

# Introduction to Mentalisation Based Interventions

**Date:** Thursday 7th March 2024

**Venue:** Horizon Leeds, 2 Brewery Wharf, Kendall St, Leeds, LS10 1JR

**Timings:**

**9.00am** Registration

**9.30am** Welcome

**1.00pm** Close

**Course Fee**

£150.00

**Accreditation**

This course is eligible for **3 CPD** hours subject to your peer group approval.

**Suitability**

This course is aimed for mental health and healthcare professionals.

**The Venue**

Horizon Leeds, is approx. 9 minutes walking distance from Leeds train station.

Horizon has a reduced rate for parking at Leeds Dock Citipark. More details will be provided in confirmation email.

T: 0113 85 55638

E: [andrewsimscentre.lypft@nhs.net](mailto:andrewsimscentre.lypft@nhs.net)

W: [andrewsimscentre.nhs.uk](http://andrewsimscentre.nhs.uk)

## About this course

Mentalisation based therapy (MBT) is an evidenced based approach to problems which might attract a 'personality disorder' label. Whilst MBT may be delivered traditionally in a group format, the mentalisation concept which underpins it can inform different interventions and is also viewed as central to more generic, systems based ways of working (e.g. Structured clinical management; adaptive approaches to working with younger people).

Dr Jo Ramsden will introduce you to the key concepts which are central to MBT and provide you with some tools for using 'mentalisation' in your work with service users. This course would aim to provide you with some skills to apply 'mentalisation' to all aspects of work with people who could attract a 'personality disorder' diagnosis.

## Course Objectives

After attending this course you will be able to:

1. Use MBT informed approaches in their work.
2. Understand the relevance of this approach to working with traumatised individuals.
3. Understand how trauma impacts on therapeutic processes.

## About our speaker

Dr Jo Ramsden is a Consultant Clinical Psychologist working in the NHS. She is the Clinical Lead for the cluster of services in Yorkshire/Humberside commissioned to work with people who have received or who could potentially attract the diagnosis of 'personality disorder'. Having worked for over 15 years with people whose problems are grounded in early adverse events and trauma, Jo is particularly interested in the organisational conditions which need to be in place to support complex relational work.

# Andrew Sims Centre Reservation Form

## BOOKING CONFIRMATION

All bookings will be confirmed in writing via email. Further details including programme times and venue information, will be sent approximately 2 weeks prior to the event date via email. Please ensure you have provided an email address as all booking confirmations will take place by email.

## RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee. We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. However, a substitute delegate will be welcomed in your place at any time. For further information on the conditions of booking, please [click here](#).

## FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Stripe and HMA according to the General Data Protection Law ("GDPR"). If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

If you would like to keep up to date with our events and activities, by receiving our fortnightly e-newsletter, please tick [ ]

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**Course Title:** Introduction to Mentalisation Based Interventions

**Course Date:** Thursday 7th March 2023

## Your Details

**Title:**.....

**First Name:**..... **Surname:**.....

**Job Title:**.....

**Speciality:**.....

**Trust/Organisation:**.....

**Work Telephone:**..... **Mobile:**.....

**Email:**.....

**Dietary Requirements:**.....

**Other:**.....

**Signature:**..... **Date:**.....

## Payment Options

**COURSE FEE:** £150.00 [ ]

**ONLINE:** Please visit [www.andrewsimscentre.nhs.uk](http://www.andrewsimscentre.nhs.uk) and pick the course you would like to attend to book and pay.

**TELEPHONE:** With debit or credit card 0113 855 5638

**INVOICE:** Please send a copy of Purchase Order with delegate details/Trust/PO Number to [andrewsimscentre.lypft@nhs.net](mailto:andrewsimscentre.lypft@nhs.net)

**LYPFT INTERNAL TRANSFER & STUDY LEAVE** Please email [andrewsimscentre.lypft@nhs.net](mailto:andrewsimscentre.lypft@nhs.net) with the following information:

Budget Holder Name & Email

Budget Code

Budget Holder Signature

Budget Transfer will occur in **March 2024**

**ALL PAYMENTS MUST BE RECEIVED IN ADVANCE OF EVENT**