Mentalization Based Treatment for Families (MBT-F) is an intervention for families with children of 7-18 years of age. MBT-F focuses on improving family relationships by supporting family members’ to think and talk about each other’s emotions and thoughts, and to be imaginative about why family members may behave in certain ways. Research and experience shows that once this happens, communication and the ability to solve problems together will improve in the family.

Families may come to MBT-F with a whole range of difficulties including:

- Angry outbursts and tantrums
- Distressed or troubled children
- Tensions in family relationships
- Coping with loss and bereavement
- Difficulties with making or keeping friends
- Impact of divorce or separation on children

To be eligible for this service it is recommend that you live within a 45 minute journey from Anna Freud National Centre for Children and Families.

‘Mentalizing’ is the ability to understand your own and other people’s ways of thinking and feeling. This is particularly important during difficult times in a family’s life because the capacity to mentalize influences the way people behave in relationships. When your family is stressed you may not be mentalizing well and may fall back into familiar patterns, even when these patterns may not be helpful to your family.
How we help

We aim to provide a calm, non-judgemental setting, where your therapist will invite everyone to think about their feelings and those of other family members. The aim of this is to help you work together as a family to resolve any difficulties you may have.

MBT-F is a brief (6 to 10 session) intervention for families. Commonly we will start with a single consultation session during which we will think together about what would be most helpful. Sessions may include different combinations of family members at different times, depending on what seems most helpful.

Usually families meet with their MBT-F therapist fortnightly for one hour. Sessions will focus on how things have been going and on how you as a family are communicating with each other during the meetings.

We sometimes use playful techniques, such as drawing or acting, in order to encourage understanding from different perspectives. Sometimes the therapist will suggest a particular activity or sometimes a focus will emerge out of what has been happening with your family since you last met.

We will inform your GP that you are attending here and you will receive a copy of this letter.
How to find out more

For all enquiries please contact Laura Baver Clinical Administrator who can tell you more about the service and arrange for one of our child therapists to contact you.
Telephone: +44 (0)20 7443 2261
Email: referrals@annafreud.org

How to give feedback

We really want to hear from the parents, children and young people who use our services. If you have any comments or suggestions about your experience of coming to the Centre we would love to hear from you. Please get in touch by emailing feedback@annafreud.org

How to find us

Buses:
No.46 – stops on Fitzjohn’s Avenue
No.13, 82, 113, 187, 268 & C11 stop on Finchley Road

Underground:
Finchley Road – Jubilee & Metropolitan Lines
Swiss Cottage – Jubilee Line
Hampstead – Northern Line

Overground:
South Hampstead
Finchley Road & Frognal

Hampstead site:
12 Maresfield Gardens, London NW3 5SU
Tel: 020 7794 2313  Fax: 020 7794 6506

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Our Patron: Her Royal Highness The Duchess of Cambridge

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