

MBT-A Supervision for 12 months

The completed supervision for 12 months has enabled myself and my Clinical Psychology colleague, Dr Emily Goodwin to near the end of completion of becoming accredited MBT-A practitioners. The supervision with Holly Dwyer- Hall (Anna Freud Centre) has allowed us both to be supported with 4 cases using an MBT-A framework. Holly has required us to submit 2 videos of sessions each which were critically discussed and will need to be submitted to the Anna Freud Centre. Holly has ensured us that our material presented will lead to us both receiving accredited status, with a next plan to become MBT-A supervisors.

The supervision has been immensely helpful in both allowing us to become accredited, but also in supporting the 4 very complex young people with this model, as well as future cases that this can now be applied to.

In addition, it has allowed me to think about the use of MBT in my new CAMHS pathway, for those with neurodiversity.