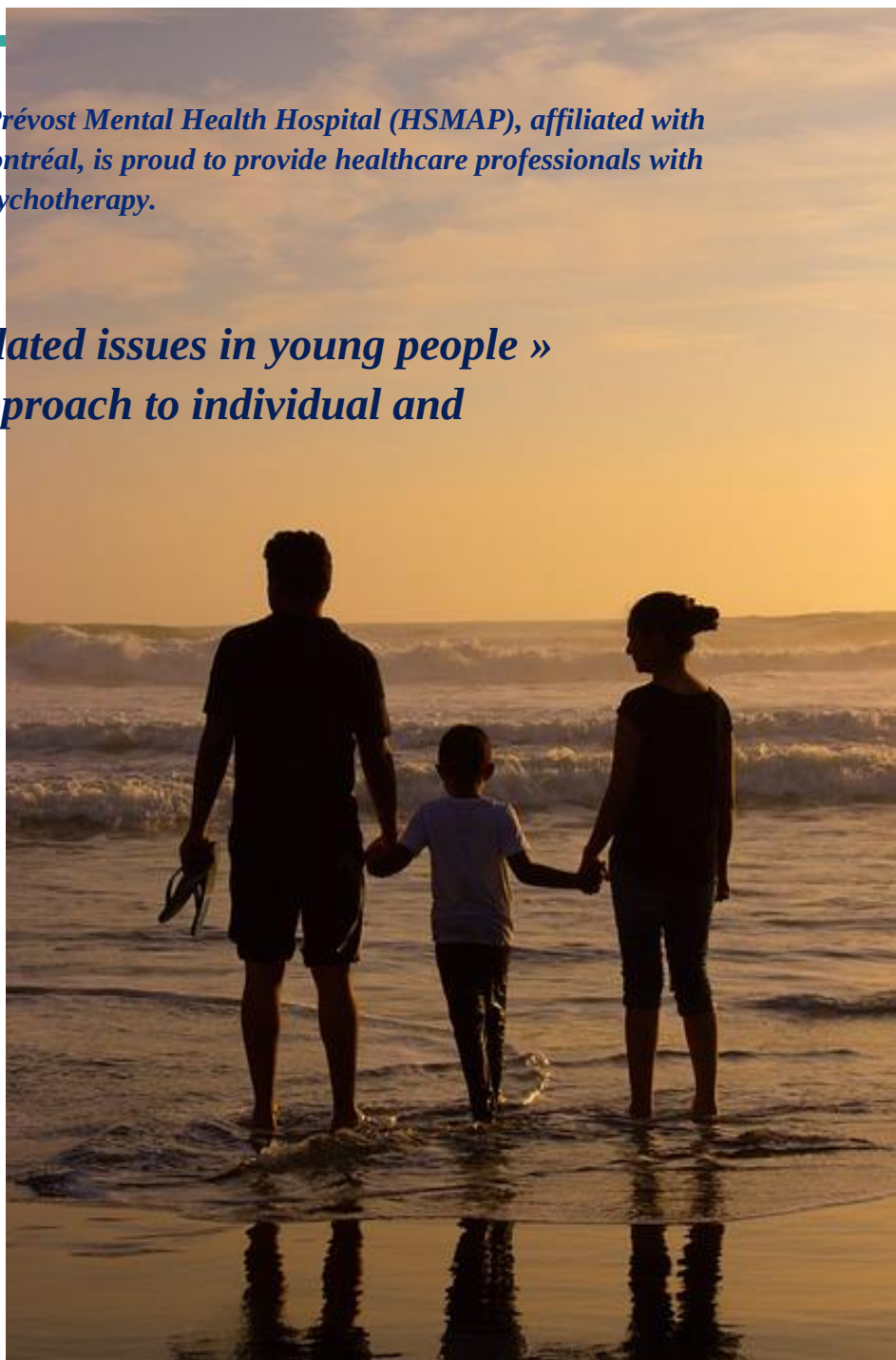


*The Psychotherapy Center of Albert-Prévost Mental Health Hospital (HSMAP), affiliated with Santé Québec du Nord-de-l'île-de-Montréal, is proud to provide healthcare professionals with a continuing education program in psychotherapy.*

**« Treating personality-related issues in young people »  
A mentalization-based approach to individual and family work**

**FRIDAY,  
FEBRUARY 5, 2027  
8:30 am to 16:30 pm  
Hybrid format  
English only**



*Sacré-Cœur Hospital of Montréal, SQ-NIM-U  
Émilie-Gamelin Auditorium  
5400, boulevard Gouin Ouest  
Montréal, Québec, H4J 1C5*

*Program accredited by the Ordre des psychologues du Québec (OPQ)  
6 hours of training*



Santé Québec Nord-de-l'Île-de-Montréal  
Universitaire



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## Program description

Relationship difficulties within families can be exacerbated when members struggle to understand their own mental states and those of others. Misunderstandings, misinterpretations, and stress-induced reactions can foster interactions characterized by escalating conflict or controlling behaviours. Mentalization-Based Therapy for Families (MBT-F) offers an approach aimed at improving family communication by drawing on the principles of mentalization.

This intensive one-day workshop provides a practical introduction to Mentalization-Based Therapy for Families (MBT-F)—as practised within the MBT-A framework—focusing on its core elements and their application in daily clinical practice. Throughout the day, the workshop emphasizes the fundamental mentalizing stance in working with families, introduces key assessment techniques (such as developing a family mentalization profile), and offers concrete opportunities to practise specific skills and techniques through demonstrations, discussions, and experiential exercises.



### Guest

**Carla Sharp, Ph.D.,** is the John and Rebecca Moores Professor in the Department of Psychology at the University of Houston, where she directs the Developmental Psychopathology Lab and the UH-ADAPT clinic. An internationally renowned clinical psychologist and researcher, she has expertise in developmental psychopathology, personality disorders in young people, and mentalization-based approaches. She is the author of numerous scientific articles and books and regularly gives lectures and workshops internationally.

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## Who is this training for?

Mental health professionals and allied professionals working with children, adolescents, young adults, and families—including psychologists, psychiatrists, psychiatry residents, family therapists, social workers, counselors, and professionals in training—who wish to gain a practical foundation in MBT-F.

## Learning objectives

This intensive training day provides an introduction to the fundamental concepts and transferable skills of MBT-F and MBT-A, enabling participants to begin applying specific elements of the approach in their daily clinical practice.

- 1- Describe the key characteristics and theoretical foundations of MBT-F, particularly the concept of mentalization, its relevance to family functioning, and its adaptations for service delivery.
- 2- Recognize the components of MBT-F assessment and understand how to begin developing a family mentalization profile to support case formulation.
- 3- Demonstrate an understanding of the mentalizing stance and its application when working with families.
- 4- Identify and begin applying key MBT-F techniques, including the use of games and activities that foster mentalization among family members, strategies to interrupt non-mentalizing relational patterns, and interventions that help families identify unhelpful interaction patterns.

## Content

- 1) Foundations of MBT-F: what mentalization is, why it is important for families, evidence base, and an integrative model.
- 2) Mentalizing stance: introduction to the mentalizing stance and demonstration of its application in clinical work with families.
- 3) Assessment and formulation: constructing a family mentalization profile; recognizing manifestations of mentalization and non-mentalization in family interactions.
- 4) Intervention techniques: games and experiential activities that foster mentalization; interrupting cycles of non-mentalization; interventions enabling families to identify unhelpful interaction patterns.
- 5) Consolidation and next steps: integrating what has been learned and pathways for continuing training and supervised practice.

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## Teaching Method / Educational Strategy

The training will prioritize a practical, interactive approach. Fundamental concepts will be presented in a way that facilitates their application to daily clinical practice. Demonstrations, experiential exercises, games, and activities will be used to provide concrete illustrations of mentalization principles and MBT-F techniques. Participants will learn to recognize mentalization and non-mentalization processes within family interactions and to apply strategies for interrupting unhelpful relational cycles. Adaptations for online and remote work will also be covered. The day will conclude with a consolidation of the material learned and an overview of opportunities for further training and supervised practice.

## Schedule

8:30–8:50 Registration

8:50–9:00 Welcome and Introduction

9:00–10:40 Foundations of MBT-A and MBT-F and - definition of mentalization, relevance to families, evidence base and integrative model; introduction to the mentalizing stance with demonstration.

10:40–11:00 Break

11:00–12:30 Developing a family mentalizing profile; recognizing mentalizing and non-mentalizing in family interactions.

12:30–1:15 Lunch

1:15–2:45 Techniques in practice-experiential exercises using games and activities, interruption of non-mentalizing cycles, and helping families identify unhelpful interaction patterns; adaptations for online and remote work; consolidation and next steps.

2:45–3:00 Break

3:00–4:25 Continuation of intervention techniques. Consolidation through the integration of learning and pathways for continued clinical training.

4:30 End of training

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## Registration

| Category                       | Before January 15 | After January 16 |
|--------------------------------|-------------------|------------------|
| Physicians (In person)         | 250\$             | 285\$            |
| Physicians (Online)            | 210\$             | 240\$            |
| Professionals (In person)      | 175\$             | 200\$            |
| Professionals (Online)         | 150\$             | 170\$            |
| Students/Residents (In person) | 105\$             | 125\$            |
| Students/Residents (Online)    | 90\$              | 105\$            |

The fees for in-person participants include snacks, coffee, and lunch. **LET US KNOW ABOUT ANY ALLERGIES.** Please note that in-person capacity is limited to 100 people, after which participants will need to register for the online option. A receipt and a certificate of attendance will be issued according to the terms applicable to the training activity.

For any questions, write to : [centropsychopap.colloque@gmail.com](mailto:centropsychopap.colloque@gmail.com)

***Register before January 15 for the early rate — space is limited, use the following link : <https://lepointdevente.com/billets/d03270205001?lang=fr>***

## Location and access

Émilie Gamelin Auditorium, Hôpital du Sacré-Cœur de Montréal

The main entrance to the visitor parking lot is located near the main entrance of the Hospital (5400 Gouin Boulevard West). Parking at Hôpital du Sacré-Cœur de Montréal will be available at the participants' expense; enter via Gouin Boulevard West.

The site is accessible by public transit:

- Henri-Bourassa Metro, bus 69
- Côte-Vertu Metro, bus 64 or 468

## Organizing committee

Andréanne Filion Quenneville, psychiatrist, MBT practitioner

Benjamin Simard, psychiatrist, Director of the Centre de psychothérapie SQ-NIM

Thanh-Lan Ngô, psychiatrist, MBT practitioner (MBT Canada)