

# Borderline Personality Disorder: How to Apply the Principles of Mentalization-Based Therapy in your Practice

## Continuing Professional Development Learning Record

Complete and save a copy of this form to create your own record of CPD you've undertaken or to further embed your learning. Please note, MHPN is unable to provide Statements of Attendance for viewing webinar recordings or listening to podcasts.

### Your details

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**Your name:**

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**Date completed:**

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**Activity Name:** Borderline Personality Disorder: How to Apply the Principles of Mentalization-Based Therapy in your Practice

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**Learning outcomes**

- Outline the principles of mentalization-based therapy and how it supports people living with Borderline Personality Disorder.
- Discuss how mentalization-based therapy can be used in conjunction with other therapies to support people living with Borderline Personality Disorder.
- Outline the use of mentalization-based therapy in a multidisciplinary approach to support individuals with Borderline Personality Disorder.
- Discuss how the principles of MBT may be applied in a range of different treatment settings when supporting people with Borderline Personality Disorder.

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**Time spent engaged in the activity:**

(including completing this form)

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After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?

2. Identify your learning goal and how the activity's content aligned with that goal.

3. What actions are you going to take to use the learnings to improve and/or change your practice? For example:

- Explore the topic further in a supervision session or with a peer/colleague
- Identify and read the latest research
- Undertake additional courses, study or training
- Search MHPN's webinar or podcast libraries for more PD content
- Join an MHPN network to connect with other practitioners for networking, peer support or PD

4. Please note any other reflections on the topic or activity.