

## **Therapeutic Intervention Worker, Specialist Looked After Children Team**

**Training Details** - 6 x half days (online) with the Anna Freud Centre for Children and Families, London

**Role and hope for the Training:** I work as a therapeutically trained Specialist Social Worker on a team that works with Looked After Children and their carers and wider network. We are a multi-skilled and diverse team. We regularly experience difficulties in successfully engaging with some teenagers. These are the teenagers who are hyper-vigilant and who find it difficult to move from a default position of mistrust to trust.

Having undertaken some carer focussed MBT training some years ago, I was keen to add to this by attending the adolescent focussed MBT training. This is because MBT-A particularly looks at and equips practitioners in how to identify and work with issues of trust in the therapeutic relationship.

My hope was that MBT-A would provide me with a model/framework/approach that would support me to engage this client group more authentically and effectively.

### **The Training**

- To understand why adolescence is a critical period and how mentalizing theory can help us to understand the developmental needs of young people.
- To learn about the key features of MBT-A and how to apply them in your work with adolescents.
- To promote practitioner abilities in employing a ***mentalizing stance*** in work with adolescents and families.
- To develop practical skills in employing MBT-A techniques in working with adolescents to support the young person in restoring and maintaining their ability to accurately represent the minds of others as well as themselves, lessening impulsivity, and interpersonal distress.

I would highly recommend the training to others. It was delivered with a high degree of professionalism; it was engaging, informative and thorough.

### **Application of the learning in practice:**

Prior to undertaking the course, I was already using some of the Mentalization based approach that I had learnt on the previous training that was carer focussed. However, this course had equipped me with so much more to enhance my practice with adolescents. I now have the understanding of and skills to assess development in relation to Mentalization and will also be using the MBT-A formulation process to really think about the young person's mentalizing capacity at the beginning of the work.

Some of the adolescents we work with do not feel able to access and look at their past trauma but desperately want to have better relationships in the here and now. MBT-A is an approach that can offer this. This is important as it allows me to respect the young person's wishes if they express that they do not feel able/want to think about past traumatic experiences.

Thank you FPSA for providing me with this opportunity.