

Mentalization-Based Treatment



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Information leaflet for service users

What is Mentalizing?

Mentalization Based Treatment (MBT) is a psychological treatment. It focuses on developing a person's ability to make sense of their own mind in terms of thoughts, feelings, beliefs and actions and also what might be going on in other peoples' minds. This ability is helpful in managing impulsive behaviour, managing emotions and developing and sustaining meaningful relationships.

Mentalizing is something most people do every day. It is a skill that is developed through childhood, but its development may, for whatever reason, have been disrupted, leading to problems with mentalizing in adulthood.

Who is MBT for?

MBT is a treatment for adults with complex and longstanding emotional and interpersonal problems, such as mistrust, overwhelming feelings and destructive behaviours like self-harm. People who are offered MBT might have a personality disorder or difficulties associated with personality disorder.

What can I expect from MBT?

The aim of MBT is to provide a safe and structured environment in which people can develop an understanding of current difficulties and explore the situations that have provoked strong emotions and problematic behaviours. In MBT your mind is the focus of the treatment with the aim of understanding more about how you think and feel about yourself and others and how this influences your actions, behaviour and relationships.

How will MBT work?

Mentalizing requires flexibility in thinking; therefore people are expected to be curious about themselves and others. Developing the capacity to mentalize can help with managing emotions and improving relationships with others. Alongside this, therapists will use a non-directive approach which will help you to find solutions and ways to cope, and encourage you to mentalize.

What does MBT involve?

Assessment: This involves gaining a shared understanding of your difficulties with the therapist and deciding on whether MBT will be the best treatment option.

Introduction to Mentalization-Based Treatment (MBT- I): A ten week psychoeducational group which focuses on developing service users' understanding of MBT.

Individual Review: Everyone who completes the MBT-I will be offered an appointment with a therapist to discuss whether MBT is the most appropriate therapy.



Mentalization-Based Treatment: This involves attending a weekly group for up to 15 months and monthly individual sessions.

What else do I need to know?

- In MBT you are asked to complete regular questionnaires. This helps us to monitor how helpful the therapy is to you and you will be given the opportunity to discuss the outcome of your questionnaires with the therapists.
- We ask people to aim for at least 80% attendance of their appointments. Not attending will have a negative impact on your therapy.
- As drugs and alcohol can have a negative impact on your therapy and your ability to mentalize the use of these would need to be discussed in the group.
- MBT is an evidence-based treatment which has been shown to be effective with the benefits being sustained over years following therapy.
- It is routine that sessions can be recorded for supervision and training purposes, however your consent will be sought in order for this to happen.

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