Mentalization Based Therapy in the Treatment of Borderline Personality Disorder

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Developed by Peter Fonagy and colleagues, Mentalization-Based Therapy is an effective, evidence-based treatment for Borderline Personality Disorder. Rooted in psychodynamic theory and practice, as well as in recent research in Attachment Theory, MBT is a supportive approach aimed at helping patients (and mental health treaters!) improve their capacity for “thinking and feeling about thinking and feeling.” The goal is to improve patients’ capacities for affect regulation and decrease self-destructive behaviours, which occur when patients are unable to mentalize. MBT principles are experience-near and can be applied in both acute and community mental health settings. The presenter will discuss the fundamentals of this therapeutic approach and examine how it can be integrated into participants’ existing practice.

Objectives:

1. Overview of the mentalization concept, with particular attention to mentalization deficits in individuals with Borderline Personality


3. Review of the evidentiary basis for mentalization-based intervention.

When: Friday, December 19, 2014
Time: 8:00 – 9:00 AM (full breakfast served)
Where: Lions Gate Hospital
Evergreen House Boardroom

Due to limited seating and catering, please RSVP Dr. Apu Chakraborty at: Apu.Chakraborty@vch.ca by December 17th, 2014

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