

Report for The Foundation for Professionals in Services to Adolescents.

Situation

I am very grateful for the award granted to me, which enabled me to attend the 2 day course in Mentalization Based Treatment for Adolescence (MBT-A) at the Anna Freud Centre in London 18-19 April 2015

Background

Part of my job in my first post (1996) as a qualified OT was to provide to a daily OT service to what was in effect an Intensive Psychiatric Care Unit, within the main hospital. Patients in this unit were deemed unable to attend the main OT department. I quickly learned that my basic Occupational Therapy training needed to be supplemented if I wanted to be in a position to offer the individuals needing this level of care with a useful service. In the absence of training to meet this need I read widely, becoming increasingly interested in the field of Personality Disorder and approaches to treatment.

In my work with adolescents I have pulled on various aspects of my training, self directed study and experience to try and find ways of helping those individuals in acute psychic pain be more able to reflect and soothe themselves. I eventually became aware of MBT and in particular the work of Anthony Bateman and Peter Fonagy with its focus on attachment difficulties. In their work I have found a framework for better understanding misunderstanding.

Assessment

The standard of instruction on the course was of a very high calibre and I was particularly fortunate that on this occasion that the course was led by Peter Fonagy one of the founders of Mentalization Based Approaches as well as Dr Trudie Rossouw who is a Consultant in an inpatient adolescent unit in London. This meant that the training had a particularly helpful slant toward the inpatient setting

Plan

- In terms of using my training I have formulated the following plan
- Continue using MBT-A individual and group work to help young people overcome barriers to occupation and engagement (I am keeping a regular reflective log of examples of when I can demonstrate the use of MBT-A techniques in my work)
- Raise the profile of MBT-A within the adolescent inpatient setting across Scotland. To this end I spoke about my MBT-A training at the last (Scottish) National Inpatient Forum in Edinburgh on 13/05/16
- I also helped to organise the CPD event at this forum which an Introduction to MBT given by Dr Louise Duffy who is the Consultant Clinical Psychologist at Edinburgh YPU (Adolescent psychiatric inpatient Unit) and a champion of the approach with adolescents.
- I have taken the lead in setting up a small working party to use and promote MBT-A within our unit and the wider North of Scotland Network and we are due to have our first meeting on June 8th
- I would like in the future to write an article on the compatibility of MBT with the practice of Occupational Therapy