



**OPEN FORUM**  
**DEVELOPING MENTALIZATION IN YOUR ART THERAPY PRACTICE**

**Convenor: Neil Springham**  
**Venue: BAAT, 24 - 27 White Lion Street, London N1 9PD**  
**Date: Saturday 10<sup>th</sup> March 2012 – 13.00pm – 5.00pm**

Open to Art Therapists and other professionals, the theme of this forum will be: **'What kind of interactions helps those with attachment disorders regulate emotions and their sense of self?'**

New evidence from neuroscience and attachment theory requires us to rethink some of our basic assumptions about how we might help people. But whilst the evidence offers us much potential for understanding therapeutic effectiveness, it is often complex and specialized. Mentalization is a treatment approach which synthesizes this neurobiological and attachment theory perspectives with contemporary psychoanalysis. It offers clear and practical guidelines for the role of specific mirroring processes to support affect regulation and the development of reflective functioning.

The session is suitable for first time attendees and those who have attended previous mentalization open forums on mentalization as it will put a new emphasis on understanding affect regulation. The forum will involve an outline of key concepts, video examples and practice guidelines. The aim of the session is to and to explore therapeutic stances in relation to:

- Understanding affect structures in the body and brain
- Developing reflective functioning
- Play & role of the image

It is suitable for arts therapists and other professionals of all levels of experience.



**OPEN FORUM: DEVELOPING MENTALIZATION IN YOUR ART THERAPY PRACTICE**  
**Saturday 10<sup>th</sup> March 2012– 13.00pm to 17.00pm**

Name	(Block capitals please)
Address	
E-mail	
Telephone	

**Fees - BAAT Members: £50 (flat rate for all categories) Non- BAAT members add £20**  
**We have reserved 10 places for trainees and unemployed BAAT members at £25. We advise early booking to avoid disappointment.**  
**Teas, Coffees, Herbal Drinks provided but not lunch**