MBT in Practice: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



MBT in Practice: Facilitator Pack

Teaching the course to a group

A facilitator pack · 3 sessions · for trainers

TALKING THERAPIES UK

First edition · 2026

Published by Talking Therapies UK, talkingtherapies.co.uk.

Copyright © 2026 Talking Therapies UK. All rights reserved.

The moral right of the author has been asserted. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means without the prior written permission of the publisher, except for brief quotations in a review, and except that the licensee may copy the session plans, the attendance register and the evaluation form for the groups they run.

First edition, 2026.

This pack accompanies the course “MBT in Practice” 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.

Contents

How to use this pack 1

Part 1 Planning the course 3

1. About MBT in Practice 4
2. Planning the sessions 5

How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “MBT in Practice” to a group: a session for each of its 3 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 3 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 in Practice

Mentalisation-Based Treatment lives or dies in the moment-to-moment conduct of the session, and this intermediate course trains exactly that. Written for clinicians who hold the foundations, the model, the stance, the theory of mentalising and its collapse, it teaches the practitioner craft of MBT: what to say, when, at what depth, and how to recover when the capacity you are treating disappears in front of you.

The first module works the intervention spectrum from the surface down: empathic validation that is earned by accuracy rather than offered as manner, clarification and affect elaboration that keep feeling and thinking connected, and the disciplined use of the therapy relationship itself, mentalised live, when arousal allows, as the treatment's most powerful instrument. The second module teaches the session's regulation craft: reading the arousal window continuously, bringing a flooded or shut-down patient back into range before attempting meaning, recognising the tell-tale modes of mentalising collapse, and running the stop-regulate-rewind repair that turns breaks in the work into the work itself. It closes with the structures that hold everything: the shape of an MBT session, the interlocking of individual and group formats, and the common challenges of real programmes met with practical answers.

Substantial written lessons with key points and practice tasks at session level, supported by a study tutor, with a final assessment and a personalised certificate on passing. For practitioners who want their MBT to survive contact with a difficult Tuesday.

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

- Structure MBT: trajectory, formulation and the session-by-session frame
- Use the MBT intervention spectrum, from empathic validation to mentalizing the relationship
- Work with arousal: reduce it when mentalizing collapses, raise engagement when pretend mode flattens it
- Interrupt non-mentalizing modes and restore mentalizing in the moment
- Mentalize the therapy relationship, including your own contribution and mistakes
- Handle crises and self-harm mentalizing-first within a coherent care plan

Who it is for

The course is pitched at practitioners with a foundation in the subject who want to apply it with more confidence.

At a glance

- 3 sessions of about 195 minutes, one for each of the course's modules.
- The online course is accredited for 10 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	Validation, Clarification, and Mentalising the Relationship	4	195 minutes
2	Deepening Self Mentalising and Session Processes	5	195 minutes
3	Arousal Monitoring and Session Continuity	5	195 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.