

CAMHS TRAINING

Learners Portfolio – Mentalizing Training

Boxes for your text on Reflections/Activities can be expanded to complete your notes

Task 1 - Understanding Mentalizing

Can you think of any recent examples of an interaction where you can identify that you or someone else were in a mentalizing space?

Please use some of the markers referred to in the video and write this in your portfolio.

Evidence notes:

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Task 2 - Describing Mentalizing to others

How would you describe mentalizing to a friend, colleague or client?

Have a go at doing this and feedback to your supervisor at your next supervision session.

Evidence notes:

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Task 3 - When mentalizing goes offline

Can you relate to any of the characteristics of ineffective mentalizing?

Describe a time when you feel you may not have been mentalizing and which characteristics described your non-mentalizing state.

Evidence notes:

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Task 4 - Identifying the non-mentalizing states of mind

Please watch the videos included and identify the non-mentalizing states of mind

Evidence notes for task

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Task 5 - Building trust

How would you use mentalizing with your next client to build trust?

Make a note in your portfolio and discuss in your next supervision

Evidence notes:

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