

KEYNOTE

Minding the body

Mentalization-based treatment for eating disorders (MBT-ED)

Professor Finn Skårderud, MD, PhD

Institute for Eating Disorders, Oslo, NORWAY

Mentalization-based treatment is evidence-based medicine for borderline personality disorder and self-harm. Today there is great interest in implementing such principles in other areas, e.g. addiction, PTSD, depression and as mentalization-based therapy for eating disorders (MBT-ED) (Skårderud & Fonagy, 2012).

Mentalizing is defined as the ability to understand feelings, cognitions, intentions and meaning in oneself and in others. The capacity to understand oneself and others is a key determinant of self-organisation and affect regulation. Eating disorders will be described as examples of different forms of impaired mentalizing, and such impairments are stated to be central psychopathological features in eating disorders. Psychotherapeutic enterprise with individuals with compromised mentalizing capacity should be an activity that is specifically focused on the rehabilitation of this function. Mentalization-based psychotherapy for eating disorders should also have a special emphasis on how the body is involved in representing mental states. The presentation will describe and demonstrate structures, clinical stances and techniques in MBT-ED.

Skårderud, F. & Fonagy, P. (2012). Eating disorders. In A. Bateman & P. Fonagy (Eds.), *Handbook of mentalizing in mental health practice*, s. 347-383. Washington DC: American Psychiatric Publishers.