

Mentalization-Based Therapy Worksheet: Version 2

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.

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. It focuses on three things:

- Affect regulation
- Impulse regulation
- Interpersonal Functioning

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.

Situation: You reacted irrationally in a situation. Now take your time and reflect:

What was I thinking when I reacted

What was happening in the environment

What was the other person thinking

How can I make it better?

