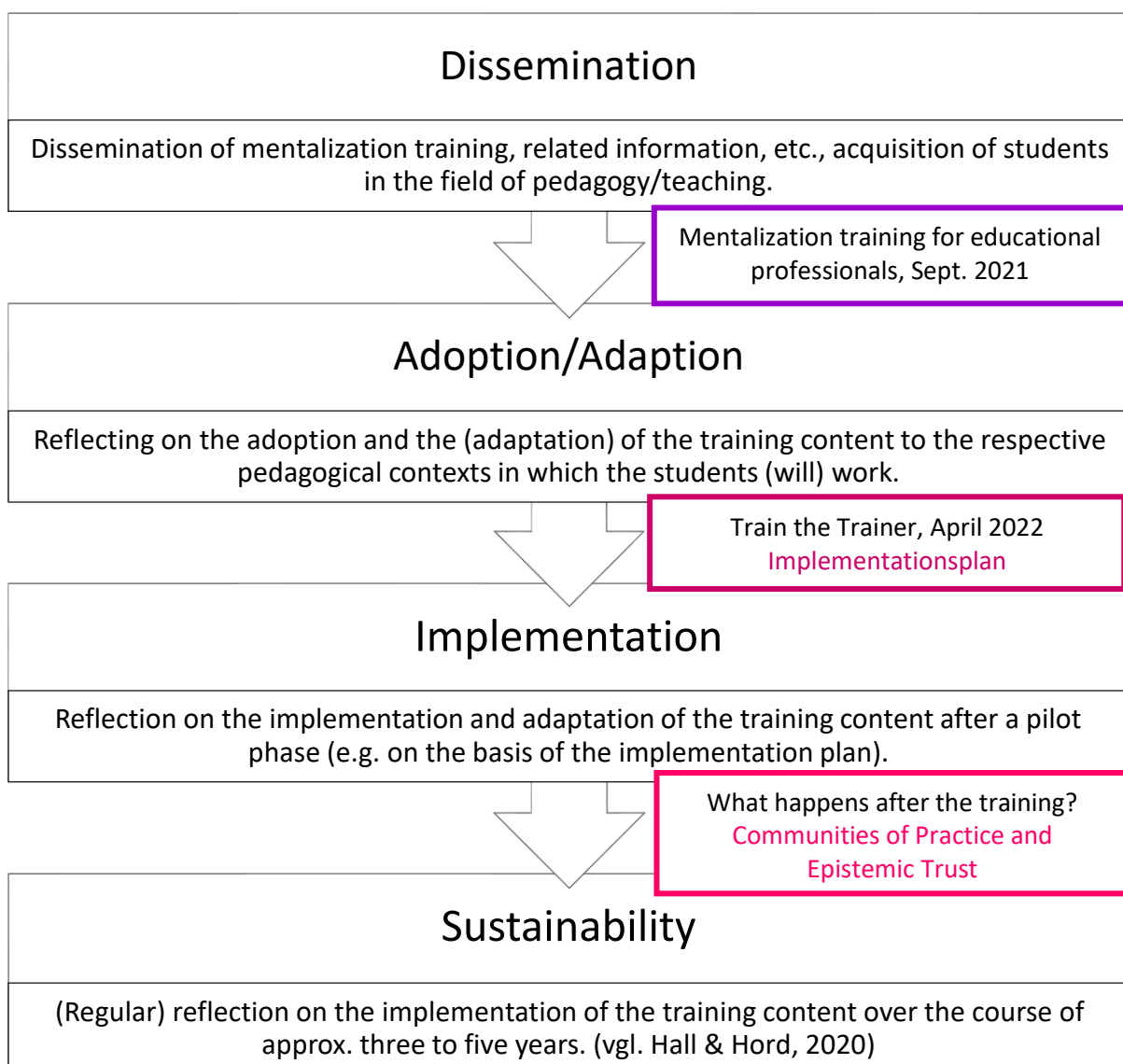# On the (sustainable) implementation of a mentalisation-based concept - or: what happens after mentalisation training for educational professionals? (Melanie Henter)

„For example, social scientists recognize that developing effective interventions is only the first step toward improving the health and well-being of populations. Transferring effective programs into real world settings and maintaining them there is a complicated, long-term process that requires dealing effectively with the successive, complex phases of program diffusion" (Durlak & DuPre, 2008, S. 327).

Implementation phases of mentalisation training
(own representation, based on Rogers, 2003, "Diffusions of Innovations")

Dissemination

Dissemination of mentalization training, related information, etc., acquisition of students in the field of pedagogy/teaching.

Mentalization training for educational professionals, Sept. 2021

Adoption/Adaption

Reflecting on the adoption and the (adaptation) of the training content to the respective pedagogical contexts in which the students (will) work.

Train the Trainer, April 2022
Implementationsplan

Implementation

Reflection on the implementation and adaptation of the training content after a pilot phase (e.g. on the basis of the implementation plan).

What happens after the training?
Communities of Practice and Epistemic Trust

Sustainability

(Regular) reflection on the implementation of the training content over the course of approx. three to five years. (vgl. Hall & Hord, 2020)

Implementation plan
from adoption/adaptation to implementation
(Henter 2022, based on https://manuals.annafreud.org/ambit/index.html)

Formulation of an implementation plan for the respective pedagogical contexts in which the contents of mentalisation training are to be implemented.

Context-related needs orientation
What are the needs/demands of my institution?
How do I continue with the mentalisation training once I am at home? What initial plans do I have for my own work?
What do I definitely want to implement/use from the mentalisation training?
What do I want to achieve/implement in the first month?
Who do I want to involve for this?
What support do I need?
1) Step …
2) Step …

Communities of Practice and Epistemic Trust from implementation to sustainability (own illustration, based on Bevington & Fuggle, 2019)

Common content, common interest

e.g. through implementation questionnaires

Epistemic trust

e.g. through supervision, reflection or collegial case consultation groups

Self-organised network of the first training group

e.g. through newsletter