



MBT Global Network

Anna Freud Updates

Upcoming Trainings, Conferences and Events

Public Mentalization-Based Treatment (MBT) Basic Training:

- 14th June - 16th June 2025, 10:00-16:00 (BST)
- Discover Mentalization-Based Treatment (MBT) and explore innate mentalizing skills for diverse disorders, from BPD to families and adolescents.

Structured Clinical Management Implementation Training:

- 29th and 30th September 2025, 10:00-16:00 (BST)
A two-day online training for NHS clinical leads and service managers to learn how to implement Structured Clinical Management (SCM) based approach for supporting individuals with complex emotional needs – within their services effectively and sustainably.

Mentalizing and Mentalization-Based Treatment with Adults (MBT Adult): An introduction

- Explore mentalization skills for working with adults in this 4-hour training. This training is a prerequisite for MBT basic training and is ideal for professionals.

You can see all the trainings we deliver here on our website: [MBT Training for Professionals | Anna Freud](#)

MBT Director Updates

7th International MBT Conference - Copenhagen, June 12/13th 2025

The 7th International MBT Conference was held in Copenhagen June 12/13th 2025 with a theme of ‘Mentalizing inside, outside, and beyond’. It was organised jointly by MBT Denmark and Anna Freud. Using a format of plenaries followed by associated workshops the conference opened with a discussion on epistemic trust as a step change in mentalizing theory and clinical practice or an aberration. Perhaps no conclusion was reached but the audience were treated to arguments in favour and against the concept by the speakers.

One aim was to cover mentalizing across different ages with aspects to each plenary covering children, adolescence, and adulthood. So, all plenary sessions had contributions from experts working on mentalizing across the age range. This meant the conference attracted people working with different age groups allowing cross-fertilisation of ideas. Topics covered were research, trauma, psychosis, mentalizing and other therapies, infant research, AMBIT, and clinical demonstrations. The last session was an interview by Carla Sharp of Anthony Bateman and Peter Fonagy who gave some history and personal anecdotes about the work on mentalizing and MBT over 35 or more years. The conference ended looking to the future and given the high number of participants and the prodigious research output seems bright.

There were over 400 people in attendance and over 160 online. In fact, the conference sold out. Feedback suggests it was a successful conference with the average score for the content being 4.9/5.0. The clinical role plays plenary session, and the workshops were particularly appreciated providing excellent demonstrations from experts of mentalizing in clinical practice. The whole atmosphere was considered to be friendly and inclusive, so people felt able to approach speakers, meet new people, and learn from each other.

Make a note: 8th International MBT Conference in Paris, 28 - 29 May 2026

The next 8th MBT International conference will be in Paris so don't miss out. Make a note of the dates in your diary (28/29th May 2026) and do come and enjoy the meeting and the city next year.

Elizabeth Simes MOAM Project

Elizabeth Simes has shared findings from her qualitative study conducted as part of the MOAM (Mentalization for Offending Adult Males) project. Below are links to two recently published papers related to this work:

➤ **MOAM Lancet Paper**

Mentalisation-based treatment for antisocial personality disorder in males convicted of an offence on community probation in England and Wales (MOAM): a multicentre, assessor-blinded, randomised controlled trial

[Read the article in *The Lancet Psychiatry*](#)

➤ **Qualitative Paper**

Bridging the Gap: A Qualitative Study Exploring the Impact of the Involvement of Researchers With Lived Experience on a Multisite Randomised Control Trial in the National Probation Service in England and Wales

[Read the article in *Health Expectations*](#)

MBT Boston

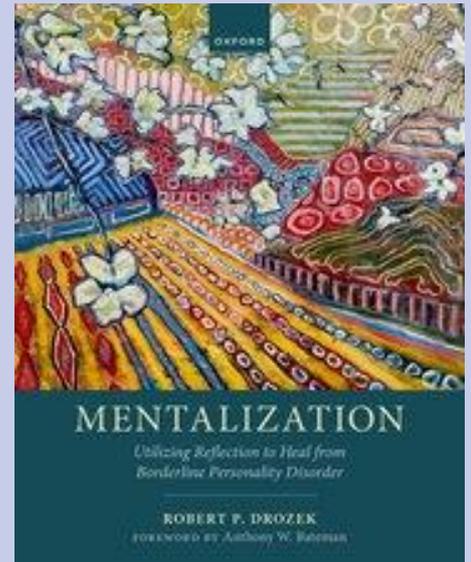


We're thrilled to share that Bob Drozek's new book, *Mentalization: Utilizing Reflection to Heal from Borderline Personality Disorder*, will be published by Oxford University Press in **August 2025**.

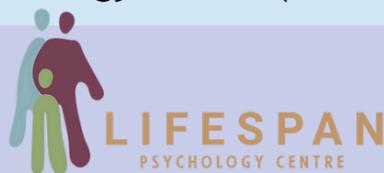
This groundbreaking publication is the first-ever patient workbook on Mentalization-Based Treatment (MBT), written directly to and for individuals with BPD. The book offers practical tools and strategies to help readers incorporate mentalizing into everyday life and therapeutic work. It's also a valuable resource for clinicians seeking to teach MBT in individual or group settings.

The foreword is written by renowned MBT expert Anthony Bateman.

Now available for pre-order:
[Oxford University Press - Pre-order here](#)



Lifespan Psychology Centre (Western Australia)



Lifespan launched its MBT service at the WA Kids Hub in February 2025. Our service is part of a broader community mental health initiative (<https://kidshubwa.org.au>). Families with children aged 0-12 years can access a range of social and emotional supports without a referral.

Lifespan provides the specialised psychological care for children aged 3-12 years and their families. This includes a six-session assessment process, which concludes with formulation and treatment planning. Where indicated, families are then offered a block of MBT-C and/or Lighthouse MBT Parenting.

Unsurprisingly, the walk-in clinic has been inundated, and the service is now teetering at capacity. To manage our waitlist for MBT-C, we have begun offering families access to Lighthouse MBT Parenting groups.

- Our first presentation of the service data will take place at the MBT-C Conference in Chile in November.



National Developments in MBT Practice

In Norway, we are fortunate to have a well-established Institute of Mentalization (IM), which is responsible for certifying MBT therapists and supervisors, as well as providing a structured education program in MBT.

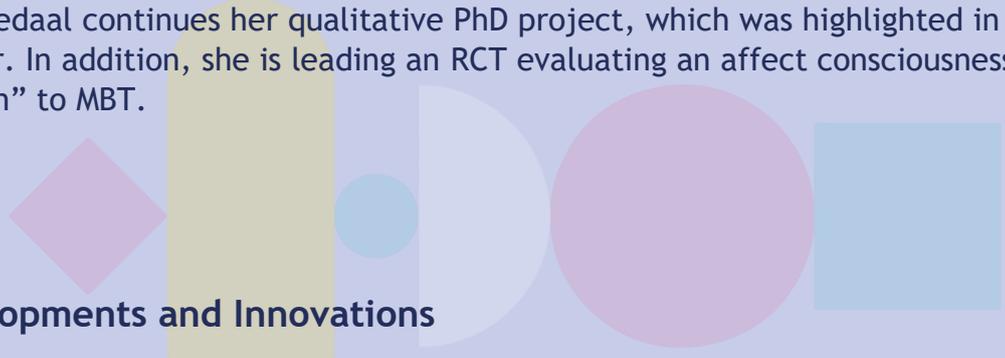
In 2024, a total of 114 participants completed the Introductory MBT course, and 27 participants attended the Advanced MBT program. Currently, there are 59 certified MBT therapists and 16 certified MBT supervisors practicing across the country.

Research Projects and Findings

Norway hosts several ongoing MBT-related research initiatives. The most prominent research environments are located at the University Hospital of Oslo and the University of Bergen.

Key ongoing MBT-focused projects within the Personality Psychiatry Research Group include:

- Katarina Morken is leading two projects: one focusing on antisocial personality disorder, and another exploring MBT for substance use disorders.
- Kjetil Bremer is conducting the TREATPD study (Utility of Personality Disorder Treatment), comparing MBT with other non-manualized approaches, using network data. The project commenced at the beginning of 2025.
- The MBT Process Project, led by Dag Anders Ulvestad and Theresa Wilberg, explores the relationship between mentalizing capacity and therapy process variables.
- Eileen Oftedal continues her qualitative PhD project, which was highlighted in a recent newsletter. In addition, she is leading an RCT evaluating an affect consciousness group as an “add-on” to MBT.



Service Developments and Innovations

Norway has a strong and growing MBT community, with numerous clinical teams offering MBT for personality disorders. Recent service innovations include efforts to extend MBT to new clinical populations, particularly individuals with eating disorders, avoidant personality disorder, and substance use disorders.

A new reliability study is being planned to evaluate the MBT-Avoidant manual, developed by Aleksander Carlsen and Henning Jordet. This study will be conducted by Andreas Ekberg.

In August 2025, a national training program will begin for MBT trauma therapists across several Norwegian sites. These therapists will participate in a pilot project evaluating treatment outcomes, led by Elfrida Kvarstein.

National Policy and Guideline Development

The Institute of Mentalization (IM) is actively involved in shaping national mental health policy. Most notably, IM is contributing to the development of National Guidelines for the treatment of personality disorders, currently under review in a national consultation process coordinated by the Norwegian Health Institute.

A Personal Note

On a more personal note, one of the founders of the Institute of Mentalization in Norway, Sigmund Karterud, celebrated his 80th birthday on June 13th. We would like to take this opportunity to express our deepest respect and heartfelt gratitude for his outstanding contributions to the field of mentalization-based therapy - both nationally and internationally.

India's National Institute of Mental Health and Neurosciences

Recent Publications

NIMHANS continues to make significant contributions to the field of mentalization and clinical psychology. Below are some recent and noteworthy publications:

Lakhani, Bhola, Mehta, & Bhaskarapillai (2025)

Development and Preliminary Validation of the Mentalizing Vignettes Task: A Measure of Mentalizing Across Relational Contexts

Journal of Personality Assessment (In Press) -

Manuscript ID: 250950

Sikand, M., Bhola, P., & Meena, K. S. (2025)

Relationship-Specific Attachment and Mentalization as Predictors of Borderline Personality Features and Interpersonal Competence Among Emerging Adults

Personality and Mental Health, 19(1),

e70009. <https://doi.org/10.1002/pmh.70009>

Devi, K. D., Bhola, P., & Chandra, P. S. (2024)

Uncertain Reflective Functioning, Anxious Attachment, and Cumulative Impact of Early Relational Trauma as Predictors of Severity in BPD

Industrial Psychiatry Journal, 33(2), 245-252

https://doi.org/10.4103/ipj.ipj_350_24

Sikand, M., & Bhola, P. (2024)

Push and Pull: Role of Therapist Mentalizing in Navigating Therapeutic Distance

Indian Journal of Psychological Medicine, 46(3), 260-263

doi:[10.1177/02537176241231930](https://doi.org/10.1177/02537176241231930)

Launch of the MENTEM Division (2025)

Initiation of THE Mentem Division at the Department of Clinical Psychology, National Institute of Mental Health and Neuro Sciences, Bangalore, India in 2025. This division will focus on the understanding of mentalization processes and their impact on relationships and functioning as well as assessment and intervention approaches.

Co-ordinator and Lead: Prof. Poornima Bhola, Department of Clinical Psychology, NIMHANS

Scope and Objectives:

- Research on mentalizing and related social-cognitive processes (e.g., epistemic trust, empathy, perspective-taking, mental state attributions) within a developmental psychopathology framework
- Development of empirically validated measures of mentalizing and assessment
- Development and testing of interventions to enhance mentalizing/parental reflective functioning
- Building links between research, mental health practice and therapist training and development
- Organising academic events to develop knowledge and competence in mentalization-based frameworks, assessments and interventions

Ongoing Research (2024 - 2025)

1. PhD research title: Prenatal Parental Reflective Functioning and its Psychosocial Predictors Among Pregnant Women

Doctoral Scholar Name: Vrinda Dinesh Ruparelia

Guide: Prof. Poornima Bhola (NIMHANS, India)

Co-Guides: Dr. Sundarnag Ganjekar (NIMHANS, India) & Dr. Srimathy Raman (Rangadore Memorial Hospital, India)

- **Brief description:** This study examines prenatal parental reflective functioning (P-PRF) in first-time pregnant women using a mixed-methods design. By examining relational and developmental predictors of P-PRF, the study aims to inform early interventions and promote interdisciplinary approaches to perinatal mental health

2. PhD research title: Impact of Parenting Behaviours on the Development of Children's Empathy and Prosocial Behaviours: A Longitudinal, Cross-Cultural Study in UK and Indian Contexts

Doctoral Scholar: Ananta Khare

Guide(s): Dr Poornima Bhola (NIMHANS, India), Dr Helen Sharp (University of Liverpool, UK)

Co-Guide(s): Dr Harshini Manohar (NIMHANS, India), Dr Nicky Wright (Manchester Metropolitan University, UK)

- **Brief description:** The study examines how parenting behaviours- like mind-mindedness, sensitivity, warmth and control- interact with child temperament to influence the development of empathy and prosocial behaviours. It uses a cross-cultural, prospective design using observational data from larger studies in the UK and India.

3. PhD research title: Parental reflective functioning, parenting experiences and early relational trauma in mothers with depressive and anxiety disorders

Doctoral scholar: Manaswita Sinha

Guide: Dr Poornima Bhola (NIMHANS, India)

Co-guides: Dr. Geetha Desai (NIMHANS, India)

- **Brief description:** The study employs a mixed-methods approach to examine the interplay between early relational trauma, mentalization of trauma, parenting experiences, and mental health vulnerabilities among mothers diagnosed with depressive disorders, anxiety disorders, or comorbid presentations.

4. MPhil research title: Profiles of Mentalization in individuals with Anxiety Disorder

MPhil Research Scholar: Pragya Sharma

Guide: Dr. Poornima Bhola (NIMHANS, India)

- **Brief description:** The study examines and compares mentalization profiles in individuals with anxiety disorders and community controls, using both self-report and performance-based measures.

Symposium Recap: May 2025

The **first academic event** hosted by the MENTEM Division was a successful online symposium, “*Mentalization-Based Treatment: From Concept to Clinical Practice*”, held on **17-18 May 2025** in collaboration with The PARC.

With 135 participants, the symposium covered:

- Overview of Mentalization
- Introduced India’s Mentalization Vignette Task
- Delved into MBT theory and its roots in Attachment and Neurobiology
- Discussed clinical formulations, practical applications, and cultural adaptations of Mentalization-Based Treatment (MBT) in the Indian context

Upcoming Panel at SPR Kraków 2025

At the **Society for Psychotherapy Research Conference** in Kraków, NIMHANS colleagues will contribute to a provocative and timely panel:

“Decolonizing Borderline: Gender, Culture, and Power in BPD Diagnosis”

- **Mehak Sikand** explores the gendered nature of BPD diagnoses
- **Poornima Vishwanathan** shares insights from lived experience and clinical practice
- **Kanika Mehrotra** presents clinician perspectives from urban India
- **Moderator:** Dr. Ashlesha Bagadia

The panel aims to critically interrogate how structural inequities, cultural narratives, and Western psychiatric frameworks shape the understanding and experience of BPD—and to advocate for more inclusive, context-sensitive approaches to mental health.

MBT Switzerland

The Francophone Network of Mentalization-Based Therapies (RF-TBM) has the honor of hosting the 8th International MBT Conference in the very heart of Paris, in the context of its 10th anniversary. We look forward to welcoming you on the **28th and 29th of May 2026** around the theme **Turbulence and Mentalizing: Challenges and Opportunities**.

Speakers will include Anthony Bateman, Peter Fonagy, Carla Sharp, Svenja Taubner, Patrick Luyten, Karin Ensink, Norka Malberg, Nicolas Berthelot, and many more!

For more information / registration: <https://tbm2026paris.org/>



For the 10th anniversary of the Francophone Network for Mentalization-Based Therapies (RF-TBM), our network is organizing:

The 8th International MBT Conference

TURBULENCE AND MENTALIZING: CHALLENGES AND OPPORTUNITIES

À l'occasion du 10^e anniversaire du Réseau Francophone des Thérapies Basées sur la Mentalisation (RF-TBM), notre réseau organise :

La 8^e Conférence internationale en TBM

TURBULENCE ET MENTALISATION : DÉFIS ET OPPORTUNITÉS

SAVE THE DATE
28TH & 29TH MAY 2026
28 & 29 MAI 2026
PARIS, FRANCE



 **RF-TBM**
le Réseau Francophone
des thérapies basées sur la
MENTALISATION

 Anna Freud
building the mental
wellbeing of our
next generation

 UNIVERSITÉ DE
VERSAILLES
ST-QUENTIN-EN-YVELINES
UNIVERSITÉ PARIS-SACLAY

 AFREPSY

 UNIVERSITÉ
DE GENÈVE
FACULTÉ DE PSYCHOLOGIE
ET DES SCIENCES DE L'ÉDUCATION

MBT Italy

MBT Basic Training - June 4-6, 2025

In collaboration with the Anna Freud Centre, the Italian MBT Group (GIMBT) delivered a Level 1 MBT Basic Training. The course was held online through a platform managed by the Bologna Public Hospital (Italy) and represents the essential first step toward becoming an accredited MBT therapist. The training was conducted by senior GIMBT clinicians and AFC-recognised MBT supervisors, including Osmano Oasi, Francesca De Salve, Paolo Ambrosi, Davide Broglia, Dario Balanzin, and Edgardo Caverzasi.

The programme offered in-depth teaching on attachment, epistemic trust, non-mentalizing modes, therapeutic stance, and the mentalization of self-harming behaviours. Approximately 80 professionals were trained, including all clinicians from the Child and Adolescent Neuropsychiatry and Adult Psychiatry units of Bologna's public hospital - marking a significant step in the institutional implementation of the MBT model in the region.

MBT Seminar Series 2025: “Mentalization Cycle - Three Intensive Workshops in Milan”

In partnership with Università Cattolica del Sacro Cuore, the GIMBT is launching a three-part seminar series focused on mentalization across developmental transitions. The events will place in Milan with online streaming options and aim to deepen understanding of clinical, applied, and research perspectives.

Schedule & Key Themes:

23 May - Mentalization in developmental transitions (childhood to adolescence)

- Martin Debbané (Univ. Geneva / UCL): “Reflections on integrating individual and family work; transition from childhood to adolescence”

10 June - Applied MBT: cultural contexts and adolescent intervention

- Carla Sharp (Univ. Houston / UCL): “MBT in diverse settings: insights from Africa”

10 October - Research in MBT and working with complex trauma

- Patrick Luyten (Univ. Leuven / UCL / Yale): “Key directions from MBT research”



Research Highlights

1. Certainty About Mental States Questionnaire (CAMSQ)

De Salve, F., Rossi, C., Müller, S., Wendt, L. P., Zimmermann, J., & Oasi, O. (under review, Journal of Personality Assessment)

This study validated the Italian version of the CAMSQ, a novel self-report measure assessing perceived mentalizing capacity toward self and others across different mental states (e.g., emotions, thoughts, intentions). In a sample of 496 individuals, findings supported the tool's structure, reliability, and validity. Crucially, schizotypal and psychoticism traits were associated with a pattern of low Self-Certainty and high Other-Certainty, suggesting that imbalance in mentalization styles may serve as a vulnerability marker for psychosis. CAMSQ offers a promising bridge between research and clinical early risk detection.

2. VR for Hope: A Mentalization-Based Virtual Reality Self-Help Protocol

Developed in response to Pope Francis' Jubilee 2025 call to "revive hope", this pilot project explores the feasibility of an immersive virtual reality (VR) intervention to promote psychological well-being and hope in young adults, while enhancing reflective functioning.

The protocol includes:

- One in-person immersive VR session
- Four self-guided audio-video sessions
- Pre/post self-report assessments of hope, well-being, and mentalization
- Personality trait measures to assess potential moderating effects

The pilot will evaluate the intervention's acceptability, engagement potential, and capacity to stimulate reflective processes.

MBT Australia



AUSTRALIAN
MBT INSTITUTE

• Ongoing MBT Programs

We continue to offer standard MBT (18-month individual + group programs) as well as individual-only MBT.

• Recent Training Highlights

In our recent MBT Basic training, 30 clinicians from both public and private mental health services across Australia participated. Feedback was overwhelmingly positive – 100% of respondents found the training highly relevant and said they would recommend it to colleagues.

Here's what some attendees had to say:

"Well presented, engaging, relevant material. I liked the pace and amount of content covered – in-depth but not overwhelming."

"Really engaging and knowledgeable facilitators. I really enjoyed the first-hand examples."

"Thank you. Will consider further training in this area. Very knowledgeable and engaging trainers."

- **Upcoming Training**

We are excited to announce that MBT Practitioner Training will be held in **November 2025**.

- **Ongoing Supervision and Support**

We continue to provide regular MBT supervision for public mental health programs across the country and are actively supporting further MBT service developments.

- **Research News**

We are concluding several research projects, including a qualitative study exploring people's experiences of MBT. We look forward to sharing these findings with the Global Network soon.

MBT Netherland



Education and Conferences

Training developments

Updates regarding current and new trainings

In the first quarter of 2025, MBT-NL delivered four MBT Basic Training courses. These were offered as open-access sessions, in-company trainings, or as part of the educational programme for clinical psychologists and psychotherapists.

In recent years, MBT-NL has also developed a range of themed and advanced training modules. These courses allow participants to explore specific aspects of mentalizing in greater depth. They are practice-oriented and focus on topics relevant to professionals both within and beyond the field of mental health care. Our current curriculum includes the following themed trainings: MBT and Crisis, MBT and Socioterapy, MBT and Groups, MBT and Trauma, MBT and Psychiatry, MBT and Adolescence, MBT and Families, and Parental Mentalizing.

MBT Conference Copenhagen

Maaïke Smits, together with colleagues Jasmijn de Vos (MBT Nederland and NPI) and Eva Rüfenacht (University Hospitals of Geneva, Switzerland), delivered a workshop on Mentalization-Based Trauma-Focused Therapy (MBT-TF) – an innovative group intervention for trauma processing within the MBT framework. The session offered a solid rationale for the (group!) intervention, outlined the clinical framework, and included interactive exercises. A particular highlight was the powerful contribution from one of the first Swiss clients to participate in MBT-TF, who shared their perspective through a compelling interview. The workshop clearly resonated with participants and underscored the potential of MBT-TF.

MBT-TF is currently piloted at de Viersprong, with Maaïke Smits coordinating a qualitative research into clients experiences with MBT-TF. In parallel, preparations are underway for further implementation and scientific validation of MBT-TF.

Research & Publications

- **Gerits, L.** (2024). *Mentaliseren met gezinnen en partners, een praktische inleiding in MBT-F*. Uitgeverij SWP
- Knapen, S., Swildens, W. E., Mensink, W., Hoogendoorn, A., **Hutsebaut, J.**, & Beekman, A. T. F. (2024). The development and psychometric evaluation of the Questionnaire Epistemic Trust (QET): A self-report assessment of epistemic trust. *Clinical Psychology & Psychotherapy*, 31, e2917.
- Knapen, S. R. Y., Mensink, W., Hoogendoorn, A. W., Swildens, W. E., Duits, P., **Hutsebaut, J.**, & Beekman, A. T. F. (2025). Associations between childhood trauma and epistemic trust, attachment, mentalizing, and symptoms of borderline personality disorder. *Psychopathology*, 58(3), 187-198. <https://doi.org/10.1159/000542919>
- Knapen, S., Mensink, W., Swildens, W. E., Hoogendoorn, A. W., Duits, P., **Hutsebaut, J.**, & Beekman, A. T. F. (2025). Associations between epistemic trust and the severity of personality disorder: Results from a study comparing patients with personality disorder, anxiety disorder, and controls. *The Journal of Nervous and Mental Disease*, 213(3), 65-70. <https://doi.org/10.1097/NMD.0000000000001825>
- **Nijssens, L.** (2024). The role of parental mentalizing in early parenthood: Associations with parent and child psychological functioning. K.U. Leuven: Doctoral Dissertation.
- **Nijssens, L.**, & **Hutsebaut, J.** (2024). Mentalizing schools. In P. Tohme Khalaf & R. Abi-Habib (Red.), *The Psychology of Mentalization*, pp. 51-67. Nova Science Publishers, Inc.
- **Remeus, M. G. A.**, **Clarke, S. L.**, **Feenstra, D. J.**, Van Eeren, H., **Smits, M. L.**, Debruyne, S., Kouijzer, M. E. J., Luyten, P., Scholte, R. H. J., & **Hutsebaut, J.** (2024). The (cost-)effectiveness of early intervention (MBT-early) versus standard protocolized treatment (CBT) for emerging borderline personality disorder in adolescents (the EARLY study): A study protocol for a randomized controlled trial. *Trials*, 25(1), 261.
- **Remeus, M. G. A.**, Silvius, J. A., **Feenstra, D. J.**, **Hutsebaut, J.**, & Scholte, R. H. J. (2025). Physical activity, sleep and eating in young people with borderline personality disorder. *Personality and Mental Health*, 19(1), e70003. <https://doi.org/10.1002/pmh.70003>
- Schwarzer, N.-H., Behringer, N., Dees, P., Fonagy, P., Gengelmaier, S., Henter, M., **Hutsebaut, J.**, Kirsch, H., Kreuzer, T. F., Langnickel, R., Maier, L., Müller, S., Turner, A., Link, P.-C., & Nolte, T. (2025). Wirksamkeit eines mentalisierungsbasierten Trainings für Lehrkräfte und pädagogische Fachkräfte - Ergebnisse einer Pilotstudie. *Prävention und Gesundheitsförderung*. [//doi.org/10.1007/s11553-025-01209-4](https://doi.org/10.1007/s11553-025-01209-4)
- **Smits, M.L.**, **Feenstra, D.J.**, **Blankers, M.**, **Kamphuis, J.H.**, **Bales, D.L.**, **Dekker, J.J.M.**, **Verheul, R.**, **Buschbach, J.J.V.**, & **Luyten, P.** (2024). Impact of clinical severity on treatment response to mentalization-
- **Smits, M. L.**, **Feenstra, D. J.**, **Nijssens, L.** (2024). Mentalization-Based Treatment for adult personality pathology. In P. Tohme Khalaf & R. Abi-Habib (Red.), *The Psychology of Mentalization*, 69-95. Nova Science Publishers, Inc.
- **Smits, M. L.**, **de Vos, J.**, Rufenacht, E., **Nijssens, L.**, Shaverin, L., Nolte, T., Luyten, P., Fonagy, P., & Bateman, A. (2024). Breaking the cycle with trauma-focused mentalization-based treatment: theory and practice of a trauma-focused group intervention [Hypothesis and Theory]. *Frontiers in Psychology*, 15, 1426092.

Publication in the Picture

An article by Melissa Remeeus and colleagues was published in *Personality and Mental Health on lifestyle and health behaviours in young people at different stages of Borderline Personality Disorder*. The results show that young people with BPD experience more sleep-related problems than the control group, but there is no difference in physical activity or emotional overeating.

Remeeus, M. G. A., Silvius, J. A., Feenstra, D. J., Hutsebaut, J., & Scholte, R. H. J. (2025). Physical activity, sleep and eating in young people with borderline personality disorder. *Personality and Mental Health*, 19(1), e70003.
<https://doi.org/10.1002/pmh.70003>

MBT Register

The Dutch MBT Register includes three levels of registration: MBT Base Level, MBT Practitioner, and MBT Supervisor.

The Base Level (MBT Therapist - Base Level) is accessible to professionals from various disciplines.

In contrast, Practitioner and Supervisor statuses are discipline-specific, such as MBT Practitioner, MBT Art Therapist, MBT Sociotherapist, and MBT Family Therapist. Currently, 46 MBT Supervisors are registered in the Netherlands, including 4 MBT Sociotherapy Supervisors, 1 MBT Art Therapy Supervisor, and 4 MBT Family Therapy Supervisors.

MBT Sweden



➤ In June 2025, Mentaliseringsinstitutet launched a new website to promote MBT and the concept of mentalizing in Sweden. We are also actively working to raise awareness about MBT on social media, sharing insights into both clinical practice and the latest research, with the aim of promoting MBT in Sweden.

➤ To better understand the demand for various MBT training programmes in Sweden,

Mentaliseringsinstitutet has sent out a survey to people interested in MBT. This will help us introduce the most relevant training programmes in the country.

➤ Anna Sylvén Björnör, together with Maggan Häggglund (author and journalist), are currently working on a book titled *Mentalizing in Parenthood*. The book is scheduled for release in the spring of 2026.

MBT Poland

We're excited to share some key developments from Poland in the promotion and growth of Mentalization-Based Treatment (MBT):

Upcoming MBT Trainings

We are currently planning a new series of MBT trainings for the coming months to continue building competence and capacity in the method across Poland.

MBT Book on Narcissism to Be Published in Polish

We're proud to announce that one of the leading publishing houses in Poland has agreed to publish *Mentalization-Based Treatment for Pathological Narcissism*. The translation is now complete, and Anna Król-Kuczkowska is leading the editing process.

MBT at the Polish Parliament

After extensive work to raise public and professional awareness of MBT in Poland, a major milestone has been reached: the Health Committee of the Polish Parliament has scheduled a hearing on psychotherapy in the public sector for Autumn 2025. Several mental health professionals have been invited to speak, including Anna Król-Kuczkowska, who will present on MBT.

Annual Psychotherapy Congress Featuring MBT

For several years, we have been organizing a major annual psychotherapy congress in Poland, with MBT as a central focus. The next event will take place in September 2025. Confirmed keynote speakers include Gwen Adshead, Trudie Rossouw, Phil Mollon, Svenja Taubner, Bente Sommerfeld, Lois Choi-Kain, and Mark Dangerfield.

For more information, please visit: www.psychoterapiaszkolonia.pl.

International attendees are warmly welcomed – if you're interested, please email us at ntpp.kontakt@gmail.com.

Polish MBT congress announcement:

“For few years now, almost every year we are organizing big psychotherapy congress of which large part is MBT. Next one will be in September 2025, and the Keynotes are from Gwen Adshead, Trudie Rossouw, Phil Mollon, Svenja Taubner, Bente Sommerfeld, Lois Choi Kain, Maaïke Smits and Mark Dangerfield (conference details: www.psychoterapiaszkolonia.pl. If anyone from abroad is interested, please email us: ntpp.kontakt@gmail.com)”

Mentalizing Initiative (MI) Los Angeles

The Mentalizing Initiative (MI) Los Angeles is pleased to offer in-person MBT Basic and Practitioner trainings, providing clinicians with the opportunity to engage in applied, experiential learning that fosters a rich understanding of clinical application through role-plays often lost in online formats.

The MI is thrilled to welcome back Professor Eia Asen and Emma Morris to lead Mentalization-Informed Systemic Therapy (MIST) training, which is rapidly gaining traction in the U.S. For the first time, the MI will integrate MIST training with small clinical consultation groups led by Eia and Emma, providing clinicians working with families and couples a unique and comprehensive learning opportunity.

Our collaborative efforts are steadily growing, with meaningful partnerships underway at treatment programs including Silver Hill Hospital in Connecticut, Ellenhorn Los Angeles, and the Lindner Center in Ohio—each helping to broaden the reach of quality MBT in the U.S.

And finally, the MI made a strong impact and was well received at the American Psychiatric Association's annual conference, where our session on The Difficult/Misunderstood Patient drew a standing-room-only audience of over 200 curious and engaged psychiatrists.