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Mentalization-Based Treatment for Antisocial Personality disorder

Information leaflet for service users

What is Mentalizing?

Mentalizing is a normal everyday skill we all use. It refers to the ability to make sense of our own actions and feelings and those of others. It involves understanding of thoughts, feelings, beliefs, attitudes, wishes, desires and how these affect the ways in which we relate with others. It is often defined as 'seeing ourselves from the outside and others from inside'.

Who is MBT for?

MBT is a treatment for people who meet diagnostic criteria for personality disorder. In mental health, the word 'personality' refers to the collection of characteristics that developed during childhood and adolescence and which make each of us an individual. These include the ways that we: think, feel and behave. For some people certain aspects of personality develop in ways that make it difficult for them to manage their feelings, relationships and engage in everyday tasks and activities.

MBT for antisocial personality disorder is for individuals who:

- May struggle to care about the feelings of others
- Easily get frustrated
- Tend to be aggressive
- May commit crimes
- Have difficulties in close relationships
- Tend to be impulsive - do things on the spur of the moment without thinking about them
- May not feel guilty about things they've done

What are the aims of MBT?

MBT is a psychological intervention that aims to:

- Improve your ability to understand yourself and other people
- Improve quality of your relationships
- Help you to manage angry feelings and aggressive behaviour



What can I expect from MBT?

The focus of MBT is to provide a safe and structured environment in which you can develop an understanding of current difficulties and explore the situations that have contributed to problematic behaviours. Specifically, throughout the treatment you will develop better insight into thoughts and feelings about yourself and others, and to learn about how these determine your responses or actions.

What does MBT involve?

MBT is an 12- month structured outpatient treatment that consists of weekly, 75–minutes group sessions and monthly individual appointments.

What else do I need to know?

- Regular attendance is required for the optimal effects
- Use of drugs and alcohol whilst in treatment has negative effects on the therapeutic process and might lead to intervention withdrawal and provision of alternative approach
- Some of the sessions may be videotaped for supervision and training purposes; your consent will be sought in prior to recording
- You will be asked to complete regular questionnaires to monitor your progress

**Treatment Provision: Allerdale Community Mental Health Team, Park Lane
Workington CA14 2RR**

Sessions delivered every Wednesday 3.00pm - 4.15pm

Contact Details: Administration Office: Phone: 01900705262

Contact us [if not included elsewhere]

This factsheet has been produced by the service.

Your team is based at

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Telephone:

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Confidentiality

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Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890**

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Or write to Engagement and Communications
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