IGA Courses (Manchester) in conjunction with The University of Manchester & Group Analysis North

FRIDAY SEMINAR
Friday 9th November 2018, 10.00 a.m. – 3.00 p.m.

What is this MBT Business (and how does it apply to groups)?

Presented by Sue Wallace and Malcolm Kay

Venue: Ellen Wilkinson Building, Manchester Institute of Education, Oxford Road, Manchester, M13 9PL. This seminar takes place in Block A, Ground Floor, Rooms 3/4. Block A is the opposite side to Oxford Road and 3/4 is diagonally opposite the entrance.
Aims of the day:

- A basic understanding of mentalizing and how it develops.
- Identify non-mentalizing.
- Consider mentalization based therapy and its application to groups.

Pre-work:
Students attending the Seminar are asked to do some basic reading beforehand about the clinical presentation of people with borderline personality disorder and their traits and to familiarise themselves with the three non mentalizing modes

- Psychic equivalence
- Teleological stance
- Pretend mode

If students can spot any of these at play in their clinical work between now and the 9th November, Malcolm and Sue would be pleased to hear about them at the seminar.

Required Reading

Additional Reading

Programme for the day

10.00-11.10 Introductions
Presentation: A Whistle Stop Tour of Mentalization, Sue and Malcolm

11.10-11.30 Break

11.30-12.30 Presentation: Application and thoughts on Mentalizing in a group setting, Malcolm and Sue

12.30-1.15 Lunch

1.15pm-2.15pm Small groups

2.15pm-2.20pm Reconvene

2.20pm- 3.00pm Plenary and Questions
Malcolm Kay and Sue Wallace

**Malcolm** recently retired from his post as Consultant Adult Psychotherapist in NHS Grampian after over 30 years in NHS Psychotherapy. With Sue Wallace, he was part of the original MBT Scotland Group who have been applying MBT Skills and teaching MBT skills courses throughout Scotland in association with The Anna Freud Centre. Since 2000, he has been part of a team of group analysts and MBT therapists running an NHS MBT Programme for patients with Borderline Personality Disorder, which has produced some useful research and improved access to psychological therapies in the NHS. He trained as a psychiatric nurse, psychodramatist and then group analyst and also completed the Diploma in Forensic Psychotherapy at the Portman clinic. He has conducted groups in a number of settings and currently works in private practice.

**Sue** is a Senior Psychotherapist and Group Analyst based in a Psychotherapy department in the North East of England. Previously, she worked with a specialist team in Glasgow with Homeless people living with Personality Disorders. Sue was introduced to MBT and immediately appreciated the relevance of this modality to her work. As a registered MBT practitioner and supervisor Sue was part of the first skills training team in Scotland delivering trainings in Aberdeen, Orkney and Shetland as well as to hospital ward teams and third sector organisations in Glasgow. She is currently working to integrate the MBT approach within her department and with MBT colleague and Consultant Psychologist Stuart Mitchell to bring MBT skills to her Trust. Prior to her training in Psychotherapy Sue worked as a lecturer in Management Development and Organisational Behaviour at the University of Northumbria in Newcastle.

**Friday Seminar Staff Team**

Erica Burman: University of Manchester liaison; Small Group Conductor  
Christopher Davies: Friday Seminar Programme Convenor  
Chris McGregor: Small Group Conductor  
Billy Smallwood: Small Group Conductor