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## Mentalizing in Arts Therapies

By Marianne Verfaillie

KARNAC BOOKS, United Kingdom, 2016. Paperback. Book Condition: New. 230 x 147 mm. Language: English Brand New Book. This book describes the use of therapeutic art, music, and dance interventions against a background of mentalization, thus forging a link between arts therapies and mentalization-based treatment. This book has its roots in the theory of Mentalization Based Treatment by Antony Bateman and Peter Fonagy, and combines the broad experience of many art therapists with art, music and dance/movement therapy in psychiatric settings in the treatment of adults and adolescents both individually and in groups, as well as children with disorganised attachment. As a treatment concept, mentalization is quite straightforward because mentalizing is a typically human ability. As Bateman and Fonagy (2012) say: Without mentalizing there can be no robust sense of self, no constructive social interaction, no mutuality in relationships, and no sense of personal security. On the other hand, it is not so simple to fully grasp the significance of mentalization. Mentalization-based therapy is a specific type of psychotherapy designed to help people reflect on their own thoughts and feelings and differentiate them from the perspectives of others. This explicit verbal form of mentalization is preceded by an earlier, more fragile...



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