

## **Mentalisation Based Treatment with Families.**

**Online zoom course for six half days ( 1pm- 4pm) with The Anna Freud Centre.**

Adoption Support Social worker with One Adoption South Yorkshire.

I completed this training on the 3<sup>rd</sup> October, the course has not given me status as an 'MBT practitioner' however \*it has equipped me with the skills to utilise this approach when working with families in adoption support. It has also given me access the Anna Freuds manuals around MBT.

I applied to this training as I have been using some mentalisation approaches in my work with families already and I recognised that it was working well, I therefore wanted to harness more of the skills and become more confident in my use of the tools. I also intend to share the tools within my team and have already started to do this for example sharing the role reversal activity.

I applied to the course because in my experience families like mentalisation and it is something innately human that we all do but we just need to practice doing it more often. So far in adoption I find that mentalising is key for understanding misunderstandings and improving relationships and communication between children and their families. I attended the training with the view that I can utilise the skills within my own team and that we can support more adoptive families this can avoid disruptions and help to create empathy and understanding.

The training was online and there was a good mix of online activities such as small group discussion, large group discussion, videos and also role play to help us embed the theory and the skills. The trainers were knowledgeable and you had a sense that they really enjoyed delivering the work as they were passionate and asked lots of questions as well as giving us good feedback.