

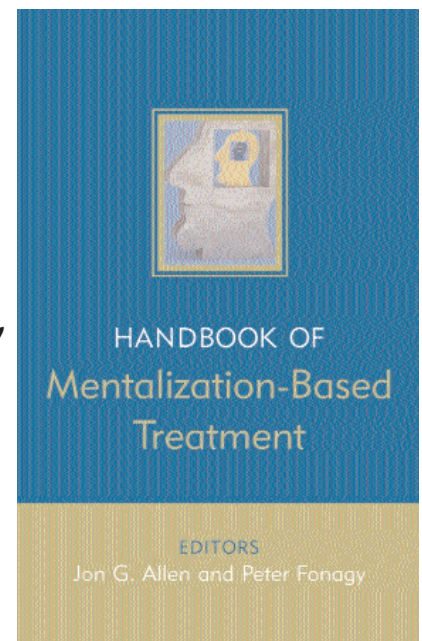
The Handbook of Mentalization-Based Treatment

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Mentalizing entails attending to mental states in oneself and others - in brief, holding mind in mind. It is crucial to interpersonal relationships as well as self-awareness and self-regulation, and all psychotherapeutic approaches depend on mentalizing capacity.

In this comprehensive volume, Jon Allen and Peter Fonagy bring together an international group of experts to clarify the concept of mentalization, review current research and knowledge, and explore its diverse clinical applications. Particular attention is devoted to impaired mentalizing in childhood disorders as well as borderline personality disorder, and contributors relate mentalization-focused treatment to established treatments such as psychoanalysis, cognitive behavioral therapy, and dialectical behavior therapy. Authors describe how to implement a focus on mentalizing in several applications, including parenting of high-risk infants, family therapy with children and adolescents, prevention of bullying in schools, specialized inpatient treatment, psychoeducational groups for patients and family members, and therapist training.

The Handbook of Mentalization-Based Treatment is a valuable resource for mental health practitioners from a variety of professional disciplines, including psychotherapists, psychologists, psychiatrists, counsellors, and nurses. It will also be of interest to academics engaged in research in the field of mentalization and attachment.



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