



BRING AMBIT TO YOUR ORGANIZATION

with the Only Accredited Training Provider in the U.S.

LOOKING TO TRANSFORM YOUR TEAM'S CLINICAL CARE, CULTURE, AND COLLABORATION?

For the last two decades, Ellenhorn has worked with clients who struggle with extreme states of mood and mind in community-based settings. To do that well, we need teams that feel connected, reflective, and supported in their work. That's where AMBIT comes in.

Developed at the Anna Freud Centre in London, AMBIT brings the practice of mentalization into the heart of team culture and clinical work. Ellenhorn is proud to be the first and only accredited AMBIT training organization in the United States. Trained directly by the creators of AMBIT, we've embedded this model into every level of our care. Now, we're thrilled to bring that same opportunity to other programs.

If your team works with high-risk, high-complexity clients, and needs a shared framework that supports both client outcomes and staff wellbeing, AMBIT might be the missing piece.

WHAT IS AMBIT?

AMBIT (Adaptive Mentalization-Based Integrative Treatment) is a flexible, team-based treatment model that places mentalization—the ability to understand our own and others' thoughts and feelings—at the heart of all interventions. Originally developed to support care for adolescents with high levels of need, it has evolved into a powerful framework for any team working with complex clients, especially those who may have lost trust in the idea that “help” can help.



Rather than asking “What’s wrong with this client?”, AMBIT encourages us to ask:

- How do we stay connected to curiosity and compassion, even in the hardest moments?
- How do we support our team when emotional strain clouds our thinking?
- How can we create a culture of mutual reflection and support so we can show up more effectively for the people we serve?

AMBIT TRAINING IS A GREAT FIT FOR:



- Multidisciplinary or interdisciplinary teams that want to learn about mentalization and how to embed it in all aspects of their work
- Programs working with high-acuity or high-risk populations
- Organizations seeking trauma-informed, autonomy-respecting, and flexibility-oriented care models
- Leaders who want to build a culture of support, containment, and curiosity

“I have been working on and leading teams who treat complex clients for the past 10 years, but it wasn’t until I was trained in AMBIT that I was truly able to use my training in (and love of) mentalization to help our whole system of workers, clients and their networks.”

AMBIT DOESN'T JUST SUPPORT CLIENTS, IT SUPPORTS THE PEOPLE SUPPORTING THE CLIENTS.

Teams trained in AMBIT experience:

- Less burnout and anxiety
- Stronger, more connected interdisciplinary collaboration
- More creative and person-centered interventions
- A culture of shared learning and adaptive care

AMBIT recognizes that when our mentalizing capacities falter, it’s not just a client problem, it’s a team challenge. The model offers tools to help organizations hold their staff with as much care as they hope to offer their clients.



LET'S TALK AMBIT

Interested in bringing AMBIT to your organization or learning more?

Reach out to Shelly Simpson, LCSW, Director of AMBIT, at ssimpson@ellenhorn.com to start the conversation.