

Mentalisation Based Therapy

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Plan

- Introduction: My connections with the Mentalisation Mafia
- Empirical Situation
 - Evidence that mentalisation works
 - Contextualised in relation to other treatments
- Mentalisation: What it is and what it is not.
- Mentalisation model of BPD

Introductions

- Peter Fonagy
- Anthony Bateman
- Patrick Luyten
- Nick Midgely, Carla Sharp, Trudie Rossouw
- Mary Target
- Paulina and Otto Kernberg and NY TFP group
- and my comrade, Lina Normandin

Who are you?

- Who is working with pts with BPD?
- Who is using MBT, DBT, TFP?
- CBT, Psychodynamic?
- Who has read Fonagy and Bateman?
- Who is working with
 - Adults
 - Adolescents
 - Children

Extend of the problem

- Nearly 50% of adolescent inpatients have BPD (Chanen et al, 2007)
- 97% of pts with BPD presenting for treatment in USA had already consulted 6 therapists

MBT

- Most extensive evidence with BPD
- PTSD
- Depression
- Eating Disorders
- Adolescents
- Children
- Parents with infants and toddlers

Empirical Situation

- Empirical support for a number of treatments
- First DBT studies generated hope
- Three RCT's with DBT
- Validation rather than confrontation, skills training to fill the void that generates self-harm, spirituality (Zen Buddhism)
- DBT good at reducing suicidal acting out
- Limited effects on mood state & interpersonal functioning

TFP

- Only head to head comparison with DBT
- Improvements
 - impulsivity
 - mood
 - interpersonal functioning
 - Reflective function
- Three RCT's

MBT

- Four studies
- RCT's: MBT against TAU
- Recent Study: Adolescents who self harm

Mentalisation and Reflective Function

- Capacity to think about relationships, the reactions of self and significant others
 - in psychological terms
 - intentions
 - underlying motivations
 - Affects
 - Perceptions
- Operationalised for measurement as RF

Related concepts: Social Cognition

- Emotional understanding (Cognitive, Explicit)
- Psychological Understanding (Self, Cognitive)
- Metacognition (Focus on Self, Cognitive)
- Empathy (Automatic, Affective, Multifaceted)
- Reading the Mind in the eyes (Face of Other)
- Mindfulness (Acceptance rather than change)
- Mind-mindedness (Mother-Infant relationship)

Social Cognition

- Multi-faceted
- Socio-cognitive chain involved in analysis of reactions and choice of response
- Automatic
 - identification of facial affect
 - attribution of intent (automatic)
 - (awareness of) own affective reaction
- Reflective function most important and difficult in context of attachment relationships, when there is threat of loss

Mentalisation Concepts: History

- French Psychosomatic School
- André Green
- Philosophy of Mind
 - Dennet's Notion of Intentional Stance
 - Do chimps have a Theory Of Mind?
 - Baron-Cohen (reading the mind in the eyes), Ogden
- Developmental Psychology
- Neuropsychology: Reflexive versus reflective

Social Development of Mentalisation

- Not innate but learned in the family
- Learnt in the context of attachment relationships
- Mother Marked Affect Mirroring
- Parents teaching toddler perspective taking
- Judy Dunn: Family mental state talk predicts child's emotional understanding
- Play: Pretend play, role play, parent pretending
- Denham, Saarni, Kusche and Greenberg, Pons

Evidence

- Maternal mentalisation predicts
 - quality of mother-infant interaction (Slade)
 - infant attachment (Meins)
 - child RF (our work)
 - child social cognition (Sharp)
 - child emotional understanding

Évidences empiriques

- Meins: les commentaires maternels sur les états mentaux lors d'une interaction avec le bébé prédisent
 - son attachement,
 - sa théorie de l'esprit précoce et
 - ses habiletés socio-cognitives
- Slade: FR maternel par rapport à l'enfant prédit l'attachement
- Labo Ensink & Normandin : FR maternel par rapport à l'enfant prédit le FR de l'enfant. Le FR de la mère et de l'enfant prédisent certains impacts psychologiques

Evidence: Mentalisation and Psychopathology

- Behaviour problems (Dodge)
- Anxiety Disorders (Zahn-Wexler & Kendall)
- Depression (our own work)
- BPD (Fonagy, Sharp, Levy and Clarkin)

- Autism and Asperger syndrome
- Schizophrenia

Deficits in Mentalisation

- Global versus Specific Deficits
 - Specific to attachment contexts
 - When attachment system activated
 - Trauma
- Parenting: Minding the Baby: Slade
 - Abuse and neglect
- Specific areas of difficulty:
 - Depression
 - Anxiety (Milrod and Target)

Our RF research

- Play predicts childrens' reflective function
- Reflective function, affective understanding and understanding that people dont mean what they say literally
- RF .5 correllaton with children's emotional reaction to mirror image (embodied self)
- RF in sexually abused children
- RF in mothers with histories of abuse and neglect

Normal Development

- Secure Attachment
- Marked Affect mirroring
- Nearly Contingent responding
 - Pleasurable sense of agency
 - Second order representation of affect
 - Building block of mentalisation
- Bion: Mother contains negative affect of infant through her reverie (alpha function)
- Result: Infant affect and self regulation

Marquage et reflet des affects

- 0-15 mois: mécanismes intersubjectifs centraux dans le développement
 - de la représentation des affects
 - et de la régulations des affects
- Parent marque l'émotion comme peur ou colère
- La réflexion de l'affect ni trop similaire, ni trop éloignée
- Ajustant l'état émotionnel de l'enfant

Échec de Marquage

- Problèmes fondamentaux d'organisation et de compréhension de soi
 - des parents qui ne parviennent pas à accueillir et à refléter l'affect de l'enfant
 - répondent par des affects systématiquement sans lien avec celui exprimé par l'enfant
- Développement d'un soi étranger
 - l'enfant s'attribue des affects négatifs et des qualités qui appartiennent au parent

Discussion en termes d'états mentaux

- 1 an +
- Mère, famille, figures d'attachement, professeure
- L'exposition à de telles discussions prédit
 - la compréhension des émotions plus tard
- Apprentissage didactique (froid)

versus

Apprentissage relationnel & affectif (chaud)

Developmental Model of BPD

- Evidence: 95% pts insecure attachment
 - Attachment disorganisation
 - (Miss) Identification: Alien Self
 - Childhood trauma
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- Deficits in Mentalisation
 - Deficits in Self and Affect regulation

Attachment Trauma

- Disorganised Attachment
 - Fear without resolution
 - Potential source of security is the source of fear
 - Infant behaviours activated by this dreadful situation
- Failure of mirroring of self
- Child (miss) identifies with alien mother
- No experience of having his affects, his mind understood by parent

Conclusion

- Coherent Theoretical Framework
- Developmental model: Integrates Bio, psycho, social advance
- Direct evidence for the component parts
- However no direct evidence of model proposed
- The focus is explicitly on attachment and mentalisation, rather than on biological aspects (genetics, temperament, aggression, sexuality)