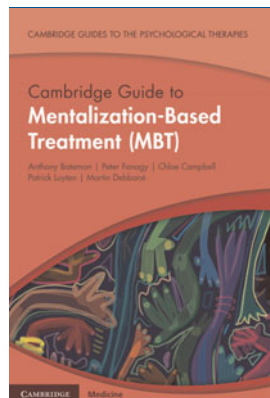


Book review

Edited by Allan Beveridge and Femi Oyeboode

**Cambridge Guide to
Mentalization-Based
Treatment (MBT)**

Edited by Anthony Bateman, Peter Fonagy, Chloe Campbell, Patrick Luyten and Martin Debbané
Cambridge University Press. 2023.
£34.99 (pb). 416 pp.
ISBN 9781108896054

The *Cambridge Guide to Mentalization-Based Treatment (MBT)* is one of the most important texts on psychological therapies for trainees and residents who have embarked on the journey of specialist training in psychiatry as well as experienced consultant psychiatrists.


As a trainee, I learned much from reading *Psychotherapy for Borderline Personality Disorder: Mentalization-Based Treatment* by Anthony Bateman & Peter Fonagy. The *Cambridge Guide to MBT* differs from that book because it provides useful clinical examples of tactics for communicating with people with various types of

personality disorder, including narcissistic personality disorder. I am impressed by the addition of the latest developments, including individual online therapy. In the preface to this new book, Bateman et al assert that 'Our aim has been to write a coherent manuscript from beginning to end that summarizes all the varied strands and application of mentalizing theory without being repetitive'.

The book is divided into four parts. After a discussion of the history, supporting theory and clinical process of MBT, there are chapters on MBT groups, application and adaptation for different types of personality disorder, depression and psychosis. There are additional chapters on the use of MBT in different populations, including children, adolescents, families, couples and other medical settings (e.g. emergency care). The chapters are complemented by a wide range of clinical scenarios and detailed strategies to be used during the initial, middle and final phases of MBT.

The strengths of this book include clinical examples highlighting specific techniques in eliciting and elaborating psychological phenomena (e.g. self-expectation in thin-skinned narcissism). This book outlines detailed components of modules (e.g. mentalising, emotions, attachment modules) and programmes (e.g. the reflective parenting programme).

MBT aims to enable patients to improve their ability to mentalise in close relationships and experience a more stable sense of self. The *Cambridge Guide to MBT* is a valuable resource for trainees during the psychotherapy rotation and experienced consultant psychiatrists who want to sharpen their psychotherapeutic skills.

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