

Lighthouse MBT-P Programme – Introduction Workshop

6th October 2021 - Online

20:00 – 21:30



Lighthouse MBT-Parenting Introduction Workshop

Overview

The LH MBT-Parenting Programme (Byrne, 2016), is a manualized model of MBT developed specifically for parents with a history of childhood adversity that has resulted in considerable mentalizing deficits and failures that threaten the healthy development of their children and risks intergenerational transmission of attachment difficulties. The programme has been written to the strict guidelines provided within the Quality Manual for MBT to ensure treatment integrity. In addition to using MBT treatment interventions (group, individual and adapted MBT-Parenting techniques), images and metaphors of the lighthouse, sea, sea journeys and the shore etc., help parents grasp hold of key mentalizing, attachment and psychoanalytic concepts.

LH MBT-P Programme Introduction Workshop

The LH MBT-P Introduction Workshop aims to introduce the Lighthouse MBT-Parenting programme to mental health and other professionals who wish to know more and/or may wish to be trained in the model. The talk will cover:

- understand the centrality of mentalizing, epistemic trust, and attachment to the parent-child relationship
- give an overview about the structure of the programme
- introduce attachment oriented Lighthouse metaphors
- provide information about the evidence base to date

There will be time afterwards for questions and discussion.

What is the Lighthouse Programme?

The Lighthouse MBT-Parenting Programme is a bringing together of the Lighthouse Parenting Programme developed by Gerry Byrne in the Family Unit at the Park Hospital for Children and MBT. This fusion was developed in collaboration with the Anna Freud National Centre with guidance and supervision from Professor Nick Midgley. The programme has been written to the strict guidelines provided within the Quality Manual for MBT to ensure treatment integrity (i.e.: treatment adherence, therapist competence and treatment differentiation) and has been approved by Professors Anthony Bateman and Peter Fonagy founders of the MBT approach to working with BPD.

The Lighthouse Programme is an evidence-based intervention, underpinned by research in the fields of attachment, child development and neuroscience and by core psychoanalytic concepts that offer insight into how our minds and relationships work. It draws on advances in Mentalization based Treatment for adults with Borderline Personality Disorder (BPD). The programme aims to improve parental functioning and strengthen the parent-child relationship by means of a unique combination of psycho-education, individual and group-based psychotherapy. It was developed to promote mentalizing¹ modes of thinking and parenting in this high-risk, exacting clinical population. It aims to enhance parents' capacity to mentalize and in particular to mentalize their children, to enhance attunement in parent-child relationships, to promote secure attachment and reduce Disorganization and to reduce risk of harm and risk of trans-generational transmission of psychopathology including BPD traits and attachment difficulties. In addition to using MBT treatment interventions (group, individual and adapted MBT-Parenting techniques), images and metaphors of the lighthouse, sea, sea journeys and the shore etc., help parents grasp hold of key mentalizing, attachment and psychoanalytic concepts.

Currently, in the NHS, the core programme comprises 20-week (weekly) group treatment and fortnightly individual MBT treatment for each parent. However, there are modified programmes for less disturbed populations providing only the group treatment component and this shortened to 10/12 by 2-hour sessions, or 6 whole days over three months. The results of a pilot of the core programme within the NHS were reported in the paper published in November 2018 in the *Journal of Clinical Child Psychology and Psychiatry*.

Byrne, G., Slead, M., Midgley, N., Fearon, P., Mein, C., Bateman, A., & Fonagy, P. (2018). Lighthouse Parenting Programme: Description and pilot evaluation of mentalization-based treatment to address child maltreatment. Clinical Child Psychology and Psychiatry. <https://doi.org/10.1177/1359104518807741>

Registracija dalyviams iš Lietuvos <https://forms.gle/K4iTupv9zLRKioqn7>.

Nuoroda bus atsiųsta registracijoje nurodytu paštu.