



## **Distinguished Clinicians Series: Mentalization-Based Approach to Group Psychotherapy**

**Presenter: Peter Fonagy, PhD**

**Friday, February 07, 2020**

**12 pm to 2 pm**

**The Menninger Clinic  
12301 Main Street  
Houston, Texas 77035**

*Peter Fonagy, Ph.D., FBA*, is the Freud Memorial Professor of Psychoanalysis and head of the Research Department of Clinical, Educational and Health Psychology at University College London and chief executive of the Anna Freud Centre, London. He holds a visiting position at the Child Study Centre at Yale University. He is a Fellow of the British Academy and currently chairs the Research Board of the International Psychoanalytic Association. His work integrates empirical research with psychoanalytic theory, and his clinical interests' center around borderline psychopathology, violence and early attachment relationships. He has published more than 500 peer-reviewed articles and chapters and has authored or edited 27 books, including *Mentalizing in Clinical Practice*, *Social Cognition and Developmental Psychopathology* and the forthcoming *Handbook of Mentalizing in Clinical Practice*. He serves on the editorial boards of *the International Journal of Psychoanalysis*, *Psychological Issues*, and *Bulletin of The Menninger Clinic*.

### **Learning Purpose/Goal**

This lecture will look at the techniques associated with mentalization based treatment approach for group psychotherapy. It will focus on the aims of group therapy as well as the specific techniques and processes used by MBT group therapists to enhance mentalizing in a range of patient groups. We will cover the introduction to mentalizing groups (MBT – I) which is a structured approach taken usually before initiating individual and group therapy using an MBT approach. We will discuss specific alternative structures which developers of MBT have adopted in relation to group therapy including the structured approach developed in Norway and the more psychodynamic approach taken by colleagues in the Netherlands. The lecture will include a demonstration of recordings of group therapy taken as part of the trial of MBT for antisocial personality disorder currently ongoing in UK probation services.

### **Learning Objectives**

At the conclusion of this live presentation, participants should be able to:

1. Participants will acquire knowledge concerning unique features of the MBT approach to group psychotherapy.
2. Participants will be able to identify key features of the MBT – I approach to introducing patients to the nature of mentalizing and the basis for mentalization oriented therapy.
3. Participants will be able to recognize, and practice simple techniques developed by structural group therapists using MBT.
4. Participants will develop an appreciation of the difference between MBT and other dynamic approaches to group psychotherapy.

## Target Audience

Physicians, Psychologists, Social Workers, Licensed Professional Counselors, Addictions Professionals (all experience levels)

## Continuing Education Credit

Successful completion of this activity requires:

1. Attendance for 100% of the activity
2. Completion of activity evaluation
3. Completion of an Application for Continuing Education Credit

**Two (2.0) Credit/ Contact/Clock Hour have been designated by The Menninger Clinic for the following disciplines:**

**Physicians:** The Menninger Clinic is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Menninger Clinic designates this live activity for a maximum of **2.0 AMA PRA Category 1 Credit™**.

**Psychologists:** The Menninger Clinic is approved by the American Psychological Association to sponsor continuing education for psychologists (**2.0** credit hours). The Menninger Clinic maintains responsibility for this program and its content.

**Social Workers:** The Menninger Clinic, Provider #4586, is approved by the Texas State Board of Social Worker examiners to offer continuing education for Social Workers. This activity is offered for **2.0** continuing education contact hours for social workers. We adhere to the Texas State Board of Social Worker Examiners Continuing Education Guidelines.

**Addiction Professionals:** Menninger is approved by the TCBAAP Standards Committee, Provider No. 1741-06, one (**2.0**) hour general. Expires 7/2020. Complaints about provider or workshop content may be directed to the TCBAAP Standards Committee, 401 Ranch Road 620 S., Suite 310, Austin, Texas 78734, fax number 888-506-8123.

**Licensed Professional Counselors:** The Menninger Clinic has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5139. Programs that do not qualify for NBCC credit are clearly identified. The Menninger Clinic is solely responsible for all aspects of the programs.



## Certificates

- Continuing Education Certificates will be emailed upon completion of the event.
- Certificates of Attendance will be awarded for participants in disciplines other than above.

## Register Today

**Fee for this session is \$50 for professionals/\$25 for students**

Please sign up in advance so we may provide you with an optimal educational experience. Below is the link to registration. Please fill out all registration fields in their entirety so we can ensure we provide you with the correct continuing education certificate. We look forward to you joining us!

<http://themenningerclinic.camp9.org/event-3634336>

## Additional Information

- For continuing education information or assistance with registration or payment, ADA or lactation needs, please contact Michelle A. Taylor at The Menninger Clinic at [mataylor@menninger.edu](mailto:mataylor@menninger.edu)
- A full refund upon written request if requested at least a week before the date of the live event. In the unlikely event, the event is canceled; prepaid registrants will be given a full refund.