

MBT-A Mentalization-Based Treatment for Adolescents with Relational Trauma

Date: August 3-5,

Time: 9am-4pm



COURSE OVERVIEW

This training provides an advanced introduction to the application of **Mentalization-Based Treatment for Adolescents (MBT-A)** in clinical work with young people who have experienced relational trauma, including abuse, neglect, attachment disruption, and bullying.

Early relational trauma can significantly disrupt the development of **mentalizing capacities**, contributing to **emotional dysregulation, interpersonal difficulties, and complex psychopathology**. MBT offers a theoretically grounded and evidence-informed framework for understanding and treating these difficulties within therapeutic and caregiving relationships.

The course will introduce the core principles and clinical applications of MBT-A, with particular attention to **trauma, attachment, emotional regulation, reflective functioning**, and the restoration of **epistemic trust**. Participants will also explore practical strategies for supporting both adolescents and their caregivers in strengthening emotional and relational capacities.

LEARNING OBJECTIVES

By the end of the training, participants will be able to:

- Understand how relational trauma impacts mentalizing capacities and contributes to child and adolescent psychopathology.
- Recognize pre-mentalizing modes and emotional dysregulation within the clinical encounter.
- Apply core MBT principles and techniques when working with traumatized children and adolescents.
- Develop therapeutic strategies for engaging caregivers and strengthening attachment relationships.
- Integrate a developmentally informed mentalization-based perspective into clinical formulation and treatment planning.



Mark Dangerfield, PhD

Clinical psychologist and psychotherapist and Director of the University Institute of Mental Health Vidal i Barraquer at Ramon Llull University.

He has worked for more than 25 years in the public mental health system in Barcelona, with a particular focus on adolescents presenting with clinical complexity and relational trauma.

At the Vidal i Barraquer Foundation, he led the development of the ECID (Home-Based Clinical Intervention Team), an intensive outreach service for adolescents who struggle to engage with conventional services.

His clinical and training work is grounded in AMBIT and MBT-A, for which he is an accredited trainer and supervisor through the Anna Freud Centre in London.

REGISTRATION

Course fee: **EUR 750 / NZD 1480**

To register, please use the following QR code, or write to **imagina.mentalizar@gmail.com**



For more information visit: **www.imaginamentalizacion.com**

MBT-C Mentalization-Based Treatment for Children with Autism Spectrum Conditions



Date: August 6-8,

Time: 9am-4pm

COURSE OVERVIEW

This three-day training introduces clinicians to the application of **Mentalization-Based Treatment for Children (MBT-C)** in clinical work with **children on the autism spectrum (Autism Spectrum Conditions / ASD)**.

Autistic children frequently experience significant challenges in social understanding, emotional regulation, and interpersonal communication. These difficulties can be understood not only from a neurodevelopmental perspective but also in terms of the development of **mentalizing capacities** within relational contexts.

Mentalization-Based Treatment offers a framework for supporting the development of **reflective functioning, emotional understanding, and relational engagement**, while maintaining a **neurodiversity-informed perspective** that respects and values differences in cognitive and social processing.

This training explores how MBT-C principles and techniques can be adapted to the clinical work with autistic children and their families. Particular attention will be given to therapeutic stance, scaffolding of mentalizing processes, work with caregivers, and collaboration with schools and educational environments.

The course will combine **theoretical input, clinical discussion, and applied examples**, supporting participants in integrating a **mentalization-based approach into their work with autistic children and their caregiving systems**.

LEARNING OBJECTIVES

By the end of the training, participants will be able to:

- Understand the relationship between autism, social cognition, and mentalizing capacities.
- Conceptualize the emotional and relational difficulties experienced by autistic children from a developmental mentalization-based perspective.
- Apply core MBT-C principles and techniques in therapeutic work with autistic children.
- Recognize and support breakdowns in mentalizing within interactions with autistic children.
- Develop collaborative strategies for working with parents and caregivers.
- Integrate schools and educational systems into the child's therapeutic network.
- Adapt the mentalizing stance to the communication styles and relational needs of autistic children.



Norka Malberg, PsyD

Psychotherapist, psychoanalyst, and certified trainer and supervisor in Mentalization-Based Treatment for Children (MBT-C), Adolescents (MBT-A), and Families (MBT-F).

She is also Assistant Clinical Professor at

REGISTRATION

Course fee: **EUR 750 / NZD 1480**

To register, please use the following QR code, or write to

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the Yale Child Study Center, Yale University School of Medicine. She trained at the Anna Freud Centre in London and completed her doctoral research at University College London.

She is one of the developers of Mentalization-Based Treatment for Children (MBT-C) and author of *Working with Parents in Therapy: A Mentalization-Based Approach (APA)*. Dr. Malberg currently serves as Director of IMAGINA – Centre for Applications of Mentalization in Barcelona.