

MBT-C Official Training for Australia

Mentalization Based Treatment for Children (MBT-C)

Herdsman Lake Discovery Centre, Wembley

July 6th, 7th, and 8th, 2026
9am to 4pm

Trainer:

Norka T. Malberg, PsyD

IMAGINA: Centro de Aplicaciones de la Mentalización



CENTRO DE
APLICACIONES DE
LA MENTALIZACIÓN



Mentalization-Based Treatment for Children (MBT-C) is a time-limited approach to working with children in middle childhood (ages 5-12) and their parents. MBT-C is an integrative approach, which brings together psychodynamic principals with findings from attachment and affect-regulation theory, systemic family therapy and empirical studies of mentalization. It is a flexible approach for use in clinical settings to address a range of childhood difficulties.

This training will provide an introduction to Mentalization-Based Treatment for Children (MBT-C), offering a practical approach to the key elements of the model. The training includes a focus on the core mentalizing stance, approaches to assessment and case formulation, as well as the opportunity to develop specific skills for working with school-age children and parents from a mentalizing perspective.

The training is based on the following book: **Midgley, N., Lindquist, K., Malberg, N. & Muller, N. (2017). Mentalization Based Treatment for Children. A Time-Limited Approach.** American Psychological Association.

COURSE SCHEDULE

July 6

Development of the capacity of mentalization. Attachment and Mentalization. Theory behind the practice of MBT-C. Structure and Objectives.

July 7

Assessment and Diagnostic Formulation. Clinical Technique of the model.

July 8

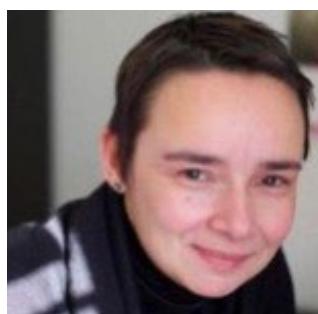
Working with Parents in the context of MBT-C.

ACCREDITATION

This course is the first step towards accreditation as an MBT-C Practitioner. Following the course participants are eligible to attend individual and group supervisions. Upon completion of these two requirements and following a reflective supervision summary and report participants will be accredited and placed in the list of accredited professionals at the Anna Freud centre in London, UK.

TRAINER

Norka Malberg, PsyD



Doctor in Psychology, Child and Adolescent Psychotherapist.

Assistant Clinical Professor, Yale Child Study Center, Yale School of Medicine (New Haven). Clinical Tutor and Supervisor, Anna Freud (London). Director, IMAGINA Centro de Aplicaciones de la Mentalización (Barcelona). www.norkamalberg.com www.imaginamentalizacion.com

COURSE REGISTRATION

Number of Openings for this course: We limit the number of participants to 30 people.

Price: \$1400+GST (Food provided).

Registrations online:

<https://www.lifespancentre.com.au/book-online>

If you require any further information please write to: admin@lifespancentre.com.au