

MBT-F Therapist Adherence Scale (v.4)

SCORING:

0 = NOT PRESENT

1 = PRESENT

2 = STRONGLY PRESENT

Q.	WITHIN SESSION SCORE EVIDENCE FOR:			
		0	1	2
1.	Holds the balance in the session			
2.	Intervenes to mark, punctuate or interrupt non-mentalizing interactions			
3.	Shows consistent curiosity about intentional states of mind			
4.	Explicitly highlights and reinforces positive mentalizing			
5.	Notices and marks out specific breakdowns in communication			
6.	Explores understandings and states of mind in relation to observed misunderstanding (mentalizing the moment)			
7.	Generalises and considers options for change in the light of new understandings			
8.	Therapist use of self, including transparency about mental processes.			

