

Mentalization-Based Treatment (MBT)

What is Mentalization?

MBT is an evidenced-based psychological treatment. It has been shown to be effective for people diagnosed with Emotionally Unstable Personality Disorder (also known as Borderline Personality Disorder) with the benefits being sustained in the years following therapy.

MBT focuses on developing a person's mentalizing capacity. This includes the ability to make sense of one's own and others' minds in terms of thoughts, feelings, beliefs, and actions. This is helpful in regulating emotions, managing impulsive behaviours, and having meaningful relationships.

Mentalizing is a skill that is developed during childhood and something that most people do every day. However, for a number of reasons, the development of this skill may have been disrupted, leading to mentalizing problems in adulthood.

Who is MBT for?

MBT is a treatment for adults with complex and long-standing emotional and interpersonal problems, such as mistrust, overwhelming feelings, and destructive behaviours, like self-harm.

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 their current difficulties and explore the situations that have provoked strong emotions and problematic behaviours.

In MBT your mind is the focus of the treatment. This increases understanding about how you think and feel about yourself and others and, furthermore, how this influences your behaviour and relationships.

How will MBT work?

In the first few months of MBT, with the help of a therapist, you will develop a formulation of your difficulties as part of personalising your treatment.

Mentalizing requires flexibility in thinking. Therefore, people are encouraged to be curious about themselves and others. Therapists will work alongside you to increase your mentalizing capacity to meet your goals for treatment.

What does MBT involve?

- Introduction to Mentalization-Based Treatment (MBT– I): A ten week psychoeducational group which focuses on developing service users' understanding of mentalizing.
- Individual Review: Everyone who completes MBT-I will be offered an appointment with a therapist to discuss whether MBT is the most appropriate therapy to move on to.
- Mentalization-Based Treatment: This involves attending a weekly group and individual therapy for up to 18 months. We also run two specialist group-only interventions.

What else do I need to know?

We expect you to attend all of your appointments in order to gain the most from treatment.

Some therapy sessions will be recorded. This ensures that the treatment provided is adherent to the MBT model. The recordings will only be reviewed by therapists and supervisors in the MBT team.

How to contact us

If you need to contact us or require further information...

Call: 0300 365 8000

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