MBT Foundations: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



MBT Foundations: Facilitator Pack

Teaching the course to a group

A facilitator pack · 2 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “MBT Foundations” on Talking Therapies UK Training & CPD and its course book. It is drawn from the course and is kept current with it: whenever the course changes, the pack is set again.

This printing was set on 27 October 2026 from the course as it stood that day.

A note on teaching from this pack. It supports qualified trainers and supervisors teaching within their competence. Running the course from it does not award the course’s CPD certificate, which participants gain by completing the course online.

Set in Poppins and Roboto, the Talking Therapies UK typefaces.

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How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “MBT Foundations” to a group: a session for each of its 2 modules, with timed plans, the points to draw out, group activities and discussion questions, the course’s assessment with answers, an attendance register and an evaluation form.

Part 1 sets out the course and how to plan it. Part 2 has a timed plan for each session, built from the course’s own modules, lessons and practice tasks; read it with the module it teaches. Part 3 holds the course’s assessment with its answers, an attendance register and an evaluation form.

What this pack covers

- Plan the course as 2 sessions
- Follow a timed plan for each session
- Draw out each lesson’s key points
- Run each lesson’s practice task as a group activity
- Check understanding with the course’s own questions
- Keep a register and gather evaluations

PART 1

Planning the course

What the course covers, who it is for, and how to run it.

CHAPTER 1

About MBT Foundations

This comprehensive foundation course provides clinicians and trainees with a rigorous introduction to Mentalisation-Based Treatment, a modality rooted in the understanding that mentalising is a fundamental human capacity to interpret the behaviour of oneself and others in terms of mental states. You will explore the multidimensional nature of mentalising, examining how this capacity operates under optimal conditions and how it frequently breaks down or becomes distorted when faced with attachment stress or overwhelming emotions. The curriculum delves into the developmental origins of mentalising, illustrating how early attachment experiences shape our ability to make sense of the world and others. Building on this theoretical framework, the course elucidates the pivotal role of attachment theory within the MBT model, demonstrating how insecure attachment patterns can impede mentalising and lead to interpersonal difficulties. You will examine the robust evidence base supporting the efficacy of MBT, particularly in the treatment of Borderline Personality Disorder and other complex personality difficulties, gaining insight into the therapeutic outcomes associated with this integrative approach. The training clarifies the structural components of MBT, helping you understand how the treatment is organised to foster psychological change. Central to the MBT philosophy is the distinctive not-knowing therapeutic stance, a posture of curiosity and humility that allows the clinician to stay alongside the patient without premature interpretation. You will learn how to cultivate this stance, creating a safe mentalising space where the patient can explore their experiences. This course establishes the essential clinician attitudes required for MBT, ensuring you are well-prepared to progress to the advanced practitioner course on MBT technique. No prior experience with MBT is required, making this an ideal starting point for those seeking to deepen their understanding of mentalising and attachment.

By the end of the course, participants will be able to

- Define mentalizing and its four dimensions, and describe effective mentalizing in ordinary life
- Explain how attachment activation switches mentalizing off, and why that matters in therapy
- Recognise the non-mentalizing modes: psychic equivalence, teleological mode and pretend mode
- Describe how mentalizing failure produces the phenomena of personality difficulty
- Adopt the mentalizing stance: curious, not-knowing and actively enquiring
- Monitor your own mentalizing lapses in session and recover them

Who it is for

The course is pitched at practitioners and trainees meeting the subject for the first time, and colleagues in allied roles who want a grounding in it.

At a glance

- 2 sessions of about 210 minutes, one for each of the course's modules.

- The online course is accredited for 7 hours of CPD.
- Each participant needs the course book, or access to the online course, for reading between sessions.

CHAPTER 2

Planning the sessions

Run one session for each module, a week or a fortnight apart, so that participants can read the module and try its practice task between sessions. The sessions can also be run as a block over two or three days.

OVERVIEW

The course at a glance

Session	Module	Lessons	Time
1	What mentalising is	5	210 minutes
2	The MBT approach	5	210 minutes

The group

- Six to sixteen participants: enough for small-group work, few enough for everyone to contribute.
- Agree ground rules at the first session: confidentiality, respect for different experience, and how participants will speak about their own clients (with nothing that could identify them).
- Ask before the course about access needs, and send any reading a week ahead.

What you need

- A copy of this pack, and the course book or the online course for each participant.
- A flipchart or whiteboard, and space for groups of three or four to work.
- Printed copies of the attendance register and the evaluation form in Part 3, which you may copy for the groups you run.

Keeping it safe

Training about psychological difficulties can bring up participants' own experience. Say at the start that anyone may step out, have someone available to talk to afterwards, and know where to point a participant who is struggling: their GP, their own supervisor or employee assistance programme, or Samaritans on 116 123.