Mentalization-Based Treatment

Adherence and Competence Scale

This adherence scale was developed in conjunction with the new MBT Manual – Bateman, A. and Fonagy, P. (2016) Mentalization-Based Treatment for Personality Disorders: A practical guide. Oxford: Oxford University Press.

Data related to the development of the scale are being published. The scale has been used in recent research trials of MBT. Training is required to become a reliable rater.

The scale is presented here for clinicians and supervisors to use in their clinical work to support learning and clinical skill acquisition. It may be used

a) as a focus for discussion of sessions;

b) to decide on clinician adherence to the model;

c) to identify domains of MBT that are skilfully delivered and those that are not.

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