

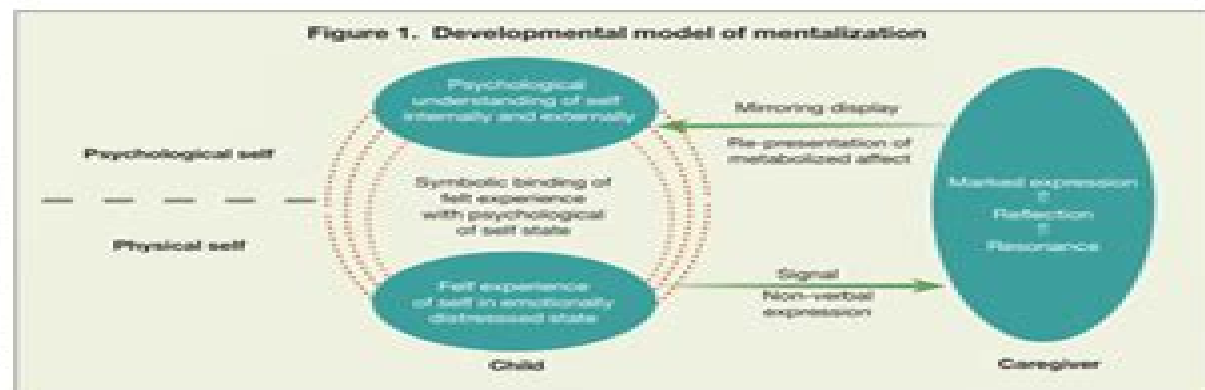
Mentalization-Based Treatment

by Lois W. Choi-Kain, MD
and Brandon T. Uehoh, MD

Mentalization-based treatment (MBT) is an evidence-based psychotherapeutic approach for borderline personality disorder derived from both traditional psychoanalytic concepts and new discoveries from attachment and social cognition research. Mentalization simply describes the common psychological process that people use to understand mental states (ie, emotions, beliefs, desires—intentions that underlie interpersonal interactions). It covers a wide territory of psychological activity that determines the way people manage their emotions and thoughts coherently, effectively respond to their own experience and that of others, maintain satisfying relationships, and understand themselves, thereby stabilizing their sense of self (ie, identity). The stability, flexibility, benevolence, and honesty with which people mentalize underpins how their psychology works, or how their personality functions. Mentalization therefore lies at the root of psychological health and resilience as a common process relevant to all psychotherapies.

MBT's simple, common-sense approach has practical advantages over dialectical behavioral therapy (DBT). MBT needs little formal training to be effective^{1,2}; whereas DBT requires skills coaching, a skills training curriculum with numerous handouts and worksheets, weekly individual therapy, and a consultation team to support therapists.

While DBT formulates borderline personality disorder as a problem of emotional dysregulation and lack of skills to manage distress and relationships, MBT centralizes instability of attachment and its developmental byproduct, mentalization, as the core dysfunction. Fonagy and Allison³ extended the formulation of borderline personality disorder and personality disorders in general as a problem of epistemic trust, the capacity to "trust in the authenticity and personal relevance" of information presented in an interpersonal context. This revised notion explains the rigidity of thinking that individuals with borderline personality disorder (as well as other personality disorders) have with interpersonal relationships. Because of a tendency toward epistemic mistrust, individuals with borderline personality disorder have difficulty learning and



changing despite repeated patterns of painful interpersonal problems, and efforts by others to teach them how to manage less destructively.

According to attachment research and theory, infants activate attachment by communicating emotional distress to their caretakers. When all goes well, the caretaker responds in a way that re-regulates the infant. The first step of the optimal caretaking response is to recognize the infant's distress and then reinstate confidence with soothing and optimistic encouragement to explore the environment (ie, via a secure base). Secure attachment facilitates self-regulation in terms of emotions, attentional control, and behavior. Early attachment also provides a template for expecta-

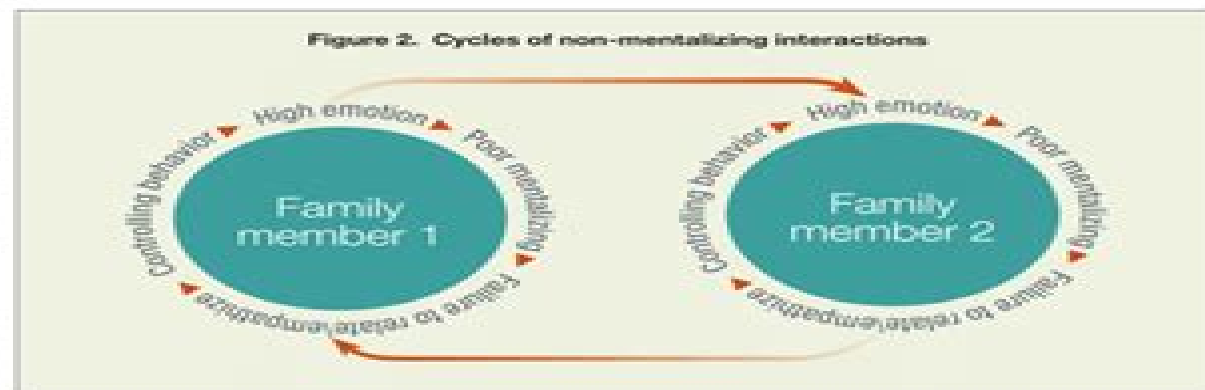
tions of oneself and others in relationships.

Secure attachment embodies a developmental process whereby the caretaker manages to reasonably imagine and interpret the mental states of the child, responding in a way that helps the child understand and manage his or her own distress. This is the process by which secure attachment facilitates the development of mentalization (Figure 1). For example, when a child falls and bursts into tears, a caretaker may respond in a marked-contingent way with a sympathetic frown, underpinned by the idea "Poor baby, you fell and are hurt and scared." A non-marked response might involve the caretaker actually mirroring the child

and crying in distress. A noncontingent response would be completely nonresonant with the child's experience; for example, an angry response with underlying cognitions such as "Why do you have to be so clumsy?"

If the caretaker is able to provide marked and contingent mirroring when the child is emotionally distressed, the child begins to develop a coherent sense of his own experience. This kindles the child's ability to mentalize, allowing him to begin to understand the relationship between actions and mental states in an interpersonal interaction. This process ultimately becomes the basis of epistemic trust, which provides an

(Please see Mentalization-Based Treatment, page 10)



Psychotherapy For Borderline Mentalization Based Treatment

**Robert P. Drozek, Brandon
Unruh, Anthony Bateman**



Psychotherapy For Borderline Mentalization Based Treatment:

Mentalization-based Treatment for Borderline Personality Disorder Anthony Bateman, 2006-09-14 Mentalizing the ability to understand oneself and others by inferring the mental states that lie behind overt behavior develops during childhood within the context of a secure attachment relationship. It is crucial to self-regulation and constructive intimate relationships. Failure to retain mentalizing particularly in the midst of emotional interactions is a core problem in borderline personality disorder and results in severe emotional fluctuations, impulsivity, and vulnerability to interpersonal and social interactions. Mentalization-based treatment for borderline personality disorder is a How to Do It book outlining a clinically proven treatment for Borderline Personality Disorder. Containing illustrative clinical examples, it details precisely how to develop and implement treatment and is a companion to the highly successful book *Psychotherapy for Borderline Personality Disorder*. Mentalization-based treatment: This practical guide explains how to treat borderline patients by helping them develop a more robust mentalizing capacity within the context of an attachment relationship. It provides the practitioner with everything they need to know about how to practise mentalizing treatment in day patient and out-patient settings. Enough theory is provided to orientate the clinician and there is step-by-step practical advice on the assessment of mentalizing and interpersonal relationships, how to structure treatment, the use of basic mentalizing interventions, and how to apply them, as well as information on what not to do. In addition, it includes a check-list to be used in the assessment of mentalizing and a self-rating exercise for practitioners to evaluate their adherence to mentalizing.

Psychotherapy for Borderline Personality Disorder Anthony Bateman, Peter Fonagy, 2004 Borderline Personality disorder is a severe personality dysfunction characterized by behavioural features such as impulsivity, identity disturbance, suicidal behaviour, emptiness, and intense and unstable relationships. Approximately 2% of the population are thought to meet the criteria for BPD. The authors of this volume, Anthony Bateman and Peter Fonagy, have developed a psychoanalytically oriented treatment to BPD known as mentalization treatment. With randomised controlled trials having shown this method to be effective, this book presents the first account of mentalization treatment for BPD. The first section gives an overview of BPD, including discussion of nosology, epidemiology, natural history, and psychosocial aetiology. It additionally summarises the present state of our research knowledge about effective psychotherapeutic treatments and use of medication. The second section outlines the authors' theoretical approach and contrasts it with other well-known methods including DBT, CAT, and CBT. In the extensive final section, the authors outline their clinical approach, starting with how treatment is organised. A detailed account of the transferable features of the model is provided, along with the main strategies and techniques of treatment. Numerous clinical examples are given to illustrate the core techniques, and detailed information is provided about how to apply aspects of the mentalization-based treatment approach in everyday practice. Aimed at mental health professionals, along with counsellors, psychotherapists, and psychoanalysts, the book will be a valuable tool providing an effective means of treating those suffering

from Borderline Personality Disorder Mentalization-Based Treatment for Personality Disorders Anthony Bateman, Peter Fonagy, 2016-01-28 Mentalizing the ability to understand oneself and others by inferring mental states that lie behind overt behaviour develops within the context of attachment relationships. It is crucial to self-regulation and constructive intimate relationships, both of which are impaired in personality disorders because of sensitivity to losing mentalizing at times of anxiety and attachment stress. Loss of mentalizing leads to interpersonal and social problems, emotional variability, impulsivity, self-destructive behaviours, and violence. This practical guide on mentalization-based treatment (MBT) of personality disorders outlines the mentalizing model of borderline and antisocial personality disorders and how it translates into clinical treatment. The book is divided into four parts: the mentalizing framework, basic mentalizing practice, mentalizing and groups, and mentalizing systems. It covers the aims and structure of treatment, outlines how patients are introduced to the mentalizing model so that their personality disorder makes sense to them, explains why certain interventions are recommended and others are discouraged, and systematically describes the process of treatment in both group and individual therapy to support more stable mentalizing. People with personality disorders commonly have comorbid mental health problems such as depression and eating disorders, which complicate clinical treatment. Therefore, the book advises the clinician on how to manage comorbidity in treatment. In addition, mentalizing problems in families and social systems, for example schools and mental health services, are also covered. A families and carers training and support guide is provided as families and others are often neglected during the treatment of people with personality disorder. The book is a valuable guide for all mental health workers on how to effectively treat personality disorders.

Mentalization-Based Treatment for Personality Disorders Anthony Bateman, Peter Fonagy, 2016-01-28 Mentalizing the ability to understand oneself and others by inferring mental states that lie behind overt behaviour develops within the context of attachment relationships. It is crucial to self-regulation and constructive intimate relationships, both of which are impaired in personality disorders because of sensitivity to losing mentalizing at times of anxiety and attachment stress. Loss of mentalizing leads to interpersonal and social problems, emotional variability, impulsivity, self-destructive behaviours, and violence. This practical guide on mentalization-based treatment (MBT) of personality disorders outlines the mentalizing model of borderline and antisocial personality disorders and how it translates into clinical treatment. The book is divided into four parts: the mentalizing framework, basic mentalizing practice, mentalizing and groups, and mentalizing systems. It covers the aims and structure of treatment, outlines how patients are introduced to the mentalizing model so that their personality disorder makes sense to them, explains why certain interventions are recommended and others are discouraged, and systematically describes the process of treatment in both group and individual therapy to support more stable mentalizing. People with personality disorders commonly have comorbid mental health problems such as depression and eating disorders, which complicate clinical treatment. Therefore, the book advises the clinician on how to manage comorbidity in treatment. In addition, mentalizing problems in families and social

systems for example schools and mental health services are also covered A families and carers training and support guide is provided as families and others are often neglected during the treatment of people with personality disorder The book is a valuable guide for all mental health workers on how to effectively treat personality disorders Mentalization Robert P. Drozek,2025-10-14 Do you struggle with instability in your emotions self esteem relationships or behavior If so then you might have borderline personality disorder BPD a serious and relatively common mental health condition that is highly responsive to treatment People with BPD can find it challenging to effectively mentalize to read access and reflect on mental states in themselves and other people This book is all about mentalization based treatment or MBT one of the leading evidence based therapies for people with BPD As the first book for non clinicians about MBT it shows you how to apply MBT techniques in your everyday life so that like the tens of thousands of patients whose lives have already been changed by MBT you can get relief from the suffering of borderline personality disorder With the help of worksheets mentalizing prompts and case examples from actual treatments of patients with BPD the book walks you through the core elements in MBT as a therapy outlining the therapeutic strategies that make MBT so effective Purchasers receive access to a webpage so that you can download and print additional copies of worksheets and chapter reviews This book will be helpful for people with BPD and other mental health conditions family members affected by BPD clinicians seeking to teach their clients about MBT and members of the general public who are curious about mentalizing and MBT **Mentalization-based Group Therapy**

(MBT-G) Sigmund Karterud,2015 This is the first comprehensive manual for mentalization based group therapy The author has developed the manual in close cooperation with Anthony Bateman and a team of group analysts It covers all the aspects of MBT which are necessary to produce an informed and qualified group therapist **Handboek**

Persoonlijkheidspathologie E. H. M. Eurelings-Bontekoe,W. M. Snellen,R. Verheul,2009-09-08 Het Handboek persoonlijkheidspathologie is zeker in het Nederlandse taalgebied het enige in zijn soort Het voorziet in een behoefte omdat de ontwikkelingen op dit gebied een hoge vlucht hebben genomen zowel wat betreft diagnostiek als behandeling Al langere tijd staat de as ii van de dsm iv ter discussie omdat deze onvoldoende recht doet aan de heterogeniteit binnen groepen cliënten met een en dezelfde persoonlijkheidsstoornis De visie achter deze uitgave is een brede en geïntegreerde kijk op persoonlijkheidspathologie Het handboek bestrijkt dan ook het gehele terrein van de complexe persoonlijkheidspathologie en problematiek Vele experts hebben vanuit uiteenlopende referentiekaders en diagnostische en behandelmethodieken een bijdrage geleverd aan dit boek vanuit de recente wetenschappelijke bevindingen en inzichten Hierdoor ontstaat een rijk overzicht van de huidige state of the art van het domein van de persoonlijkheidspathologie Zo wordt ruim aandacht besteed aan de invloed van de omgevingstransactie op het ontstaan van persoonlijkheidspathologie en aan neurofysiologische correlaten van persoonlijkheidspathologie Ook is aandacht voor de voorlopers van ernstige persoonlijkheidsproblematiek in de vroege ontwikkeling van het kind *Mentalization-Based Treatment for Pathological Narcissism* Robert P.

Drozek, Brandon Unruh, Anthony Bateman, 2023 Mentalization based Treatment for Pathological Narcissism A Handbook provides much needed guidance about how to effectively help patients suffering from narcissistic vulnerabilities

Mentalization-Based Treatment for Adolescents Trudie Rossouw, Maria Wiwe, Ioanna Vrouva, 2021-05-10

Mentalization Based Treatment for Adolescents MBT A is a practical guide for child and adolescent mental health professionals to help enhance their knowledge skills and practice The book focuses on describing MBT work with adolescents in a practical way that reflects everyday clinical practice With chapters authored by international experts it elucidates how to work within a mentalization based framework with adolescents in individual family and group settings Following an initial theoretical orientation embedded in adolescent development the second part of the book illuminates the MBT stance and technique when working with young people as well as the supervisory structures employed to sustain the MBT A therapist The third part describes applications of MBT A therapies to support adolescents with a range of presentations This book will appeal to therapists working with adolescents who wish to develop their expertise in MBT as well as other child and adolescent mental health professionals

Het lichaam en psychisch functioneren E.H.M. Eurelings, C.G. Kooiman, M.H. Lub, 2021-10-21 Dit boek helpt behandelaren in de geestelijke en somatische gezondheidszorg om volwaardige en volledige patiëntenzorg te bieden met aandacht voor de hele mens als bezielde en belichaamd wezen Met geïntegreerde kennis over de rol van het lichaam bij psychische problemen biedt het handgrepen voor het handelen in de klinische praktijk Het lichaam en psychisch functioneren gaat uit van een breed perspectief op de relatie tussen lichaam en geest in de psychiatrie en de psychologie Er komt dan ook een grote variëteit aan onderwerpen aan de orde Allereerst worden verschillende psychobiologische modellen beschreven Dan volgt een drieluik over de rol van lichamelijkeheid in de verschillende levensfasen Ook wordt de rol van het lichaam bij een aantal specifieke psychiatrische beelden beschreven Uiteraard is er aandacht voor de rol van het lichaam bij behandeling en voor leefstijlfactoren Tot slot biedt het boek naast een somatisch en psychologisch perspectief op de verwevenheid van lichaam en psyche ook een filosofische en theologische visie Liesbeth Eurelings Bontekoe is klinisch psycholoog psychotherapeut en emeritus bijzonder hoogleraar Beroepsopleidingen tot psycholoog in de individuele gezondheidszorg Kees Kooiman is psychiater en psychoanalytisch psychotherapeut werkzaam bij GGZ de Viersprong specialist in persoonlijkheid gedrag en gezin Marike Lub Moss is klinisch psycholoog en zij was werkzaam als hoofd van de afdeling Medische Psychologie van het Haaglanden Medisch Centrum in Den Haag Samen vormen zij de redactie van dit boek

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