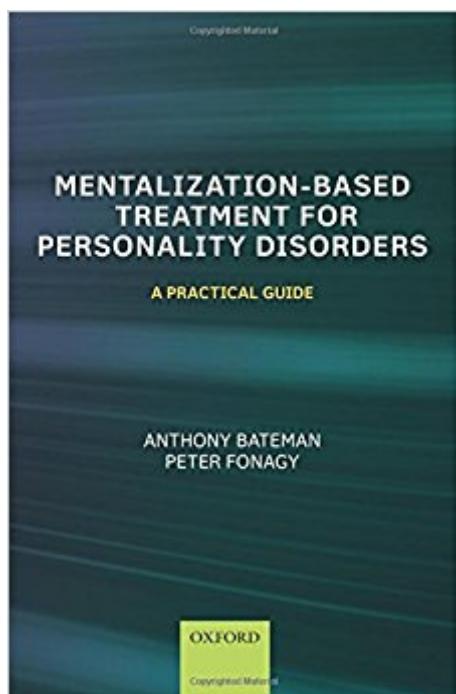


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# Mentalization Based Treatment For Personality Disorders: A Practical Guide



## Synopsis

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, divided into four parts - the mentalizing framework, basic mentalizing practice, mentalizing and groups, and mentalizing systems - 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.

## Book Information

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## Customer Reviews

Readers seeking to comprehend recent advances in developmental psychology, the neurosciences, and mentalization-based treatment (MBT) for personality disorders will be well served by this work... This book is highly recommended for clinicians wanting an up-to-date account of the theory and technique of MBT, with useful clinical examples to boot. \* Josephine Beatson, Australasian Psychiatry \*

Anthony Bateman, Consultant Psychiatrist and Psychotherapist and MBT co-ordinator, Anna Freud Centre, London; Visiting Professor University College, London; Honorary Professor in Psychotherapy University of Copenhagen,Peter Fonagy, Head of the Research Department of Clinical, Educational and Health Psychology and Freud Memorial Professor of Psychoanalysis, University College London; CEO of the Anna Freud Centre, LondonAnthony Bateman - Expert member of National Institute for Clinical Excellence (NICE) development group for treatment guidelines for Borderline Personality Disorder in UK; currently Chair of the National Guideline Development Group for Eating Disorders. NHS clinical services are recognised by NHS England as a national demonstration site for the treatment of personality disorder. President of the European Society for the Study of Personality Disorders (ESSPD) from 2012-2015.Authored 14 books and over 120 peer reviewed research articles on personality disorder and the use of psychotherapy in psychiatric practice. Received a senior scientist award from British and Irish group for the Study of Personality Disorder in 2012 and in 2015 the annual award for "Achievement in the Field of Severe Personality Disorders" from the BPDRC in the USA.Peter Fonagy - OBE, FMedSci, FBA, PhD is Head of the Research Department of Clinical, Educational and Health Psychology and Freud Memorial Professor of Psychoanalysis at University College London. He is also CEO of the Anna Freud Centre in London and a Senior Investigator of the British National Institute for Health Research. Professor Fonagy is the recipient of numerous prizes, awards and other honours in the United Kingdom, the United States and internationally. He has published 17 books, over 400 original papers, and nearly 250 book chapters

I wasn't aware this book focused on group therapy as a major aspect of treatment. It seems to have borrowed the combined treatment modality from Dialectical Behavior Therapy that combines groups

with concurrent individual treatment. While I'm not opposed to this modality, I was looking for a book focused on individual therapy. In fact, I bought this book to find a more practical description of Mentalization-Based Therapy after reading Fonagy's textbook (Affect Regulation, Mentalization, and the Development of the Self) hoping his book would have been somewhat practical (it was extremely interesting, and probably the best review of developmental literature I've seen, but all theoretical). These books need a better description on the blurb or on ! Anyway, I didn't finish the book (yet) because I had just left a position doing group (and individual) therapy, and was moving into a position doing solely individual therapy. In the interim, I saw a couple videos of Bateman doing MBT and had mixed feelings about the practical application of MBT. I think the theory is great, but in practice this translates to the therapist spending a lot of time, energy and focus on helping dysregulated patients maintain a moderated level of affect during therapy in order to maintain mentalization ability. Mentalization abilities are self-reflection and empathy-based ability to reflect on another persons state of mind and intentions (related to theory of mind). MBT theorizes this is the root of affect regulation, and we all know mentalization decreases as affect becomes dysregulated. Thus the therapist aims to help the client regulate affect to increase mentalization until the client can regulate their own affect. I do agree helping extremely dysregulated patients to regulate affect can be very important: too much arousal leads to inhibition and premature drop-out from therapy. However, the same research also shows that there is an optimal level of arousal or anxiety that is motivating toward healthy change. My concern was that MBT avoids this higher level of motivating arousal in exchange for lower levels of arousal that allow for improved mentalization, while its been my experience patients benefit from therapists allowing them to experience the higher levels of arousal for longer periods than MBT therapists seem to allow for. This not only increases patients' motivation, but also demonstrates that the therapist is okay (an accepts) with the patient's emotionality. The important aspect is the therapist empathically reflects the emotionality in a somewhat incongruent manner (to use Fonagy's language): the therapists reflects understanding and empathy, but with moderation communicating "I can see, and feel, your pain, but I know you have the strength to get through it." As the patient's emotional arousal decreases, then the ability to reflect, gain insight, and use mentalization abilities is possible and helpful.

A different approach to BPD than TFP. An honest book, generously written.

Great for clinicians, only wish they had written one for patients working on their own mentalizing abilities. Very insightful though

Excellent manual for developing kind of psychotherapy

I feel like it's written more for academics and therapists. It would have been nice if it was written also for the patient, but overall it's a good book

Excellent

clear and brilliant.

ultra fast delivery, great book!

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