Mentalization-based Treatment for Families (MBT-F)

TARGET AUDIENCE
This program is for families with children who are 18 years old or younger.

SUMMARY
Mentalization Based Treatment for Families (MBT-F), an adaptation of Mentalization Based Treatment (MBT) and a community-based program, is designed to help family members recognize and understand their own and other family members’ emotions and consider how to solve problems together and improve family cohesion.

EVIDENCE
No peer-reviewed evaluation studies were identified through a public search.

COMPONENTS
This program centers on enhancing family member relationships and, consequently, family functioning. Individuals are supported and are encouraged to consider why other family members behave in certain ways, recognize other member's feelings, and understand the connections between feelings and actions. Generally, families use MBT-F when they have a variety of concerns, such as the following:

- Family tension;
- Distraught or anxious children;
- Temper tantrums by children;
- Managing grief and loss;
- Divorce and separations; or
- Problems making friends.

Therapists meet with a family in a calm and non-judgemental setting in which each family member is encouraged to understand his or her emotions, consider others' perspectives, and work together to solve problems. Participants receive an array of treatments, depending on the specific issues each family is experiencing, from a variety of mental health professionals who include psychiatrists, child and adolescent psychotherapists, clinical psychologists, and family therapists.

PREVIOUS USE
At this time, MBT-F has only been implemented in the United Kingdom (U.K.). There is no information publicly available that indicates how extensively the program has been implemented.
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### TRAINING

Experienced mental health professionals facilitate this program. There are three levels of MBT-F qualification: Basic, Practitioner, or Supervisor. To reach the Basic level requires 4 days of off-site training. After completion of this training, professionals can further train and practice the program on- or off-site under the supervision of qualified trainers or experienced MBT-F Supervisors. For more information on training, costs, or to schedule training, please contact the developers using the details in the Contact section.

### CONSIDERATIONS

Considerations for implementing MBT-F include recruiting and receiving buy-in from participants, finding mental health practitioners who are willing to undergo training and implement the program, obtaining suitable space to conduct sessions, recognizing some topics could be of a sensitive nature, and understanding this program has currently only been used in the U.K.; however, implementation seems easily feasible in other countries.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

### IMPLEMENTATION

If you are interested in implementing MBT-F, the Clearinghouse is interested in helping you!

Please call 1-877-382-9185 or email Clearinghouse@psu.edu

### TIME

MBT-F consists of six to ten sessions, which are conducted every other week.

### COST

No information regarding implementation costs was located. Please contact the developer using the details in the Contact section.

### EVALUATION PLAN

To move the MBT-F program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

### CONTACT

Contact the Clearinghouse with any questions regarding this program.

Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact the Anna Freud Centre by mail 12 Marshfield Gardens, London, NW3 5SU, United Kingdom, phone 020 7794 2313, email info@annafreud.org or visit www.annafreud.org/services-schools/services-for-children-young-people-families/mentalization-based-treatment-for-families/

### SOURCE

www.militaryfamilies.psu.edu

www.annafreud.org/services-schools/services-for-children-young-people-families/mentalization-based-treatment-for-families/

and mbtf.tiddlyspace.com