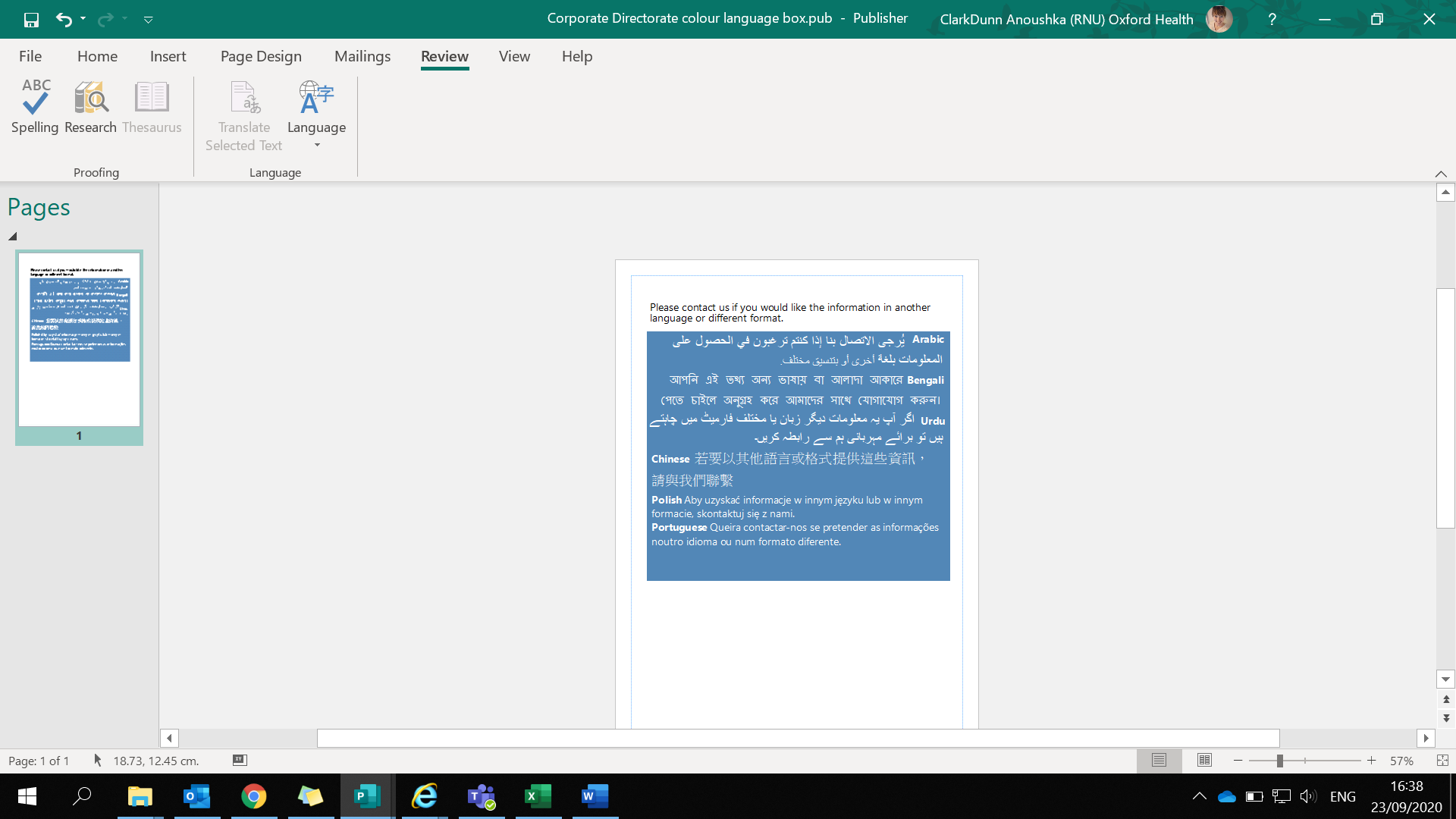
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Adult Mental Health Teams



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*Oxford Health NHS Foundation Trust – Caring, Safe and Excellent*

**Mentalisation**

**Classes**

Psychological Therapies

**What is it?**

Psychological Therapies

Adult Mental Health Teams

Mentalisation is something that we all do to some degree or another and often we take it for granted. It is what we do when we feel we know what’s 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 to this.

Sometimes there has not been much experience of it in early life.

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?**

It tends to be useful for people who have emotional responses which they find difficult to tolerate either within themselves and/or with other people.

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 is involved?**

* Attending a weekly education class for ten sessions with some sharing of personal experiences each week.
* There is a ‘taster’ session first where you can decide whether it’s for you or not. The “taster” will be followed by 10 sessions.
* After the 10 sessions, the clinicians will contact you to meet for a follow up session one to one, where you can review and discuss if any further support is needed.
* The group size varies but in general contains 12 – 15 participants.

**After the last session….**

After the last session there will be an opportunity for you to meet with one of the therapists facilitating the class to think about whether you need to do anything further that might build on your ability to mentalise. It may be that the class is all that you need to do for the time being.

**How to access the service?**

You will have had an assessment by a mental health professional and it will have been recommended that this would be useful for you.

**Patient Feedback**

*“Despite getting off to a rocky start the course evolved into a very useful session when we targeted a specific topic / issue each week. Jake and Gerti 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. Having a slightly smaller group of 7 compared to 9 or 10 improved the sessions a lot, and it felt as though we covered more specifics for each individual. For future courses I would suggest the slightly smaller group be maintained, and at the start of the course an indicative structure for the 24 weeks be provided along with any mentalising tools relevant.*

*I have found the course to be very useful although I still have deep issues relating to personal relationships and intimacy. I feel like have been able to move forward a little and have started to open new avenues for pleasure / meeting people, which while still being difficult, I have realised that once you make an effort, people will also try to make you welcome.”*

For more information visit the Trust website.