



2014邊緣型人格障礙治療論壇 心智化為本治療模式－理論與實務

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Mentalization-Based Treatment, MBT

- An innovative form of **psychodynamic psychotherapy**
- Developed and manualised by **Peter Fonagy & Anthony Bateman**
- Designed for individuals with **BPD**
- Improve
 - **affect regulation**
 - **interpersonal relationships**



MBT

- Introduces some concepts from **cognitive psychology**, notable **contingency theory**
- Allied with developments in **attachment theory** and associated research
- Discards some **psychoanalytic tenets**, such as emphasis on revealing unconscious meaning
- Seeks links with **neurophysiology**

Bateman AW et al
Int Rev Psychiatry 2007; 19:51-62

MBT

- 只有在和父母的鏡像化的、交互主體性的互動中，嬰兒才有機會「觀察」到自己，從而形成並認識到內在狀態，開始符號表象化過程。

Gergely & Watson, 1999

鏡映孩童情感 Mirroring the Affects of the Child

- ... the **precursor of the mirror** is the **mother's face**母親的臉龐



Winnicott DW, 1971, p. 111

www.dreamstime.com/mother-and-infant-looking-...

有問題的鏡映 Problematic Mirroring

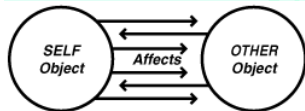
- 看見vs.看穿
- If the mother's face is **unresponsive**, then a mirror is a thing to be **looked at** but **not looked into**

Winnicott DW, 1971, p. 113

客體關係理論基本前題

- **Psychic structure** is composed of :
 - I. A **representation of self**
 - II. A **representation of the other** in relation to self
 - III. An **affect linking the two**
 - attachment, frustration, rejection

Clarkin JF et al
J Personal Disord 2008; 21:474-9



<https://www.enneagraminstitute.com/articles/NArtObRel.asp>

Common Factor in Psychotherapy

- All psychotherapies, whatever their focus, share the potential to **re-create an interpersonal matrix of attachment** in which **mentalization develops** and sometimes **flourishes**.

Bateman A & Fonagy P; 2012



定義



Perceive the **internal frame of reference** 內在參考架構 of another with **accuracy** and with the **emotional components & meanings**.
Without ever losing the “as if” condition.

Carl Rogers, 1959

- The capacity to **think & feel** 思考與感受 oneself into the inner life of another person.

Heinz Kohut, 1984



同理心的成份

- (a) an **affective response** 情感反應 to another person, which often, but not always, entails sharing that person's emotional state;
- (b) a **cognitive capacity** 認知能力 to take the perspective of the other person;
- (c) some **regulatory mechanisms** 調節機制 that keep track of the origins of self and other-feelings

Decety J, Jackson P
Behav Cogn Neurosci Rev 2004; 3:71-100

同理的過程 Processes Involved in Empathy

- **Identification** 認同
- **Incorporation** 併入
- **Reverberation** 回響: cognition and affect
- **Detachment** 隔絕: flexibility

Reik T, 1949

Holding & Containment 護持與涵容

- **Holding (I)** :
- Derives from Winnicott's (1965) notion that a mother provides a specific form of environment that **facilitates an infant's growth**. Through interactions between a mother and her infant, a **shared transitional space** is created in which the infant ultimately internalizes holding functions performed by the mother.

Glen O. Gabbard, 1994

Holding & Containment 護持與涵容

- Holding (II) :
-the mother **must not be too good**. Only through frustration and disillusionment can the infant ultimately grow.therapist must set limits in certain situations.

Glen O. Gabbard, 1994

Holding & Containment 護持與涵容

- Holding (III) :
- Holding also involves **surviving**. Winnicott (1968) believed that **the therapist's survival of the borderline patient's destructive attacks** is crucial element in helping the patient to make use of the therapist as a truly external object outside the patient's omnipotent control.

Glen O. Gabbard, 1994

Holding & Containment 護持與涵容

- Containment (I) :
- Stems from Bion's (1984) description of how the mother processes the affects of her baby. **The mother bears the uncontainable affects of her baby**, and through her **reverie**, she **detoxifies** and **transforms** the affects into a form that allows the infant to reintroject and tolerate them.
- 揣度、去毒、轉化

Glen O. Gabbard, 1994

Holding & Containment 護持與涵容

- Containment (II) :
- Containment should **not be equated with a kind of passive inaction** (Rosenfeld, 1987)
- **Nor** should it be understood as **masochistically enduring** the patient's attacks (Ogden, 1982)
- Containment involves **silent processing**, but it also entails **verbal clarifications** of what is going on inside the patient and what is transpiring in the patient-therapist dyad.

Gabbard GO, 1994

Holding & Containment 護持與涵容

- Both Holding & Containing imply an **alternative to action**—a **postponement of impulsive reaction** to the patient in the service of bearing and processing powerful feelings generated in the patient-therapist dyad.

Gabbard GO, 1994

- **To do nothing, to be with**

Wolff HH, 1971

Attachment Figures

- Provide **protection**, promote **safe exploration** of the environment and help the infant learn to **regulate emotions** in a pro-adaptive, effective way.
- 保護
安全地探索環境
情感調節

Hruby R, Hasto J, Minarik P
Neuro Endocrinol Lett 2011;32:111-20

內在運作模式 Internal Working Model

- 在依附關係中除表現依附行為，也會形成一個對主要照顧者、自我及環境的內在運作模式。
- 對依附者所產生的感受、情緒、知覺會內化形成內在客體表徵，也會形成對自我、對他人、對環境的概念以及適應行為。

陳秉華，1996



<http://www.edigeratilife.com/blog/buy-cheap->

配對的依附型態 Pairs of Attachment Style

| 照顧者Caregiver | 嬰兒Infant |
|-------------------------|--------------------------|
| Secure | Secure |
| Dismissing | Avoidant |
| Preoccupied | Ambivalent/Preoccupied |
| Disorganized/Unresolved | Disorganized/Unresolved* |

* Role reversal or aggressively directive & punitive at 6 Y/O

Change in Attachment

- Longitudinal studies showing about 20% discontinuity over time
- Different attachment to different caregivers
- Change in attachment style over the course of psychotherapy
- Change in couples attachment when an secure person marries and insecure person

心智化Mentalizing

- 一種的想像的imaginative心智活動
- 有關自己及他人
- 感知perceiving及解析interpreting人們的行為
- 意向性的intentional心智狀態
— 需要、欲求、感受、信念、目標、目的、理由、等等

Process of Mentalization 心智化歷程

- 心靈對等模式 (psychic equivalence modes) : 約兩歲半以前
- 假扮模式 (pretend modes) : 兩歲半左右起
- 反思模式 (reflective modes) : 大約六歲

與心智化Mentalizing有關的腦區

- Perceiving social and emotional cues 社交與情緒線索
fusiform gyrus (identifying individuals, e.g., by face)
superior temporal sulcus (perceiving agency and intention)
temporal pole (interpreting social scenarios)
amygdala (detecting emotion, especially threat)
- Resonating emotionally 情緒共鳴
mirror neurons (activated by performing and observing actions and by feeling and observing emotions)
- Mentalizing emotion and interpersonal interactions 情緒與人際互動
medial prefrontal cortex } “mentalizing region”
anterior cingulate cortex }

The Neural Correlates of Maternal & Romantic Love

- Both **deactivated** 去活化 a common set of regions associated with **negative emotions, social judgment and 'mentalizing'** 負面情緒、社會判斷及'心智化', that is, the assessment of other people's intentions and emotions

Bartels A, Zeki S
Neuroimage 2004;21(3):1155-66



愛情使人盲目

Mentalization based treatment for borderline personality disorder

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World Psychiatry 2010; 9:11-15

- The primary aim of any intervention has to be to **re-instate mentalizing** when it is lost or to **help to maintain** it in circumstances when it might be lost or is being lost
- Any intervention that succeeds in these aims may be used in MBT**

Effective Principles of Therapeutic Change

- A **strong working alliance**
- An **empathic and flexible approach** to repairing ruptures to the alliance*
- A therapist attitude of **caring, warmth, empathy, positive regard, congruence, and authenticity**
- Patient-therapist agreement** on treatment goals
- Strong collaboration** between patient and therapist in working toward goals
- A relatively **high level of therapist activity**

Critchfield KL & Benjamin LS, 2006
Integration of therapeutic factors in treating personality disorders

Mechanisms of change in MBT

- A **safe attachment context**
 - safe to **explore the mind of the other**
- Encourage to
 - mentalize**
 - experience** and **confront** negative affect
 - elaborate** and **review** issues of **morality***

* from the Latin *moralitas* "manner, character, proper behavior"



http://www.tc-of.org.uk/index.php?title=Recent_MBT_from_TV_cartoons

Reflective Parenting & Development of Mentalization

“小屁屁濕了嗎？”
“一個人站太久了嗎？”
“想要換尿布了喔？”
“想要抱抱嗎？”

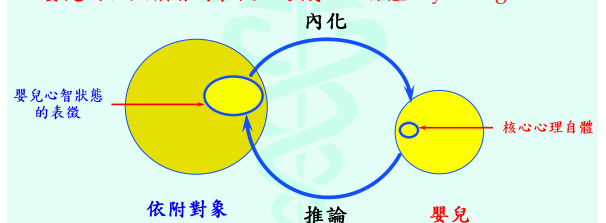


- Having the person in mind.
- Bridge the focus on physical reality & internally directed attention.

Fonagy P, Target M
Dev Psychopathol 1997; 9:679-700

主事自體的誕生 Birth of the Agentive Self

嬰兒內化照顧者的表徵以形成心理自體 Psychological self



依附對象發現嬰兒心靈(主體性 Subjectivity)

Bateman & Fonagy, 2004

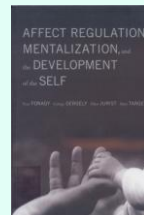
Theory: Conditions for Robust Establishment of Representations of Internal States (Gergely & Watson, 1996)

- **Contingency of Mirroring** 鏡映的密切度
 - The caregiver accurately matches the infant's mental state
- **Markedness of Mirroring** 鏡映的標記性
 - The caregiver mirrors while indicating that she is not expressing her own feelings
- **Incongruent mirroring** → representation of internal state corresponds to nothing real → **pretend mode**
- **Un-marked mirroring** → caregiver's expression seen as externalisation of experience → **psychic equivalent mode**

心智化的情感 Mentalized Affectivity

* Elements of mentalized affectivity

- I. Identifying 辨識
- II. Modulating 調節
- III. Expressing 表達



自體的發展 Development of Self

鏡映 Mirroring
理想化 Idealizing
孿生 Twinship

* 治療關係的演進
作之親：父母—子女
作之師：老師—學生
作之友：夥伴、同儕

Some Features of Successful Mentalizing of People & Relationships

- Curiosity
- Stance of safe uncertainty/opaqueness of mental states
- Reflective contemplation
- Perspective taking
- Forgiveness
- Impact awareness

Bateman A & Fonagy P, 2012

Some Features of Successful Mentalizing of People & Relationships

- A trusting attitude
- Humility(moderation)
- Playfulness & (self-mocking) humor
- Willingness to take turns
- A belief in changeability
- A willingness to assume responsibility & accept accountability

Bateman A & Fonagy P, 2012

Techniques for Mentalizing the Moment

- Simmering 燉 down
- Disentangling feeling states
- Marking 標記
- Individual resonating
- "Colombo"-style curiosity
- Searching for positives
- Mini role-plays: experimenting & rehearsing
- Enacting problem scenarios
- Weighing pros & cons
- Subtitling

Bateman A & Fonagy P, 2012