



Mentalization Based Treatment (MBT) for Borderline Personality Disorder: introduction to clinical practice

Mentalization is the process by which we implicitly and explicitly interpret the actions of ourselves and others as meaningful on the basis of intentional mental states (e.g., desires, needs, feelings, beliefs, & reasons). We mentalize interactively and emotionally when with others. Each person has the other person's mind in mind (as well as their own) leading to self-awareness and other awareness. We have to be able to continue to do this in the midst of emotional states but borderline personality disorder (BPD) is characterised by a loss of capacity to mentalize when emotionally charged attachment relationships are stimulated. The aim of MBT is to increase this capacity in order to ensure the development of better regulation of affective states and to increase interpersonal and social function. In this workshop we will consider and practice interventions which promote mentalizing contrasting them with those that are likely to reduce mentalizing. Participants will become aware of which of their current therapeutic interventions promote mentalising. The most important aspect of MBT is the therapeutic stance. Video and role plays will be used to ensure participants recognise the stance and can use it in their everyday practice. Small group work will be used to practice basic mentalizing interventions described in the manual. The workshop will therefore provide practitioners with information about an evidence based treatment for BPD, present them with an understanding of mentalizing problems as a core component of BPD, equip them with clinical skills that promote mentalizing, and help them recognise non-mentalizing interventions.