

## Contact us

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## PALS

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## Other formats and languages

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Avon and Wiltshire  
Mental Health Partnership  
NHS Trust

## Art & MBT



A 10 week course using art to help you  
develop your mentalizing skills

**You matter, we care**

This course is based on the idea that we all want to be understood.

## What is mentalizing?

Mentalizing is the ability to understand other people by having an idea of what they are thinking and feeling, and the reasons for their behaviours.

This also helps us make sense of our own experiences, thoughts and feelings and how others see us.

## Why is it helpful?

Mentalizing can help you learn to:

- communicate well with your friends and family
- understand misunderstandings
- understand yourself, who you are and what you value
- see yourself and others from different viewpoints.

## Who is the Art & MBT (Mentalization Based Therapy) course for?

Anyone who wants to make sense of:

- hearing voices when there is no one there
- seeing, tasting, smelling or feeling things that others don't
- holding strong beliefs that people around them don't share
- difficulties with thinking and concentrating
- feeling helpless, unmotivated or overwhelmed by experiences.

Artwork on front cover by [Fresh Art@worker](#)

## What does Art & MBT (Mentalization Based Therapy) involve?

During the course you will:

- practice mentalizing
- try out different art exercises to help you organise your thoughts and feelings; help you concentrate; express yourself and to create a visual memory to reflect back on.
- learn about moods, anxieties and emotions
- practice how to talk about your experience to your friends and family.
- watch some short films
- make a film
- work at the Holbourne Museum.

## Where and when?

Day Time

Venue

## How it helped me:

*'Listening to people made a big difference because you sort of understand it is not just you.'*

*'By putting it on paper I was able to sort of address it and look at the situation and face up to it I suppose'.*

*'I learnt to laugh at myself.'*