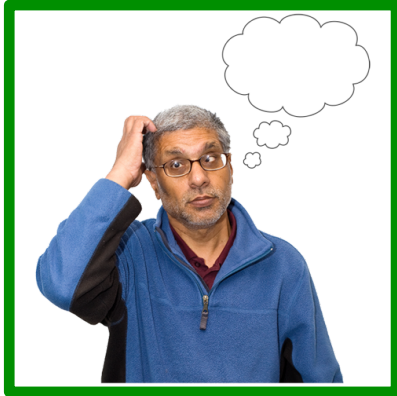


Psychological Therapy Factsheet 14



This factsheet is about **Mentalisation Based Therapy**. We call this **MBT** for short. **MBT** is a **psychological therapy**.



Psychological therapy is treatment to help you feel better in your mind.



A **therapist** will help you with your treatment. A **therapist** is someone who has been trained to help people with their thoughts and feelings.

What is MBT

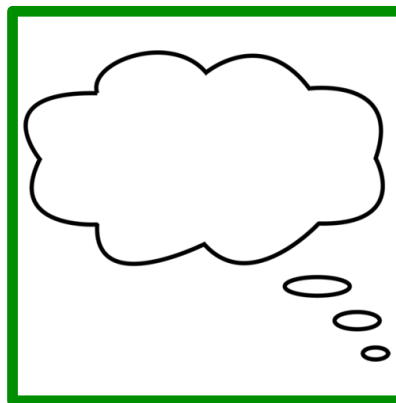
MBT is for people who find it hard to stay in control of how they feel. This can make it hard for them to have relationships with other people.



MBT looks at what might be going on in their minds to make them feel like this.



MBT uses a way to think about things that have happened in the past. This is called **mentalisation**.



Mentalisation is a way to think in your mind about situations that might have happened in the past that still make you feel angry or upset.



MBT can help people who might do harm to themselves because they feel bad or are not very good at controlling their feelings

How MBT helps you

MBT helps you to make sense of how you feel - about yourself and other people.



MBT helps you to manage your emotions in a different way.



MBT helps you to understand better what is going on in your mind and in the minds of other people.



MBT helps people who might have had to deal with very hard things in their past.

What happens in an MBT session

You will start your therapy on your own or as part of a group. The first part of the therapy is about **mentalisation**. This lasts for 8 – 12 weeks.





The second part of the therapy is when **MBT** starts. These sessions will happen on your own and as part of a group. The sessions last for 18 months.



You can talk about whatever you feel in the sessions. Your therapist will help you and the people in your group to decide what you want to talk about.



You will need to commit to your therapy and go to every session if you can.



You can find out more about **MBT** on this website

www.nth.nhs.uk/pic/leaflets/MBT.pdf