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MENTALIZATION-BASED TREATMENT: BEYOND BORDERLINE

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DISCLOSURE OF POTENTIAL CONFLICTS


Source	Research Funding	Consultant	Employee	Speaker	Books	In Kind	Stock	Honorarium	Grant funding
NYS OMH			X	X					
Brooklyn Minds							X		
WU: Rudin Fellowship									X
Mercy Hospital				X				X	
WNYC						X			
Springer					X				
Brainsway	X								
Real/Fake Science								X	
Fusion Academic		X							

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TELL THEM WHAT YOU WILL TELL THEM

- ▶ Mentalization: defined
- ▶ Attachment
- ▶ How mentalizing goes wrong!
- ▶ Complex kids with disorders of trust?



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MENTALIZING

FUNDAMENTAL
TO BEING

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DATA... IN
BRIEF

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**MENTALIZATION:
DEFINED**

- ▶ Seeing oneself from the outside, and others from the inside
- ▶ Understanding misunderstanding
- ▶ The ability to hold the mind in mind





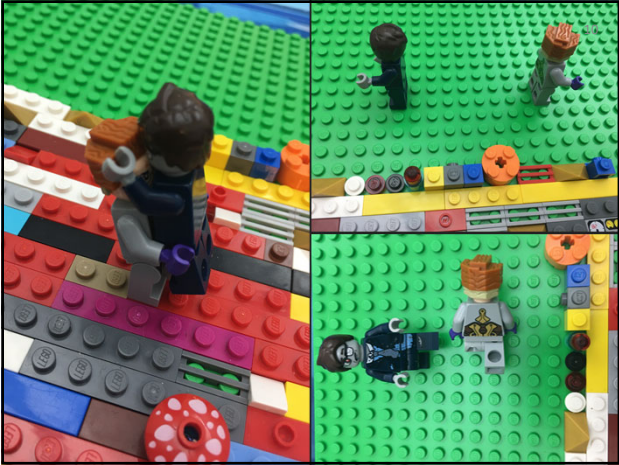
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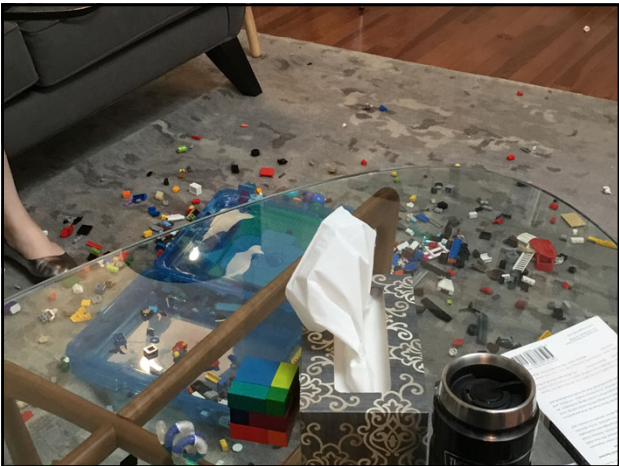
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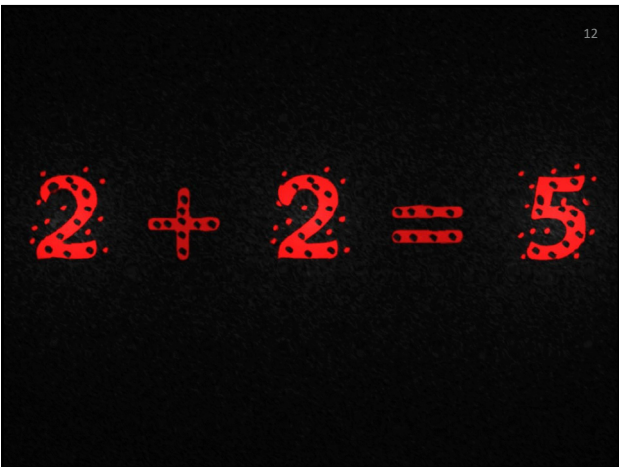
ATTACHMENT STYLE
PREDICTS HOW HUMAN
BEINGS RESPOND WHEN
CLOSE RELATIONSHIPS ARE
HURT, SEPARATED, OR
PERCEIVE A THREAT

Waters, Et . Al, 2005



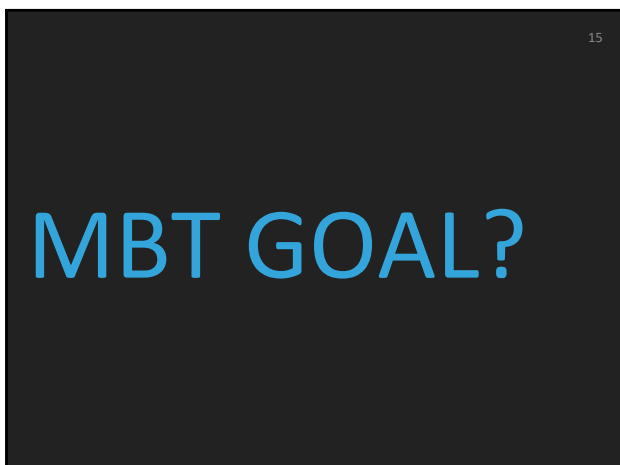












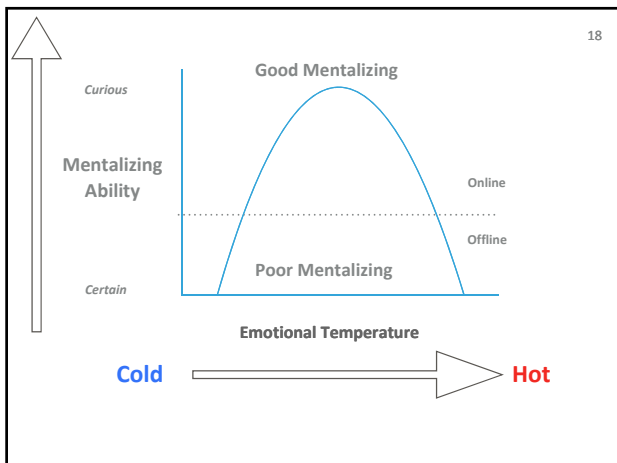
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NOT
MENTALIZING? ->
GET THEM
MENTALIZING

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MENTALIZING? ->
KEEP THEM
MENTALIZING

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NOT

THERE AND THEN
WITH THEM

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HERE AND
NOW WITH
US

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NOW ALL THE THERAPISTS HERE...

MIGHT BE
THINKING...

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"OH, I AM A HIGHLY TRAINED [INSERT SCHOOL OF THERAPY] CLINICIAN...I ALREADY DO THIS!"

Every Clinician Ever

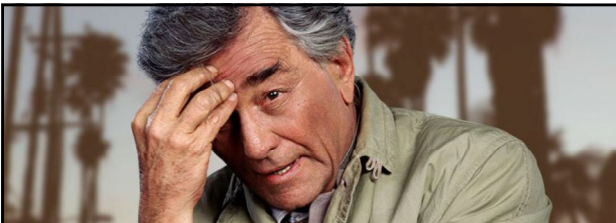


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WHAT IS THE
MBT
DIFFERENCE?

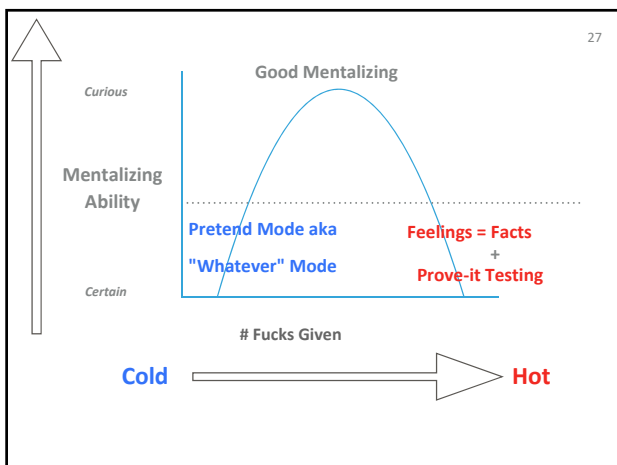
"WHY DID YOU DO THAT?"
 "WHAT WERE YOU FEELING?"
 "YOU MUST HAVE BEEN..."

Questions Used to Ask



MOST CRUCIAL:

"NOT KNOWING"
 STANCE



FEELINGS = FACTS: RECOGNITION (PSYCHIC EQUIVALENCE)

Looks Like

Clinician Experience

No Doubt
Certain
"Just Is"
Feelings = Truth

Fed Up
Confused
No It's Not!
What Do I Even
Say?

FEELINGS = FACTS: HOW TO ACT (PSYCHIC EQUIVALENCE)

Interventions

Iatrogenic

Validation
Curious
Confused
Distract + Return
Later

Argue
Debate Facts
Get "Cognitive"
Clinician Gets Angry
+ Non-Mentalizing

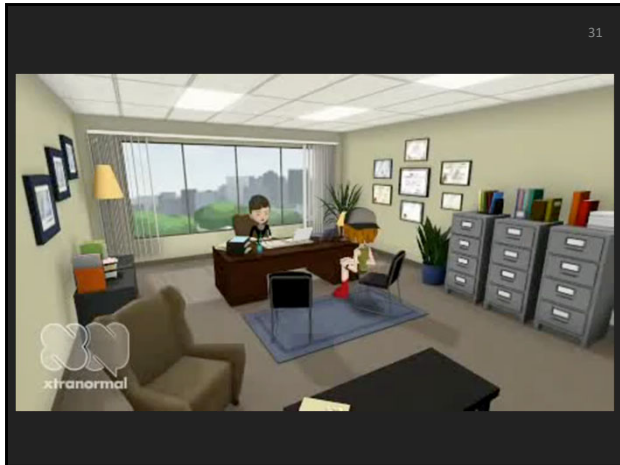
PRETEND MODE: RECOGNITION

Looks Like

Clinician Experience

Talking Forever
"Therapy" Talk
Holding
Incompatible Ideas
at Once
Feelings and Words
Don't Match

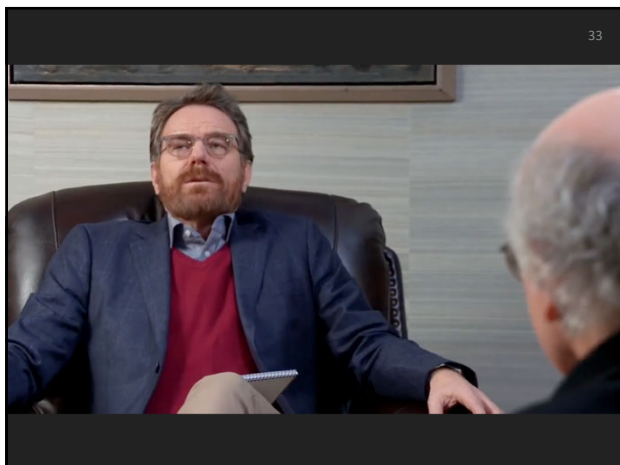
Bored
Detached
"This is Going Great!"
Client Agrees With
You!
Meaningless Words?



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PRETEND MODE: HOW TO ACT

Interventions	Iatrogenic
Probe Depth Challenge Here + Now With Us Address the Shared Dilemma...	Non-recognition Accept As Real "Insight" Teach Skills





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PROVE-IT THINKING: RECOGNITION (TELEOLOGICAL MODE)

Looks Like	Clinician Experience
<p>Crazy Actions Outcomes = Motivation Can't Understand w/o Proof Find Yourself "Doing"</p>	<p>Anxiety! Wish to Act Uncertain Shocked</p>

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PROVE-IT THINKING: HOW TO ACT

Good Idea	Make it Worse
<p>Validate Need "Elephant in the Room" Focus on Dilemma</p>	<p>Excess "Doing" Prove You Care Problem Solve Elastic vs. Flexible</p>

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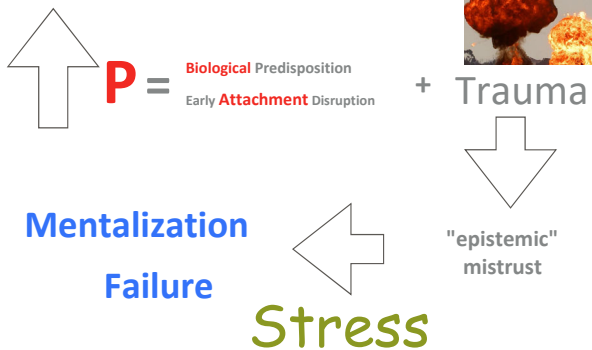
REDEFINING PERSONALITY DISORDER

PD= "ACQUIRED
MISTRUST IN
SOCIAL
INFORMATION"

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MBT UNDERSTANDING

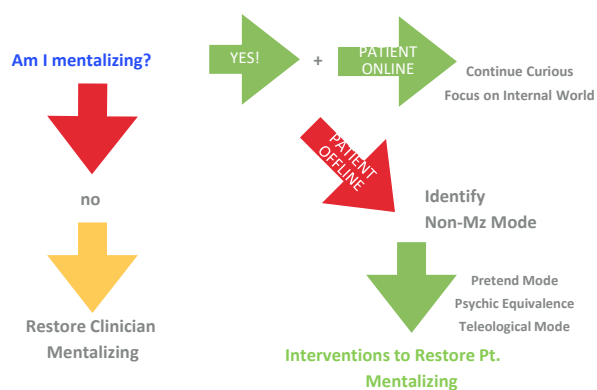


I HAVE A PROBLEM WITH TRUST. PEOPLE SAY NICE THINGS, BUT I HAVE ALTERNATIVE FACTS.

My Patient

FOR OTHERS TO BE MENTALIZING,
WE NEED TO BE "ONLINE"
AS WELL

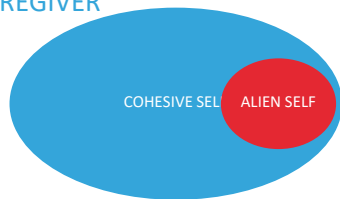
Basic Mentalization (Mz) Therapy Schematic



"(MBT) HELPS ME
UNDERSTAND HOW TO
APPROACH THE KIDS
BETTER AND MY
PERSONAL LIFE ALSO"

A Direct Care Staff Member

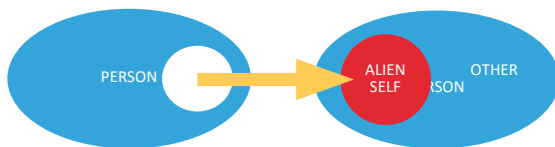
THE ALIEN SELF: INTERNALIZED "MALEVOLENT CAREGIVER"



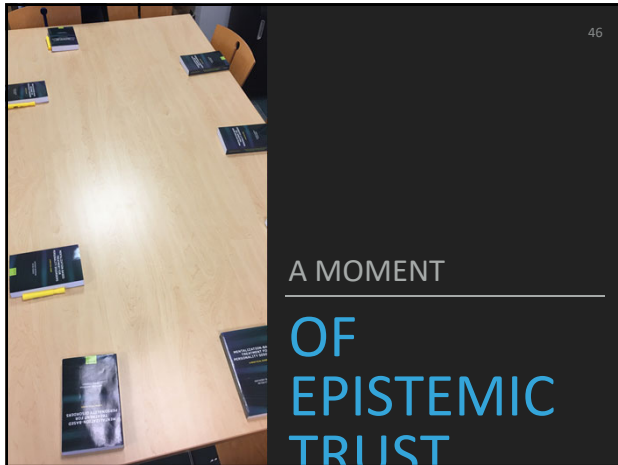
Discontinuity leads to:

- self injury
 - suicide attempts
 - failures of Mz
 - chronic "epistemic"
- Mistrust

EXTERNALIZATIONS OF THE ALIEN SELF



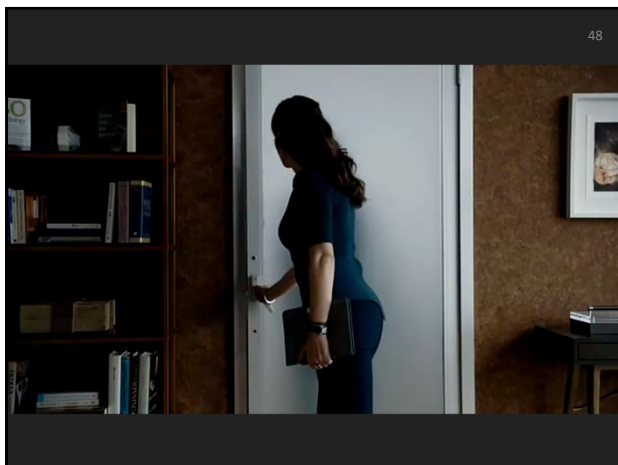
Projection of the alien self onto another...



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REVIEW POINTS

- ▶ The ability to Mentalize is developed in attachment relationships
- ▶ Sick people (+ trauma, biology, general factors) are sick in a way that is trans-diagnostic
- ▶ MBT helps restores TRUST
- ▶ Trust decreases impulsive "crazy" behavior
- ▶ Most people delivering the approach world wide aren't MASTER THERAPISTS, they are nursing, direct care, families



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WHEN IN DOUBT...

"RELENTLESS
VALIDATION"

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CONTACT... (INCLUDING MBT
SUPERVISION)

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