



Mentalization-Based Therapy Worksheet

Read the information carefully provided in the worksheet.

What is Mentalization Based Therapy?

Mentalization is the ability to think about thinking. Mentalization-based therapy (MBT) is a type of long-term psychotherapy. MBT seeks to strengthen a person's mental capacity. It centered on what was going on in the client's head as well as other people's thoughts, and how to link this to understand and alleviate harmful behaviors

Goals of MBT

- Better behavioral control
- enhanced affect regulation
- more intimate and satisfying relationships
- the ability to achieve life goals

Issues MBT deal with

- Borderline personality disorder
- other personality disorders
- eating disorders
- depression
- trauma
- drug addiction

Therapy sessions

Mentalization-based therapy (MBT) sessions help you enhance your understanding of yourself and others by focusing on issues in your current life circumstances. You concentrate on what's going on in your head and speculate on what's going on in other people's heads, especially in situations that could result in a strong emotional reaction and hazardous behavior.

Length of treatment

Individual sessions of mentalization-based therapy last 60 minutes. Depending on the therapy plan, group sessions might last anywhere from 75 to 90 minutes. Treatment programs might last anywhere between 12 and 18 months.

References

[Daubney, M., & Bateman, A. \(2015\). Mentalization-based therapy \(MBT\): an overview. *Australasian Psychiatry*, 23\(2\), 132-135.](#)

[Allen, J. G., & Fonagy, P. \(Eds.\). \(2006\). *The handbook of mentalization-based treatment*. John Wiley & Sons.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.