

Video transcript for ‘What is mentalization-based therapy (MBT)?’

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Mentalization-based treatment, known as MBT, is an evidence-based psychological therapy.

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It has been found to be helpful for people who have been diagnosed with

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emotionally unstable personality disorder, also known as borderline personality disorder.

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So MBT is mentalization based therapy and the difference between MBTI and MBTG

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is you do a 10 week introductory almost like a practice before the course.

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So, it just goes over everything and like explains the course itself and kind of eases you into everything.

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So, the mentalization based therapy is split between MBTI, MBTG

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and the MBTI component of it is based around teaching fundamentals and principles of like

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state changes, thoughts, feelings and how that can affect relationships.

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And then the MBTG side of things is where you can put this into practice in a group in a safe space.

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MBT focuses on developing your ability to mentalize. Mentalizing is our ability to understand our own mind

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and the minds of others. That means understanding our thoughts, feelings, beliefs, and actions.

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It involves being curious and thinking about our thinking. Mentalizing is important for regulating

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our emotions, managing our impulsive behaviours, and having meaningful relationships. It is a skill

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that is developed during childhood. However, for many different reasons, the development of this

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skill may have been disrupted and that can lead us to have problems in mentalizing as adults.

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The aim of MBT is to provide you with a safe and structured environment in which you can develop a

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better understanding of how you think and feel about yourself and others and how this then

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influences your behaviours and your relationships. MBT begins with a 10-week psychoeducational

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group course which focuses on developing our understanding of mentalizing. After this course,

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if it still seems that MBT will be helpful, you will begin 18 months of weekly one-to-one and group sessions.

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So, life before MBT for me was not the best.

I was very reactive

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to pretty much anything and everything. My thoughts and emotions and feelings was very much heightened.

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Before MBT it was very, my life was very chaotic.

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It was very driven by emotion. There was a lack of space to actually sit with emotions.

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So, for me, life after MBT has changed in a more positive way.
I don't react as I used to. I kind of respond.

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I think about just everything just my thoughts
and emotions. I'm more self-aware. I can also

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put myself in someone else's perspective with the
situation and and social aspect. So just a lot

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more positive. I don't react. I'm more,
I respond in the right way.

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After doing the MBT programme,
I'm now in the driving seat of my mind

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and I'm allowing my feelings to be in the passenger seat.
So, I can spend time observing these thoughts and feelings

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and recognising patterns and giving myself a bit more space
to contemplate what I'm going to do next rather than just action.

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So, my initial feelings about MBT was, I
was quite skeptical, very much anxious and

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nervous to start it. So, the advice I would
give to someone starting MBT would be start it

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with an open mind and you will come
across hurdles where it's a little bit

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tough because it's personal but it's going to benefit
yourself in the future. You have to be brave in a

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way that you know that you can do it. You should
do it because it's for yourself.

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MBT is a goal-focused therapy and,
together with your MBT therapist,

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you will develop goals that you'd like
to work on over the 18 months.

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The advice I would give someone starting MBT
would be just to go with the flow.

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Try not to have too many barriers in place
and trust the process.