



Oxford Health
NHS Foundation Trust

Oxfordshire Psychological Therapies

Mentalisation based classes

Contents

What are mentalisation based classes?.....	3
Who is it for?.....	4
What happens during a mentalisation based class?	4
Patient Feedback	5
How can I contact Psychological Therapies?.....	7
Accessibility	8
Get in touch.....	8
Feedback	8

What are mentalisation based classes?

Mentalising is something that we all do to some degree or another and often we take for granted. It is what we do when we feel we know what is going on in our own minds and in the minds of other people.

It plays a major part in all our relationships, for example, when we feel misunderstood and how we react subsequently.

Sometimes we have not had the opportunity to practise mentalising in early life which can happen for a number of reasons.

However, it is a skill we can learn and develop as an adult. So, knowing more about mentalising and being able to practice it can improve how we make sense of our own as well as other people's actions and feelings.

Doing this can eventually lead to managing emotions better and having the possibility of different opportunities or experiences as a result.

Who is it for?

Mentalisation is an evidence-based psychological treatment. It has been shown to be helpful for people who have emotional responses which they find difficult to tolerate, either within themselves and/or with other people.

Sometimes we can find that we either tend to be overwhelmed by strong emotions, or that we are very distant from feelings (e.g. feeling numb or empty).

Sometimes we yo-yo between each of these. This may lead to unhelpful impulsive behaviours of one kind or another, mood swings and to having problems with relating to other people in a satisfying way.

What happens during a mentalisation based class?

- You will attend ten weekly classes, each lasting two hours. There is a one-hour introductory session before this where you will meet the therapists and other participants in the class.
- Each session builds on the previous session, and you will get the most out of the class by committing to attending all ten classes.
- If you miss two classes, you may need to think with the therapists facilitating the class about whether now is the right time for you to take part.

- Each class in general contains 12 – 15 participants. The class will divide into smaller groups for part of each session.
- Each class is structured, and the facilitator introduces a theme. You will be expected to share some examples which relate to the week's theme and fill in a workbook that accompanies each class.
- You would not be expected to share details about very personal or distressing aspects of your past within this class, such as talking about past traumatic events.

Patient Feedback

"The course evolved into a very useful session when we targeted a specific topic / issue each week. The clinicians were very patient, professional and allowed the course to develop and gave each participant the time they needed to raise concerns / issues and contribute to the group discussion."

"Felt welcome and comfortable. Everyone one was valid and heard. Was helpful hearing about other people's experiences, and their coping methods and advice."

"The facilitators were really helpful and created a calming environment where I felt safe to open up and be vulnerable to people I didn't know well. The programme has changed my outlook on life and helped me get out of a very low mood time in my life."

“I feel that the course was managed skilfully in accommodating a wide range of needs. The topics covered were fundamental and challenging regarding changing my thoughts and feelings, but I felt we were allowed to contribute as much or as little as we felt able. ”

How can I contact Psychological Therapies?

Email

Oxon.psychologicaltherapies@oxfordhealth.nhs.uk

Telephone

01865 902 005.

Address

Oxford Health NHS Foundation Trust

Adult Mental Health Team

Psychological Therapies

May Davidson Building,

Warneford Hospital, Warneford Lane,

Headington, Oxford OX3 7JX

Accessibility

Patient information leaflets are available on our website:
www.oxfordhealth.nhs.uk/leaflets

Get in touch

Address Oxford Health NHS Foundation Trust
 Trust Headquarters
 Littlemore Mental Health Centre
 Sandford Road, Oxford OX4 4XN

Phone 01865 901 000

Email enquiries@oxfordhealth.nhs.uk

Website www.oxfordhealth.nhs.uk

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971

Email PALS@oxfordhealth.nhs.uk

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