

M.B.T

Treatment for people who don't want to offend any more

For more information contact:

Your Probation Officer or someone from the MBT team meet with you to explain more about the service.

An MBT therapist conducts a clinical assessment with you. This is a discussion about your background and earlier experiences. You may receive a mental health diagnosis to help you make sense of your difficulties.

The Assistant Psychologist goes through some questionnaires with you.

MBT involves both individual and group sessions. In individual sessions, you will meet with one therapist. In group sessions, there will be two therapists and up to seven other group members.

A peer service user who has spent time in prison may be available to talk things through with you or help you.

The team will let you know if the service won't be suitable for you.

An

opportunity to change direction

Why have I been given this leaflet?

You may be suitable for a new programme called MBT (Mentalization Based Treatment).

What is MBT?

MBT is a talking treatment that is based on the idea that we all want to be understood. It is about how we understand other people by having an idea of what they are thinking and feeling, and the reasons for their behaviour.

Sometimes others can misunderstand us (they did not see what we were thinking or feeling) and we can misunderstand them (we can jump to conclusions about why they behaved the way they did). When this happens, we are more likely to react with anger which then gets us into trouble. Or, we may take out these angry and negative feelings on ourselves.

What happens in MBT?

MBT involves both individual and group sessions over 12 months. In individual sessions, you will meet with one therapist. In group sessions, there will be two therapists and up to seven other group members.

The group is a safe space for members to discover each others' thoughts and feelings, and the reasons that they behave the way they do. This is done by group members hearing from each other and learning about how they are thinking and feeling.

How could MBT help me?

MBT could help you to improve your ability to understand your own and other people's thoughts and feelings. This can help you manage difficult feelings and situations which may normally lead to you behaving in a way that gets you into trouble.

Being better at managing difficult feelings and situations can help you in your daily life by improving your mood, your relationships with friends and family, and helping you avoid getting into trouble with the law.

Who is the service for?

Males who:

- are aged 21 or over
- are subject to statutory supervision by a Probation Trust
- have at least 6 months remaining of their licence or community sentence
- have personality difficulties that result in problems with violence and aggression
- have been convicted of violent offences
- would like help in controlling anger and aggression.

What happens next?

You will meet with members of the MBT team to discuss the service.

It may be that the service is not suitable for you so meeting different members of the MBT will help make that clear.

You will meet an MBT therapist to discuss your background and earlier experiences, to understand how they might still be affecting you now. This is known as a clinical assessment, and it will help us understand how best to help you.

You will meet with another team member to go through some questionnaires about your thoughts and behaviours.

Clinical information will be kept confidential and will only be shared if there is an acute serious risk to yourself or others.