Handbook Of Mentalization Based Treatment

Restoring Mentalizing in Attachment Relationships

Adaptive Mentalization-Based Integrative Treatment

Textbook of Psychotherapeutic Treatments

Mentalization in the Family

Reflective Parenting

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Reflective Parenting
This book argues that, properly understood, irony plays a crucial role in therapeutic action. However, this insight has been difficult to grasp because the concept of irony itself has been distorted, covered over. It is regularly confused with sarcasm; it is often mistakenly assumed that if one is speaking ironically, one must mean the opposite of what one says, that one must be feigning ignorance, that irony and earnestness cannot go together. All of these assumptions are false. So part of the therapeutic action of this book is conceptual therapy: we need to recover a vibrant sense of irony. This book, then, is not merely about the therapeutic action of psychoanalysis; it is an enactment of conceptual therapy. It is thus written as an invitation to clinicians—psychologists, psychoanalysts, psychiatrists—to renew their own engagement with the fundamental concepts of their practice.

Transference-Focused Psychotherapy for Borderline Personality Disorder

Countertransference and the Therapist's Inner Experience explores the inner world of the psychotherapist and its influences on the relationship between psychotherapist and patient. This relationship is a major element determining the success of psychotherapy, in addition to the therapeutic alliance, what the therapist says and how the therapist works, and to what extent the patient recepts. The author, Gelfand and Jeffrey A. Hayes present the history and current status of countertransference, offer a theoretically integrative conception, and focus on how psychotherapists can manage countertransference in a way that benefits the therapeutic process. The book contains completely up-to-date data from existing research findings, and illuminates the universality of countertransference across all psychotherapies and psychotherapists. Contents include: the operation of countertransference across three predominant theory clusters in psychotherapy; leading factors involved in the management of countertransference; and valuable recommendations for psychotherapy practitioners and researchers. Professionals in clinical and counseling psychology, psychiatry, social work, and counseling will benefit from this volume. The book is also appropriate for graduate students in these fields.

Handbook of Mentalizing in Mental Health Practice

Since the publication of the acclaimed second edition of Handbook of Diagnosis and Treatment of DSM-IV-TR Personality Disorders, much has changed in how the personality disorders are understood and treated. However, like its previous editions, this new edition is a hands-on manual of the most current and effective, evidence-based assessment and treatment interventions for these challenging disorders. The book begins with several comprehensive case examples and then presents specific chapters that focus on evidence-based diagnosis and treatment interventions for each of the 10 DSM-5 personality disorders. Emphasized are the most recent developments from Cognitive Behavior Therapies, Dialectical Behavior Therapy, Cognitive Behavior Analysis System of Psychotherapy, Pattern-Focused Psychotherapy, Mindfulness, Schema Therapy, Transference Focused Psychotherapy, and Mentalization-Based Treatment. As in previous editions, extensive case material is used to illustrate key points of diagnosis and treatment.

Therapeutic Action

Have you ever wondered what’s going on in your child’s mind? This engaging book shows how reflective parenting can help you understand your children, manage their behaviour and build your relationship with them. It is filled with practical advice showing how recent developments in mentalization, attachment and neuroscience have transformed our understanding of the parent-child relationship and can bring meaningful change to your own family relationships. Alistair Cooper and Sheila Redfern show you how to make a positive impact on your relationship with your child, starting from the development of the baby’s first relationship with you as parents, to how you can be more reflective in relationships with toddlers, children and young people. Using everyday examples, the authors provide you with practical strategies to develop a more reflective style of parenting and how to use this approach in everyday interactions to help your child achieve their full potential in their development; cognitively, emotionally and behaviourally. Reflective Parenting is an informative and enriching read for parents, written to help parents form a better relationship with their children. It is also an essential resource for clinicians working with children, young people and families to support them in managing the dynamics of the child-parent relationship. This is a book that every parent needs to read.

Countertransference and the Therapist's Inner Experience

What is “mentalization”? How can this concept be applied to clinical work with children, young people and families? What will help therapists working with children and families to ‘keep the mind in mind”? Why does it matter if a parent can “see” themselves from the outside, and their child from the inside”? Minding the Child considers the implications of the concept of mentalization for a range of therapeutic interventions with children and families. Mentalization, and the empirical research which has supported it, now plays a significant role in a range of psychotherapies for adults. In this book we see how these rich ideas about the development of the self and interpersonal relatedness can help to foster the emotional well-being of children and young people in clinical practice and a range of other settings. With contributions from a range of experts, the book contains the main sections of the book explore: the concept of mentalization from a theoretical and research perspective; the value of mentalization-based interventions within child mental health services; the application of mentalizing ideas to work in community settings. Minding the Child will be of particular interest to clinicians and those working therapeutically with children and families, but it will also be of interest to academics and students interested in child and adolescent mental health, developmental psychology and the study of social cognition.

The Oxford Handbook of Personality Disorders

Practitioners encounter patients with borderline personality disorder (BPD) with surprising frequency; indeed, 1 in 10 emergency room visits and 1 in 20 primary care appointments are estimated to involve people with BPD. Applications of Good Psychiatric Management for Borderline Personality Disorder: A Practical Guide presents a concept of mentalization that is not only complementary to complex psychotherapy with these patients but for the generalist who needs the basic skills to deliver good care to this sizeable patient population in need of help. This guide condenses the vast expanse of the latest scientific research and describes the use of good psychiatric management (GPM) with different patient populations, in conjunction with different modalities, for different professions, and in different treatment settings. Constructed carefully by two leading psychiatrists in the field of BPD, the book is designed for maximum utility with stand-alone chapters offering clear guidelines for managing BPD. Topics and features include the following: - Case vignettes, which are designed to make the book practical and eminently useful, provide "decision points" where alternative interventions are proposed and discussed, demonstrating how to apply the concepts outlined in the chapter. Although the authors review the relative merits of these interventions, the presentation promotes active learning and the ability to adapt to unpredictable clinical realities. - Challenges to implementing GPM that are specific to a particular treatment setting -- consultations, inpatient and outpatient settings, emergency departments, and colleges -- are directly addressed so the guidelines are immediately relevant to the target audience of each chapter.- Clinicians from a variety of fields, including social workers, primary care providers, psychopharmacologists, and training supervisors, care for patients with BPD, and the book makes concrete suggestions about how to apply GPM in a range of practice types.- Implementation of GPM in a brief format and how it can be applied to other personality disorders is also addressed. It explains how GPM can be integrated with other evidence-based treatments for BPD, such as dialectical behavior therapy, mentalization-based treatment, and transference-focused psychotherapy. Written in a down-to-earth style, this case management text will appeal to the resident on call, the specialist, and the generalist. Above all, Applications of Good Psychiatric Management for Borderline Personality Disorder: A Practical Guide addresses the challenges specific to different treatment contexts to help busy clinicians provide informed, effective care for their patients with BPD.

Mentalization-Based Group Therapy (MBT-G)
Mentalization-Based Treatment with Families

This book explores the private thoughts of the therapist in response to the patient's inner expressions and how each affects the other over the course of treatment. Perlman documents his own journey of having treated trauma, and sexually abused patients over many years. He details the issues the therapist needs to deal with, the emotional strain, how the therapist's own traumas and history shape his behavior and intrude into the therapeutic process, and how he and others he has supervised, have come to manage this difficult process and maintain emotional health. Perlman illustrates this with powerful revealing of his thoughts, dreams, memories, history, personal psychotherapy, and emotional reactions. From this the author has developed a model of treatment that maximizes the patient's growth, and helps therapists understand treatment and develop more fully as people as well. This human and caring approach allows patients and therapists to open up to deeper experience within themselves and promotes healing in both.

Mentalization-Based Treatment for Adolescents

This book includes the work of 22 contributing writers in addition to the three primary authors, John F. Clarkin, Ph.D., Peter Fonagy, Ph.D., and Glen O. Gabbard, M.D. Each contributor has extensive clinical experience, and some also have research experience, with the assessment and treatment of specific personality disorders.

Medical Psychotherapy

The Recovery of the Self in Psychosis details specific therapeutic approaches as well as considers how treatments can be individually tailored and adapted to help persons whose mental health challenges may be either mild or more severe. By focusing on basic elements of the experiences of persons diagnosed with psychosis and exploring the broader meanings these experiences have, each of these treatments offers distinctive ways to help persons define and manage their own recovery. The book includes measurable therapeutic processes, an empirically supported conceptual basis for understanding disturbances in self-experience and rich descriptions of the recovery process. The Recovery of the Self in Psychosis moves beyond approaches which dictate what health is to persons with psychosis through education. It will be essential reading for all clinical psychologists and psychotherapists working with people diagnosed with psychosis.

Handbook of Psychodynamic Approaches to Psychopathology

Sure to become the standard text for all students and practicing psychotherapists, whatever their background, the "Textbook of Psychotherapeutic Treatments” addresses all the major psychotherapeutic modalities in one comprehensive, authoritative volume.

Handbook of Personality Disorders, Second Edition

This new edition of Handbook of Mentalizing in Mental Health Practice reflects a vibrant field undergoing development along a number of dimensions important for mental health. As evidenced by the number of experts contributing chapters that focus on specialized approaches to mentalization-based treatment (MBT), the range of mental disorders for which this therapy has proved helpful has substantially increased, and now includes psychosis. Second, the range of contexts within which the approach has been shown to be of value has grown. MBT has been found to be useful in outpatient and community settings, and, more broadly, with children, adolescents, couples, and families, and the social contexts where they are found, such as in schools and even prisons. Finally, the framework has been shown to be generalizable to an understanding of the social context of mental health. The model advanced in this book goes beyond an understanding of the development of mentalizing and aims to provide an understanding of its role in a range of social processes.Key concepts, themes, and approaches clearly articulated throughout the book include the following: Mentalizing is a transdiagnostic concept applicable to a range of mental health conditions, including trauma, personality disorders, eating disorders, depression, substance use disorder, and psychosis. The chapters devoted to these disorders emphasize MBT skills acquisition and techniques for introducing mentalizing into psychotherapy. Mentalizing plays an important role in understanding how teams, systems, and services interact to facilitate or undermine interventions and service delivery.

Minding the Child

A Bestseller Attachment Theory shows scientifically how our earliest relationships with our mothers influence our later relationships in life. This book offers an excellent introduction to the findings of attachment theory and the major schools of psychoanalytic thought. “The book every student, colleague, and even rival theoretician has been waiting for. With characteristic wit, philosophical sophistication, scholarship, humanity, incisiveness, and creativity, Fonagy succinctly describes the links, differences, and future directions of his twin themes. [His book] is destined to take its place as one of a select list of essential psychology books of the decade.”-Jeremy Holmes, Senior Lecturer in Psychotherapy, University of Exeter "Extraordinary--an invaluable resource for developmental psychoanalysis."-Joy D. Ososky, Professor, Louisiana State University

Affect Regulation, Mentalization, and the Development of the Self

Mentalization in the Family draws upon the latest research on child development, parenting, and mentalization theory to provide a comprehensive guidebook for parents, teachers, social workers, and any professional working with families today. The book explains the core concepts of mentalization, an idea whereby an appreciation of internal mental states, both those of others and oneself, can lead to an understanding of overt behaviour. It explores key ideas central to this – such as attachment style, internal regulation, emotional compass, and parental navigation – but also offers practical guidance around issues such as play, siblings, boundaries, and sexuality. Accessibly written throughout and featuring pedagogical tools that bring the theory into life, this wide-ranging book will be essential reading for a range of professionals, from those working with foster families to teachers working with troubled or disruptive children. It also offers a way for parents to better understand themselves, their own parenting style, and the dynamics which make up family life.

The Handbook of Mentalization-Based Treatment

Authoritative and comprehensive, this volume provides a contemporary psychodynamic perspective on frequently encountered psychological disorders in adults, children, and adolescents. Leading international authorities review the growing evidence base for psychoanalytic theories
Handbook of Mentalizing in Mental Health Practice, Second Edition

This book brings together the latest knowledge from attachment research and neuroscience to provide a new approach to treating trauma for therapists from different professional disciplines and diverse theoretical backgrounds. The field of trauma suffers from fragmentation as brands of therapy proliferate in relation to a multiplicity of psychiatric disorders. This fragmentation calls for a fresh clinical approach to treating trauma. Pinpointing at once the problem and potential solution, the author places the experience of being psychologically alone in unbearable emotional states at the heart of trauma in attachment relationships. This trauma results from a failure of mentalizing, that is, empathic attunement to emotional distress. Psychotherapy offers an opportunity for healing by fostering psychological attunement in the context of secure attachment relationships in the psychotherapy relationship and in other attachment relationships. The book gives a unique overview of common attachment patterns in childhood and adulthood, setting the stage for understanding attachment trauma, which is most conspicuous in maltreatment but also more subtly evident in early and repeated failures of attunement in attachment relationships.

Attachment Theory and Psychoanalysis

This timely and ambitious book helps clarify the meaning and clinical applications of the mentalization construct. The authors propose that mentalizing is the central corrective process of all psychotherapies.

Psychodynamic Therapy for Personality Pathology

Diagnosing Borderline Personality Disorder (BPD) in young people has long been a tough call for clinicians, either for fear of stigmatizing the child or confusing the normal mood shifts of adolescence with pathology. Now, a recent upsurge in relevant research into early-onset BPD is inspiring the field to move beyond this hesitance toward a developmentally nuanced understanding of the disorder. The Handbook of Borderline Personality Disorder in Children and Adolescents reflects the broad scope and empirical strengths of current research as well as promising advances in treatment. This comprehensive resource is authored by veteran and emerging names across disciplines, including developmental psychopathology, clinical psychology, child psychiatry, genetics and neuroscience in order to organize the field for an integrative future. Leading-edge topics range from the role of parenting in the development of BPD to trait-based versus symptom-based assessment approaches, from the life-course trajectory of BPD to the impact of the DSM-5 on diagnosis. And of particular interest are the data on youth modifications of widely used adult interventions, with session excerpts. Key areas featured in the Handbook: The history of research on BPD in childhood and adolescence. Conceptualization and assessment issues. Etiology and core components of BPD. Developmental course and longitudinal correlates. Empirically supported treatment methods. Implications for future research, assessment and intervention. The Handbook of Borderline Personality Disorder in Children and Adolescents is a breakthrough reference for researchers and clinicians in a wide range of disciplines, including child and school psychology and psychiatry, social work, psychotherapy and counseling, nursing management and research and personality and social psychology.

Handbook of Diagnosis and Treatment of DSM-5 Personality Disorders

This book provides inspiration for using mentalization when working with vulnerable children, adolescents, and their families. It includes the basic models of mentalization and provides ways to support the neglected and traumatised to find a better understanding of themselves and their struggles.

The Therapist's Emotional Survival

The first volume to showcase science-based interventions that have been demonstrated effective in promoting attachment security, this is a vital reference and clinical guide for practitioners. With a major focus on strengthening caregiving relationships in early childhood, the Handbook also includes interventions for school-age children, at-risk adolescents; and couples, with an emphasis on father involvement in parenting. A consistent theme is working with children and parents who have been exposed to trauma and other adverse circumstances. Leading authorities describe how their respective approaches are informed by attachment theory and research, how sessions are structured and conducted, special techniques used (such as video feedback), the empirical evidence base for the approach, and training requirements. Many chapters include illustrative case material.

 Routledge International Handbook of Sexual Addiction

The leading reference on personality disorders and their treatment, this authoritative work is now significantly revised with 80% new content and a fresh approach. Chapters update their focus to include the most current thinking about the nature and treatment of personality disorders, offering existing information and advances in the field of addiction therapy. More than 300 authors from around the globe contribute chapters that cover theoretical and empirical foundations as well as clinical strategies, facilitating comparison of the various approaches. New to This Edition *Incorporates more than 15 years of major research advances; includes 21 chapters on new topics. *Critically examines DSM-5 diagnostic criteria. *Chapters on additional treatments--mentalization-based treatment, schema-focused therapy, transference-based psychotherapy, and systems training for emotional predictability and problem solving. *Chapters on dimensional models, longitudinal studies, and personality pathology in children and adolescents. *Chapters on specific diagnoses: antisocial/psychopathic, borderline, and obsessive-compulsive personality disorder. *Integrative section introductions by the editors. See also Integrated Treatment for Personality Disorder, edited by W. John Livesley, Giancarlo Dimaggio, and John F. Clarkin, which weaves multiple well-established intervention strategies into a systematic modular approach.

Applications of Good Psychiatric Management for Borderline Personality Disorder

The mainstream upper-level undergraduate textbook designed for first courses in Developmental Psychopathology Developmental Psychopathology provides a comprehensive introduction to the evolving scientific discipline that focuses on the interactions between the biological, psychological, behavioral, and social contextual aspects of normal and abnormal human development. Designed for advanced undergraduates and early graduate students with no previous engagement with the subject, this well-balanced textbook integrates clinical knowledge and scientific practice to help students understand both how and why mental health problems emerge across the lifespan. Organized into four parts, the text first provides students with essential background information on traditional approaches to psychopathology, developmental psychopathology (DP), normal development, and insecure attachment. The next section addresses attention-deficit/hyperactivity disorder (ADHD), autism spectrum disorder (ASD), and other problems emerging in childhood. Part III covers problems that arise in adolescence and young adulthood, such as depression, suicide, eating disorders, and schizophrenia. The text concludes with a discussion of special topics such as the relation between pathopsychological issues and divorce, separation, and loss. Each chapter includes a visual demonstration of the DP approach, a clinical case, further readings, and discussion questions. Developmental Psychopathology:
Mentalization-based treatment (MBT) has gained international acclaim as an efficient treatment for patients with borderline personality disorder. The approach is also helpful for other personality disorders and conditions that are difficult to treat, e.g., addiction and eating disorders. MBT consists of a psychoeducational, an individual, and a group therapy component. This is the first comprehensive manual for mentalization-based group therapy. The author has developed the manual in close cooperation with Anthony Bateman and a team of group analysts. It covers all the aspects of MBT which are necessary to produce an informed and qualified group therapist. The book covers the theory behind mentalization and borderline personality disorder (especially its evolutionary roots), the structure of MBT and a discussion of previous experiences with group psychotherapy for borderline patients. The care of the book explains the main principles of MBT-G and provides a powerful means for ensuring that therapists adhere to these principles in a qualified way. The last part contains a full transcript from a real MBT group composed of borderline patients. As the first book dedicated to Group MBT, this book is a valuable and unique addition to the Mentalization literature.

Mentalizing in the Development and Treatment of Attachment Trauma

'Medical Psychotherapy' draws together succinct descriptions of the major models of psychotherapy, written by specialists who offer an accessible, theoretical and evidence based depiction of each therapy and its clinical role for patients. It will appeal to specialist trainees in psychiatry and consultants working in psychotherapy, along with psychologists and allied health professionals.

Handbook of Borderline Personality Disorder in Children and Adolescents

Winner of the 2003 Gradiva Award and the 2003 Goethe Award for Psychoanalytic Scholarship Arguing for the importance of attachment and emotionality in the developing human consciousness, four prominent analysts explore and refine the concepts of mentalization and affect regulation. Their bold, energetic, and encouraging vision for psychoanalytic treatment combines elements of developmental psychology, attachment theory, and psychoanalytic technique. Drawing extensively on case studies and recent analytic literature to illustrate their ideas, Fonagy, Gergely, Jurist, and Target offer models of psychotherapy practice that can enable the gradual development of mentalization and affect regulation even in patients with long histories of violence or neglect.

The Recovery of the Self in Psychosis

Sigmund Freud once said that the unconscious mind is a strange place. As the author of this book, Dr. John Allen, will demonstrate, it is a place that is far from being understood. It is a place that is filled with pain, suffering, and confusion. It is a place that is filled with the capacity for change and growth. The recovery of the self in psychosis is a complex and challenging process. It requires a deep understanding of the patient's experiences and a commitment to helping them find their way back to a sense of self.

Psychotherapy for Borderline Personality Disorder

Examining clinical practice with families through a mentalizing lens, this innovative book is filled with practical therapeutic strategies and in-depth case illustrations. The expert authors focus on ways to help parents, children, and adolescents to overcome the blocks in how they relate to one another by gaining a deeper understanding of--and openness to--each other's experiences and points of view. The volume draws on the empirically supported mentalization-based therapy (MBT) model and interweaves it with systemic concepts and interventions. It includes guidance for setting up sessions and engaging clients; addressing emotional and behavioral difficulties that frequently lead families to seek treatment; and implementing playful activities, exercises, and games that equip family members to change problematic relationship patterns.

Mentalizing in Clinical Practice

Transference-Focused Psychotherapy for Borderline Personality Disorder: A Clinical Guide presents a model of borderline pathology that is based on contemporary psychoanalytic object relations theory as developed by the leading thinker in the field, Otto Kernberg, M.D., who is also one of the authors of this insightful manual. The model is supported and enhanced by material on current phenomenological and neurobiological research and is grounded in real-world cases that deftly illustrate principles of intervention in ways that mental health professionals can use with their patients. The book first provides clinicians with a model of borderline pathology that is essential for expert assessment and treatment planning and then addresses the empirical underpinnings and specific therapeutic strategies of transference-focused psychotherapy (TFP). From the chapter on clinical assessment, the clinician learns how to select the type of treatment on the basis of the level of personality organization, the symptoms the patient experiences, and the areas of compromised functioning. In order to decide on the type of treatment, the clinician must examine the patient's subjective experience (such as symptoms of anxiety or depression), observable behaviors (such as investments in relationships and deficits in functioning), and psychological structures (such as Identity, defenses, and object representations). Next, the clinician learns to establish the conditions of treatment through negotiating a verbal treatment contract or understanding with the patient. The contract defines the responsibilities of each of the participants and defines what the reality of the therapeutic relationship is. Techniques of treatment interventions and tactics to address particularly difficult clinical challenges are addressed next, equipping the therapist to employ the four primary techniques of TFP (interpretation, transference analysis, technical neutrality, and use of countertransference) and setting the stage for and guiding the proper use of those techniques within the individual
session. What to expect in the course of long-term treatment to ameliorate symptoms and to effect personality change is covered, with sections on the early, middle, and late phases of treatment. This material prepares the clinician to deal with predictable phases, such as tests of the frame, impulse containment, movement toward integration, episodes of regression, and termination. Finally, the text is accompanied by supremely instructive online videos that demonstrate a variety of clinical situations, helping the clinician with assessment and modeling critical therapeutic strategies. The book recognizes that each BPD patient presents a unique treatment challenge. Grounded in the latest research and rich with clinical insight, Transference-Focused Psychotherapy for Borderline Personality Disorder: A Clinical Guide will prove indispensable to mental health professionals seeking to provide thoughtful, effective care to these patients.

Psychodynamic Psychotherapy for Personality Disorders

Mentalization-Based Treatment for Adolescents (MBT-A) is a practical guide for child and adolescent mental health professionals to help enhance their knowledge, skills and practice. The book focuses on describing MBT work with adolescents in a practical way that reflects everyday clinical practice. With chapters authored by international experts, it elucidates how to work within a mentalization-based framework with adolescents in individual, family and group settings. Following an initial theoretical orientation embedded in adolescent development, the second part of the book illuminates the MBT stance and technique when working with young people, as well as the supervisory structures employed to sustain the MBT-A therapist. The third part describes applications of MBT-A therapies to support adolescents with a range of psychiatric comorbidities. This book will appeal to therapists working with adolescents who wish to develop their expertise in MBT as well as other child and adolescent mental health professionals.

Mentalization-Based Treatment for Children

The concept of sexual addiction has gained increasing recognition in the academic and healthcare communities since the 1990s. It has also captured the attention of the media, where there has been much debate over whether it can truly be described as an addiction. What is certain is that many people struggle with out of control sexual behaviour, which takes over their lives and has harmful consequences for their relationships, careers and finances. The Routledge International Handbook of Sexual Addiction brings together a comprehensive range of perspectives on sexual addiction from a worldwide selection of scholars and therapists. It sets out to define sexual addiction and to study its causes from a range of different psychological perspectives. A series of presentations of sexual addiction are outlined, including internet sexual addiction and the relationship between paraphilias and sex addiction. The handbook considers both individual and group treatment strategies, drawing on a wide range of approaches, including cognitive behavioural therapy, mindfulness and 12-step programmes. The book studies sex addiction in specific populations including women, adolescents and men who have sex with men. Finally, it considers some of the alternative discourses surrounding the concept of sexual addiction. This is the first comprehensive reference book to bring together global viewpoints on advances in research, theory and practice in one volume. This handbook provides an essential guide for academics and students of psychotherapy, counselling, nursing, addiction, sexualities, social work and health and social care, as well as professionals in practice and in training working with sexual addiction and related issues.

Mentalizing in Arts Therapies

Mentalization—the effort to make sense of our own and others’ actions, behavior, and internal states—is something we all do. And it is a capacity that all psychotherapies aim to improve: the better we are at mentalizing, the more resilient and flexible we tend to be. This concise, engaging book offers a brief overview of mentalization in psychotherapy, focusing on how to help patients understand and reflect on their emotional experiences. By integrating the clinical expertise of mentalization-based therapists working with MBT-A therapists, Mentalizing in Arts Therapies offers a practical guide to the application of mentalization in clinical practice. The book is aimed at psychotherapists working with adults, including, but not limited to, those working in MBT-A, mentalization-based treatment (MINT), MBT-A for eating disorders and the MBT-A for personality disorders. The book provides tools to help therapists understand and make sense of the way patients engage and disengage with the world, with others, and with the therapist. Mentalizing in Arts Therapies begins by introducing the clinical practice of mentalization, its neural and cognitive correlates, and the unique contributions of MBT-A and MINT. It then presents a range of strategies for incorporating mentalization into clinical practice, including MBT-A, MINT and MBT for personality disorders. The book concludes with a summary of key concepts and strategies, followed by a list of additional resources.

Handbook of Attachment-Based Interventions

This new edition of Handbook of Mentalizing in Mental Health Practice reflects a vibrant field undergoing development along a number of dimensions important for mental health. As evidenced by the number of experts contributing chapters that focus on specialized approaches to mentalization-based treatment (MBT), the range of mental disorders for which this therapy has proved helpful has substantially increased, and now includes psychosis. Second, the range of contexts within which the approach has been shown to be of value has grown. MBT has been found to be useful in outpatient and community settings, and, more broadly, with children, adolescents, couples, and families, and the social contexts where they are found, such as in schools and even prisons. Finally, the framework has been shown to be generalizable to an understanding of the social context of mental health. The model advanced in this book goes beyond an understanding of the development of mentalization and aims to provide an understanding of its role in a range of social processes. Key concepts, themes, and approaches clearly articulated throughout the book include the following: * Mentalizing is a transdiagnostic concept applicable to a range of mental health conditions, including trauma, personality disorders, eating disorders, depression, substance use disorder, and psychosis. The chapters devoted to these disorders emphasize MBT skills acquisition and techniques for introducing mentalizing into psychotherapy. * Mentalizing plays an important role in understanding how teams, systems, and services interact to facilitate or undermine interventions and service delivery.

Chapters on mentalizing in teams and wider systems are included to help clinicians reduce negative impacts on clinical care and support reliable and responsive pathways to treatment. * In an effort to encourage clinicians to integrate mentalizing into their clinical practice, empirical research on the developmental origins of mentalizing and how a focus on mentalizing can improve outcomes for patients is incorporated throughout the volume. * Improved mentalizing increases resilience to adversity, perhaps protecting individuals from relapse, and improves therapeutic outcomes. The relevant research, as well as proven techniques for promoting resilience and trust, are discussed at length in the book. * Finally, as an established component of the literature on neurobiology and higher-order cognition, mentalizing benefits from a number of different strands of research, ranging from neurobiology through child development to adult psychopathology. The book fully explores these relationships and their ramifications. Authoritative, comprehensive, and cutting-edge, the Handbook of Mentalizing in Mental Health Practice is the single most important resource for clinicians and trainees learning about Mentalization-Based Integrative Treatment (MBIT). This is an approach to working with people particularly young people and young adults - whose lives are often chaotic and risky, and whose problems are not limited to one domain. In addition to mental health problems, they may have problems with care arrangements, education or employment, exploitation, substance misuse, offending behaviours, and gang affiliations; these problems are all occurring simultaneously, any progress in one area is easily undermined by harms still occurring in another.