you obtained during the assessment process. This should detail how you, the child and family collaborated and came to a focus formulation or the main metaphor for therapy, which will give meaning for the therapy and what it hoped will be developed throughout therapy. Please see your training handouts and MBT-C book for further details.

MBT-C reflective commentary on selected audio/ video recorded material from the middle or later sessions of MBT-C

The reflective commentary aims to open a dialogue between yourself and the supervisor viewing your selected sections and is an opportunity for you to reflect on the **therapeutic process.** In this way, we are not looking for your 'best moments'! Rather, your capacity to employ a mentalizing stance and attempts to use mentalizing techniques and reflect on the impact of these efforts. Where possible try to use your knowledge and understanding of mentalizing theory and practice to describe and explain your understanding of what is happening.

Your reflective commentary should begin by noting the phase of treatment (this should not be from the assessment period) and any relevant details which might contextualise the session. For example, commenting on your understanding of the therapeutic process at this moment in time and potentially how this differs from

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your earlier assessment, where are you at now in the therapy. **This should be brief, no more than a paragraph or two.**

Then select **2 segments**, no more than **8 minutes each**, note the time markers for each section.

For each segment, where appropriate, succinctly comment on the following with **each segment commentary should be between 350 - 500 words.**

- Identify a non-mentalizing interaction (psychic equivalence, pretend, teleological, misuse of mentalizing, hyper mentalizing) and/ or a moment of effective mentalizing.
- Comment on the quality of mentalizing/ non-mentalizing, noting the mentalizing dimensions in use by the child and yourself.
- Consider and comment on the developmental level of the adolescent's mentalizing efforts (attention regulation, affect regulation mentalizing).
- Notice any changes in the quality of mentalizing and what might have influenced or impacted on any shift from mentalizing to non-mentalizing or vice versa, referencing the material to evidence this.
- Describe your experience of the interaction and reflect on how you responded. Were you able to remain in a mentalizing stance? What might have made this difficult?
- Comment on any mentalizing technique or intervention used and what prompted you to use this. For example, therapist use of self, support and empathy, psychoeducation, clarification, challenge, empathic validation, pausing, slowing down, mentalizing the relationship, or shifting the focus or dimension of mentalizing to support staying on mentalizing trajectory, working with elements of trauma. You may not have known this in the session but can reflect upon it now.
- Consider the developmental level (attention regulation, affect regulation mentalizing) of your intervention.
- Discuss the impact of your intervention and if you might do anything differently now.

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Feedback on case review and formulation and reflective commentary submission for MBT-C Practitioner Status

Your supervisor will review your two selected segments as well as viewing a third randomly selected 8-minute segment. They will provide brief written responses to your commentary and where appropriate, offer alternative perspectives. Further brief feedback will be offered on the randomly selected segment. In cases where the supervisor is not certain the material shown adequately confirms the presence of a mentalizing stance and use of techniques to support mentalizing, they will review a fourth 8-minute segment.

Your supervisor will sign and return to you the Practitioner Status application confirming you have achieved MBT-C Practitioner Status. You can then send the form to **mbtcyp@annafreud.org** and issue your certificate for Practitioner Status and have your name included on the register of MBT-C Practitioners. If your supervisor confirms that further practice is needed before registering as a Practitioner, clear guidance on areas to develop will be provided.

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