

Mentalization based treatment MBT for patients with Personality disorders



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Acknowledgement of Traditional Owners

I would like to acknowledge the Traditional Owners of the land on which we are all meeting virtually on today. I pay my respects to their Elders past, present, emerging, and those who may be here today virtually with us.

What is Mentalization based treatment MBT

Mentalisation Based Therapy (MBT) is an evidence based psychotherapy derived from both traditional psychoanalytic concepts and recent neuroscientific research into the link between attachment processes and social judgement.

MBT's simple common sense approach is easier for therapists to learn and less overwhelming to accept for the target group of those diagnosed with Borderline Personality Disorder (BPD).



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What is Mentalization based treatment MBT

Mentalizing is a brain activity and also a state of mind

Mentalizing comes from the brain and it is formed from relationships especially those of trust

Mentalizing makes us human

It occurs in the frontal lobe and likened to an imaginative brain activity, its not a knowing activity

It happens from a more curious state





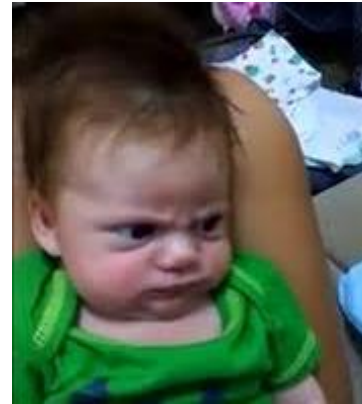
Mentalizing is fragile and can be switched off especially when under stress or in situations provoking fear.



Mentalizing starts with our attachments



We learn from a young age, how to think about ourselves and others



Mentalizing poles

**Affect Cognitive :
Self Other:
Implicit Explicit:
Internal External:**



Affect (feeling or emotion)
Cognitive (thoughts rationalizing)



Does my family want
me to dig up the
garden

Why are they
so angry at me
?

Self

Other

What does curiosity look like



Understanding explicit and implicit:

Explicit is exploring
what we know to see
if we are correct

Implicit is thinking
automatically



External and Internal:

External is just relying on facial expressions and other body language thus assuming that you know what others are thinking. No one can accurately read minds.

Internal is trying to figure out what is going on in your mind as well as other peoples mind.



MBT Program

Consists of 2 adult groups (aged 18-65)
Long term therapy 18 months patients are case managed
Group is 90 mins weekly

Youth MBT Group 16-18
Long term therapy 18 months patients are case managed
Group is weekly after school hours

MBT Introduction, educational 12 week program
Patients do not have to be case managed , they are
referred internally

The effectiveness of MBT has rarely been investigated in Regional Australia

In this pilot study, we provided mentalization based treatment in a group setting for nine adult women aged between 18-65 years of age with a diagnosis of borderline personality disorder, and compared pre and post MBT outcomes

Data were collected from Client management interface (RAPID CMI), for 12months prior and 12months post mentalization based treatment.

We observed a substantial drop in overall presentations



Results

The BPD patients utilized 77 bed days in the prior twelve months period from the day of commencement of the MBT with a bed occupancy rate of 4.2%.

While after introducing MBT group intervention for a period of twelve months, total bed days utilized by these patients were 13 (bed occupancy 0.7%) which is approximately six times lower to that of prior twelve months of MBT intervention.

Results

During the same period of time prior to the commencement of MBT, a total of 41 emergency presentations were recorded while the emergency presentation dropped to 29 in the following twelve months of post MBT intervention by the study participants.



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Further study

Follow up of original participants from pilot study

Follow up studies for the youth MBT group



Spectrum <http://www.spectrumbpd.com.au/pages/spectrum-programs/treatment-groups-in-the-community.php>

Australian BPD Foundation (AUS): <http://bpdfoundation.org.au>

Borderline Support (VIC): www.borderlinesupport.com.au

Project Air
<http://www.projectairstrategy.org/resources/index.html>

Borderline Personality Disorder Resource Centre
<http://www.nyp.org/bpdresourcecenter>

BPD Family
<https://bpdfamily.com/>

MBT Training
[MBT Training Programme \(annafreud.org\)](http://annafreud.org)

Elements Behavioral help BPD
<http://www.borderline-personality-disorder.com/>

QUESTIONS?



Healthy Communities