

### **Mentalization-Based Therapy for Adolescents (MBT-A), held by the Anna Freud Centre**

Thank you very much for kindly funding my training. As a clinical psychologist working with young people, I am regularly looking for ways to improve my skills to ensure the best outcomes possible for those I work with.

In October this year, I attended three days of training in Mentalization-Based Therapy for Adolescents (MBT-A), held by the Anna Freud Centre. The training afforded me the skills to use this type of therapy with young people with a range of mental health difficulties.

The training was led by Dr Trudie Roussouw and Dr Maria Wiewe; both renowned in child mental health and experts in mentalization-based treatments. The training covered a broad range of related topics. The first two days focused mainly on the underlying theories of mentalization-based approaches, as well as issues regarding adolescent development so that we could consider how to apply the theory and therapy to issues specifically more likely to affect adolescents. In the third day of the training, we focused on the practical application of the therapy, including how to adapt for working with families. I found this to be especially helpful, because in my work with young people I often find it very important to include key family members in the therapeutic work.

Going forward, I will be using mentalization-based approaches with adolescents and families, particularly in cases where there is history of trauma and maltreatment, such as in looked after and adopted young people. The Anna Freud Centre offer specialist supervision in MBT-A, so I will make use of this in order to work towards the next stage of becoming an accredited MBT-A practitioner.