
The Coastal Institute for Psychodynamic
Training & Treatment, LLC
TRAINING
CATALOGUE
CLINICAL EDUCATION | PROFESSIONAL DEVELOPMENT | CONSULTATION

THE COASTAL INSTITUTE

Clinical Training & Professional Development

OUR MISSION

The Coastal Institute for Psychodynamic Training & Treatment is dedicated to advancing thoughtful, relational, and evidence-informed clinical practice through specialized education, professional development, and consultation. Grounded in psychodynamic theory, attachment science, and contemporary therapeutic approaches, our trainings equip clinicians to navigate complex presentations, strengthen therapeutic relationships, and foster meaningful change. We emphasize the interplay of individual experience, social identities, structural inequities, and relational dynamics in shaping mental health and treatment. Through an approach that values curiosity, reflexivity, and cultural humility, we support clinicians in developing the confidence and clinical sophistication necessary to meet the needs of diverse individuals and families. Our mission is to cultivate a more reflective, inclusive, and effective mental health community—one that promotes healing, ethical practice, and enduring relational growth.

ABOUT THE FACULTY

Dr. Gwendolyne Tuttle, DSW, LCSW

Dr. Gwendolyne Tuttle is an award-winning psychotherapist, researcher, educator, and international speaker recognized for advancing contemporary approaches to personality disorders, trauma, attachment, and relational psychotherapy. With nearly two decades of clinical and organizational leadership experience, she helps clinicians move beyond symptom reduction toward relationship-centered models of healing that foster resilience, curiosity, and meaningful recovery.

She earned her Doctorate in Clinical Social Work from the University of Pennsylvania, where her dissertation explored the role of race and social identities in Mentalization-Based Therapy (MBT) for BIPOC with BPD. Her research contributes to conversations about implicit bias, epistemic trust, and cultural humility in the therapeutic alliance and treatment outcomes. A certified MBT practitioner, Dr. Tuttle has presented across North America and Europe, including at the European Society for the Study of Personality Disorders, and has trained hundreds of clinicians on personality disorders, implicit bias, ethics, attachment, supervision, and culturally responsive care. Named the 2024 Maine NASW Social Worker of the Year, she blends evidence-informed practice, compelling clinical stories, humor, and audience engagement.

OUR APPROACH Curiosity · Reflexivity · Cultural humility · Relational practice	OUR FOCUS Clinical depth · Ethical care · Meaningful change

Focused sessions

60–90 minutes • Staff development, professional learning, and conference sessions

60–90 MINUTES

Introduction to Mentalization Based Therapy

Mentalization-Based Therapy (MBT) is an attachment-informed therapeutic approach that helps individuals better understand their own thoughts, feelings, and behaviors while developing greater capacity to interpret and respond to the mental states of others. This introductory training explores the core principles of mentalizing, including balancing emotion and cognition, considering internal and external perspectives, and recognizing how stress and attachment activation can disrupt reflective functioning. Participants will learn to identify three common modes of non-mentalizing—psychic equivalence, pretend mode, and teleological stance—and examine how these patterns emerge in challenging clinical interactions. The training introduces foundational MBT interventions, including the not-knowing stance, empathic validation, collaborative exploration of perceptions, and strategies for fostering epistemic trust. Through practical examples, participants will consider how MBT principles can inform therapeutic relationships, reduce reactive responses, and strengthen engagement with clients experiencing complex clinical presentations. Applications for both clinical and non-clinical providers will be emphasized.

60–90 MINUTES

All in the Family: Utilizing an MBT Approach in Family Therapy as the Vehicle for Growth in Individual Therapy

In this session, we will explore the utilization of MBT-oriented family therapy as the vehicle for relational repair of attachment and growth in individual therapy. Mentalization-Based Therapy seeks to support individuals in gaining insight into both their own cognitive/emotional states, as well as the cognitive/emotional states of others. The application of MBT in family therapy allows for the repair of relational fractures. These fractures perpetuate insecure attachments and impede the development of individual progress. Learning to Mentalize in family therapy empowers patients to augment their personal work and achieve further personal growth through the experience of a more secure attachment style.

60–90 MINUTES

Frisky Business: The Importance of Sex Positive Education Across the Lifespan

We will explore the importance of comprehensive Sex Positive Education. Sex Positive Education seeks to engage individuals through inclusion, reduction of shame and stigma, and promoting buy-in. Incorporation of Sex Positive Education into academic and therapeutic settings supports individuals who identify as LGBTQ+ and can positively impact clinical work in the areas of trauma, exploitation, and depression. The information covered in Sex Positive Education supports healthy relationships and provides important information to about consent and reducing sexual violence. We will discuss concepts including enthusiastic consent, forms of protection, basic anatomy, and dismantling social-sexual constructs. ***This training can be tailored for any age group or institution.

60–90 MINUTES

Queering the Family: Attachment Based Family Therapy with LGBTQIA+ Youth and Parents

This training will discuss the unique needs of LGBTQIA+ youth in family therapy. The phases of coming out, coming in, grieving, learning, and repairing will be processed. We will explore the application of Attachment Based Family Therapy including updated research empirically validating this approach for the LGBTQIA+ community. Gwen will provide step by step instruction and guidance about the application of ABFT. We will also discuss how the Corrective Emotional Experience can support reductions in suicidal ideation, depression, and other mental health challenges faced by LGBTQIA+ youth.

Focused sessions

Short-format learning designed to bring relational, inclusive practice into everyday work.

60–90 MINUTES

Ten Things I Bias About You: The Impact of Implicit Bias in Social Work Practice

This workshop will examine how implicit bias shapes clinical social work practice, with a focus on the therapeutic relationship, assessment, and treatment planning. Unexamined biases can subtly influence how clinicians interpret client narratives, assign diagnoses, evaluate risk, and engage in decision-making, often in ways that contribute to inequitable care and outcomes for individuals from marginalized communities. These dynamics can erode trust, impact alliance-building, and limit the effectiveness of interventions. Grounded in real-world clinical scenarios, this session will explore how implicit bias operates within “the room”, particularly at the intersection of race, culture, social identities, and power. Participants will engage in structured self-reflection on intersectionality to identify their own implicit assumptions and consider how these may shape clinical judgment, countertransference, and communication patterns. Emphasis will be placed on ethical responsibility, humility, and accountability in clinical work. We will also consider how clinical experiences can inform broader policy awareness and advocacy. Attendees will leave with concrete, evidence-based strategies to enhance culturally responsive care, strengthen therapeutic alliances, and promote more equitable outcomes across diverse client populations.

60–90 MINUTES

Not Your Mama's Sex Talk: Sex-Positive Care in Family Medicine from Cradle to Cane

Sex-Positive Care is a framework to provide inclusive, affirming conversations about sex that can transform patient outcomes across the lifespan. With a growing appreciation for health disparities and the need for more inclusive care, Sex-Positive Care offers an avenue for family physicians to incorporate sexual wellness into routine clinical practice. This framework highlights commonly overlooked challenges such as reproductive-adjacent psychiatric disorders like PMDD and postpartum depression, persistent disparities in how sexual dysfunction and pleasure are addressed—particularly for patients with vaginal anatomy—and the alarming rise in STI rates among adults 55+ (CDC, 2023). Sex-Positive Care also addresses intimate partner violence and sexual abuse prevention by advocating for early, comprehensive sex education proven to reduce abuse risk (Goldfarb & Lieberman, 2021). Drawing from Planned Parenthood’s sex-positive education model (Planned Parenthood, 2022), this session equips providers with practical tools to foster safer, shame-free, and equitable care environments that validate sexual health as a core component of overall well-being.

60–90 MINUTES

Lore Matters: The Social Identities Behind BPD

What if understanding Borderline Personality Disorder (BPD) requires more than understanding the diagnosis? This webinar explores how race, gender, culture, and other social identities shape the experience, recognition, and treatment of BPD. Drawing on original qualitative research with Mentalization-Based Therapy practitioners, Dr. Tuttle examines how social identities influence therapeutic relationships, epistemic trust, clinical conceptualization, and the potential for diagnostic bias. Participants will consider how assumptions about identity can shape what clinicians see, what they miss, and whose experiences are understood. Through a socially informed, relational lens, this session invites participants to move beyond diagnostic labels toward more culturally responsive, reflective, and equitable approaches to understanding and treating BPD.

Format can be tailored with the host organization. Ethics qualification is identified in the catalogue where applicable.

TRAINING OFFERINGS

Intensive clinical learning

Half-day, full-day, or two-day formats • Selected programs range from 6–12 contact hours

HALF-DAY / FULL-DAY / INTENSIVE

Ashes on a Still Burning Fire: The Utility of Therapeutic Confrontation

Therapeutic confrontation is a powerful clinical intervention that can promote self-awareness, disrupt maladaptive patterns, and facilitate meaningful change when used thoughtfully within the therapeutic relationship. This training explores confrontation as a trauma-informed practice, emphasizing the importance of empathy, therapeutic alliance, client consent, and relational safety. Participants will examine common barriers to confrontation, consider ethical implications, including the potential for shame and re-traumatization, and explore when confrontation may be clinically useful or contraindicated. Drawing from psychodynamic, attachment-based, and contemporary evidence-informed approaches, the training highlights strategies for addressing inconsistencies, resistance, and relational ruptures while maintaining curiosity and respect for the client's experience. Through practical examples and experiential exercises, clinicians will develop skills for delivering challenging interventions with greater confidence, intentionality, and sensitivity to clients' emotional capacities and individual contexts.

Format can be tailored with the host organization. Ethics qualification is identified in the catalogue where applicable.

HALF-DAY / FULL-DAY / INTENSIVE

Blurred Lines: Navigating Transference, Countertransference, and Ethical Boundaries

This session will explore contemporary principles of transference/countertransference in the therapeutic rapport. Diving into themes such as Cultural Countertransference, Erotic Transference, Implicit Bias in LGBTQIA+ communities, and Intersectionality, we will identify and discuss ethical considerations and application of salient and effective interventions. Participants will engage in group activities, case study review, role plays, and group discussions to incorporate their unique experiences with transference/countertransference. This en vivo learning experience will model how to address these challenging topics with clients and in clinical supervision. ***Qualifies for Ethics

Format can be tailored with the host organization. Ethics qualification is identified in the catalogue where applicable.

Intensive clinical learning

HALF-DAY / FULL-DAY / INTENSIVE

Psychoanalysis and Supervision for New Social Workers

This training explores the integration of progressive psychoanalytic theory and social work values to examine how hidden bias, structural racism, discrimination, and intersecting social identities shape clinical practice and the therapeutic relationship. Grounded in attachment theory, epistemic trust, mentalization, and contemporary psychodynamic approaches, participants will consider how personal histories, countertransference, and systemic power dynamics influence clinical conceptualization and treatment decisions. Through clinical vignettes and guided discussion, participants will examine how unexamined assumptions can undermine therapeutic alliance, reinforce inequities, and impede meaningful engagement in treatment. Particular attention is given to the supervisor’s role in fostering clinician reflexivity, identifying implicit bias, and creating opportunities to explore the relational and structural dimensions of clinical work. Participants will leave with an expanded framework for integrating social justice principles into clinical supervision and developing more reflective, culturally responsive, and relationally informed practice.

Format can be tailored with the host organization. Ethics qualification is identified in the catalogue where applicable.

HALF-DAY / FULL-DAY / INTENSIVE

Beyond Diagnosis: Contemporary Conceptualization and Treatment of Personality Disorders Through Attachment, Psychodynamic, and Trauma-Informed Frameworks

This training will focus on enhancing the ability of clinicians to recognize, diagnose, conceptualize, and treat personality disorders while also differentiating with complex trauma. Many clinicians receive limited formal education in identifying personality organization, differentiating personality pathology from complex trauma, or selecting interventions that promote long-term psychological change. This six-hour interactive workshop will provide clinicians with a contemporary, evidence-based framework for diagnosing, conceptualizing, and treating personality disorders with considerations of complex trauma. Participants will explore current developments in personality disorder diagnosis, including dimensional approaches emerging from the DSM-5 Alternative Model and ICD-11, while learning to distinguish enduring personality organization from the effects of developmental and complex trauma. Building upon attachment theory and contemporary psychodynamic thinking, clinicians will develop practical skills for understanding personality functioning beyond symptom checklists, allowing for richer case conceptualization and more targeted treatment planning. This training will draw upon contemporary research examining how culture, race, social identities, and structural inequities influence diagnostic formulation, therapeutic alliance, and engagement in treatment. Through clinical demonstrations, case discussions, and experiential exercises, attendees will learn interventions that strengthen reflective functioning, improve therapeutic relationships, and effectively respond to common challenges including splitting, rupture and repair, emotional dysregulation, projective processes, and treatment resistance. An ethics component integrated throughout the day will examine countertransference, implicit bias, therapist self-awareness, diagnostic responsibility, professional boundaries, and culturally responsive practice when working with individuals experiencing personality disorders. Participants will leave with practical assessment strategies, psychodynamic intervention techniques, and immediately applicable skills that can be integrated into their practice. ***Qualifies for Ethics

Format can be tailored with the host organization. Ethics qualification is identified in the catalogue where applicable.

Intensive clinical learning

HALF-DAY / FULL-DAY / INTENSIVE

Restoring Mentalization: Attachment-Focused MBT for Personality Disorders, Trauma, and High-Acuity Clinical Practice

Many of the individuals seen in community mental health settings struggle not because they lack insight or motivation, but because overwhelming emotion, attachment insecurity, and chronic interpersonal stress temporarily disrupt their ability to understand themselves and others. When mentalizing collapses, clinicians often encounter crises, treatment ruptures, emotional dysregulation, impulsive behavior, rigid thinking, and recurring interpersonal conflict that can leave both therapist and client feeling stuck. Mentalization-Based Therapy (MBT) offers an evidence-based, attachment-informed framework for understanding these moments. We understand them not as resistance or manipulation, but as understandable disruptions in reflective functioning that can be restored within the therapeutic relationship. This six-hour interactive workshop introduces clinicians to the theoretical foundations and practical clinical application of Mentalization-Based Therapy across a broad range of clinical populations, including individuals with personality disorders, attachment trauma, chronic suicidality, self-harm, complex PTSD, anxiety, depression, and relational difficulties. Drawing upon attachment theory, developmental psychology, neuroscience, psychodynamic psychotherapy, and contemporary MBT research, participants will learn to recognize moments of non-mentalizing, assess reflective functioning, and intervene using the characteristic MBT stance of curiosity, collaboration, and epistemic humility. Rather than emphasizing techniques alone, the workshop helps clinicians understand how therapeutic change occurs through restoring reflective functioning and strengthening epistemic trust. Participants will learn concrete interventions that can immediately be incorporated into outpatient psychotherapy, integrated behavioral health, crisis work, and community mental health practice. Throughout the day, participants will engage in live demonstrations, experiential exercises, breakout discussions, structured role plays, and case consultation designed to increase confidence in applying MBT principles with complex clients. An ethics component integrated throughout the training examines therapist use of self, countertransference, professional boundaries, cultural humility, implicit bias, and ethical decision-making when working with clients whose attachment histories and personality functioning evoke strong emotional responses in treatment. ***Qualifies for Ethics

Format can be tailored with the host organization. Ethics qualification is identified in the catalogue where applicable.

ENGAGEMENT & BOOKING

Bring a training to your team

Programs can be delivered for clinical teams, healthcare organizations, universities, professional associations, and other learning communities. Training length and focus can be discussed to align with organizational needs.

INVESTMENT

Format	Investment
60–90 minutes (1–1.5 CE)	$750–$1,000
Half-day · 3 contact hours (3 CE)	$1,200
Full-day · 6 contact hours (6 CE)	$2,000
Two-day intensive · 12 contact hours (12 CE)	$3,500–$4,000
Conference keynote · 60–90 minutes	$1,000–$1,500
Graduate program guest lecture	$750–$1,000

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Continuing education details and final program arrangements should be confirmed for each engagement. Training content can be tailored in consultation with the host organization.