

PRE-CONFERENCE ZOOM SEMINAR FOR 2020 ANNUAL  
SCIENTIFIC MEETING

***Introduction to Mentalization: An example of  
theoretical and clinical integration***

PRESENTED BY

**Norka Malberg, Psy.D.**

**Discussant: Mark Dangerfield, Ph.D.**

Friday, November 6, 2020, 12:30 p.m. to 4:00 p.m.



In this pre-conference zoom seminar that also stands on its own, Dr. Malberg will introduce theoretical aspects of mentalization, and how it develops and is addressed clinically, with a special emphasis on borderline-organized patients. “Mentalization” is the capacity to recognize conscious and unconscious states of mind in oneself and others, and Mentalization-Based Therapy (MBT) is an evidence-based treatment that derives from both traditional psychoanalytic concepts and more recent discoveries in attachment and social cognition research. Technical elements of a mentalization -focused intervention will be discussed alongside clinical examples. The presentation seeks to integrate the existing expertise of the participants in order to explore MBT as a framework for psychotherapy integration.

This introduction to the concept of Mentalization and its clinical applications will include:

- The ABC's of MBT : Basic Theoretical Concepts
- The four legs of the MBT Stance: The Therapeutic Stance
- Technical Principles and Clinical Applications

*This pre-conference webinar will meet via Zoom from 12:30-4pm. with one 20-minute break.*

## **LEARNING OBJECTIVES**

1. To identify the three pre-mentalizing modes of functioning and how they manifest in clinical practice.
2. To describe the specific characteristics of an MBT therapeutic posture.
3. To identify and describe the four dimensions of functioning as they manifest in the clinical situation and relationship.
4. To describe the theoretical influences supporting MBT clinical practice.

## **ABOUT THE SPEAKER:**

**Norka Malberg, PsyD** is a certified child and adult psychoanalyst who trained at the Anna Freud Centre in London. She is co-editor of *The Anna Freud Tradition*, the first book in Routledge's "Lines of Development" series, and of the Child and Adolescent sections of the PDM-2 (*Psychodynamic Diagnostic Manual*). Known for her applications of attachment theory to clinical work, Dr. Malberg has written and presented widely on mentalization-based treatment for children and has been featured as a guest master clinician in such video series as the APA's *Systems of Psychotherapy Video Series* and *Working with Emotions in Emotion-Focused Therapy*. Originally from Puerto Rico, Dr. Malberg teaches and lectures in Latin America, Europe, and the United States in the areas of attachment, play, developmental psychoanalysis, and children and trauma. She is currently in private practice in Barcelona, Spain but remains Assistant Clinical Professor at the Yale Child Study Center, where she conducts an early childhood seminar for child psychiatric residents.

## **ABOUT THE DISCUSSANT**

**Mark Dangerfield, Ph.D.**, is a clinical psychologist and psychoanalyst who has worked for over 25 years in pediatric hospitals and mental health services in Barcelona, specializing in treating adolescents and adults. A member of the Spanish Society of Psychoanalysis and the International Psychoanalytical Association, he is the Clinical Manager of the Home Intervention Team of the Vidal and Barraquer Foundation, a pioneering project in Spain that works with non-help-seeking young people with high psychopathological and social exclusion risks, based on the AMBIT model of the Anna Freud National Center for Children and Families (London). Dr. Dangerfield is a Professor at the University Institute of Mental Health (Ramon Llull University) and an AMBIT Trainer at the Anna Freud National Center for Children and Families in London.

## REGISTRATION FOR THE PRE-CONFERENCE SEMINAR

*This pre-conference zoom seminar on November 6<sup>th</sup> can be attended on its own, but is being offered in conjunction with our November 7<sup>th</sup> Annual Scientific Meeting, also with Dr. Malberg. Be sure to register for each event if you plan to attend them both.*

Registration is available only online and includes the option of paying by credit/debit card or check. To register as a member, go to [www.vapsvt.org](http://www.vapsvt.org), log in, click the events tab and select *Pre-Conference Seminar on Mentalization*. (You will find a separate event tab to register for the November 7<sup>th</sup> Scientific Meeting, if you would like to attend both events.) To register as a non-member, simply skip the log in step and proceed directly to the event page. When you click "Register" you will be given the option to pay by credit/debit card through our secure PayPal payment processing system, or by check payable to VAPS and mailed to our treasurer, Aleta Vail, Ph.D., 3 Main Street, Suite 216, Burlington, VT 05401. Registration payment questions may be directed to Aleta Vail at [aletavail18@gmail.com](mailto:aletavail18@gmail.com). Conference inquiries may be directed to Georgia DeGangi, Ph.D. at [gdegangi@gmail.com](mailto:gdegangi@gmail.com). Students are welcome at no charge, but are required to register online. Please indicate an email address on the registration form for your zoom invitation. **The registration deadline is Oct. 17<sup>th</sup>.**

### Fee Schedule for Pre-Conference Zoom Seminar on November 6<sup>th</sup>

	<u>Before October 5<sup>th</sup></u>	<u>After October 5<sup>th</sup></u>
VAPS Member	\$65	\$75
Non-Member	\$75	\$80
Student	Free	Free

**Cancelation Policy: No refunds after November 1, 2020**

*3 CEU's have been approved for the pre-conference webinar for Psychologists, Social Workers, and Licensed Mental Health Counselors.*