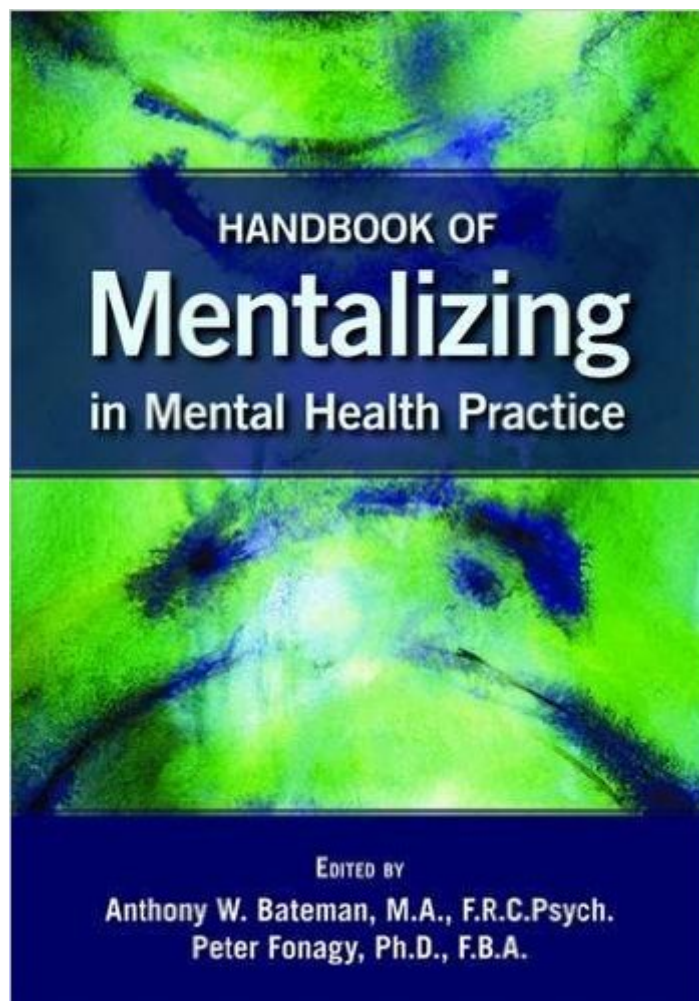


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# Handbook Of Mentalizing In Mental Health Practice



## Synopsis

Mentalizing is the fundamental human capacity to read one's own and others' mental states such as thoughts and feelings. The editors of *Handbook of Mentalizing in Mental Health Practice* have authored two previous books aimed at establishing mentalizing as a developmental and clinical concept. Here they further explore mentalizing as a fundamental psychological process and seek to extend its use across a wide range of disorders, particularly in the treatment of patients with personality disorders and in preventive intervention in childhood. The first part of the book helps the reader understand the impact of a mentalizing perspective on the treatment of patients in different psychotherapy contexts. The second part focuses on the patient, identifying effective techniques for a variety of illnesses, including depression, trauma, borderline personality disorder, eating disorders, and drug addiction. Throughout, the contributors persuasively argue that the promotion of mind-mindedness in both patient and clinician is critical to any therapy. Across modalities, *Handbook of Mentalizing in Mental Health Practice* is essential reading for mental health clinicians.

## Book Information

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## Customer Reviews

I find this book so inspiring and wonderful to read as a counselor working with children and families. It helps to understand the foundation of one's anchor in therapy and counseling concepts when working with the population of chemical dependency. I highly recommend it for anyone in a behavioral and mental health clinical setting. Melinda Emery ATR-BC, LMFT, CATC IV

MBT is initially organized and developed for treatment of borderline personality disorder. However, it is helpful for most mentally unhealthy people who have difficulty in mentalizing process when attachment system is hyperactivated. I think this handbook is very helpful and informative in my clinical practice.

amazing book, very interesting technical book... if you are interested to know more about mentalization it is the right book to read

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