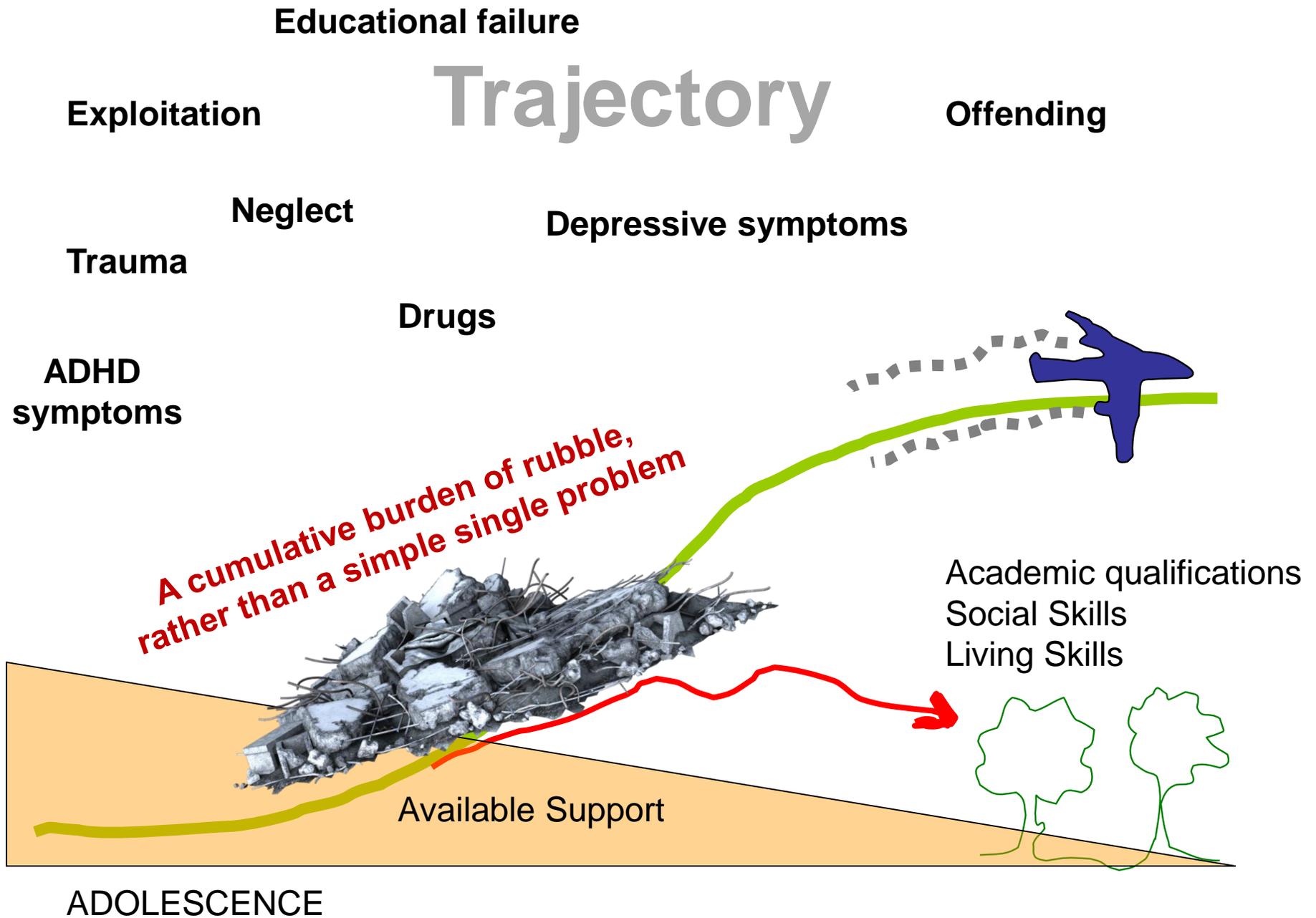


A brief introduction to AMBIT

(Adaptive Mentalization-Based Integrative Treatment)

1. AMBIT a brief **introduction**
2. AMBIT – explicitly supporting **team members** to mentalize each other as well as clients
3. AMBIT – systematic mentalizing across **complex multiagency networks**
4. AMBIT – systematically apply **implementation** science/foster **learning** organisations





The “Hard-to-reach”, Mentalizing, and *Learning*

An evolved mechanism for communicating **culturally-specific** and **cognitively-opaque** “knowledge-about-living”

Csibra and Gergely



(Eyes and door – W. Rosocha)

**EPISTEMIC TRUST,
OSTENSIVE CUES
& the
PEDAGOGIC STANCE**

*Egyed, Kiraly, Gergely
(2013)*

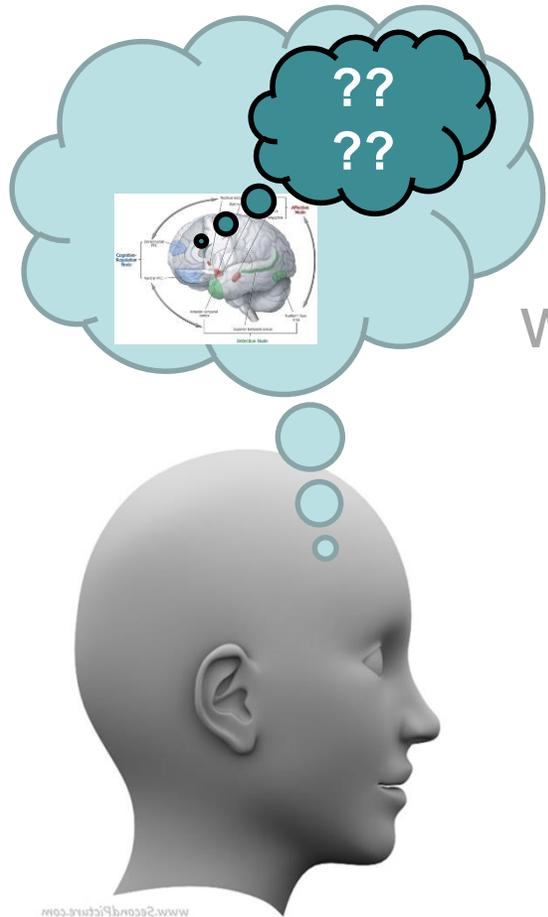
Communicating Shared Knowledge in Infancy

*Psychological Science
vol. 24 no. 7 1348-1353*



Mentalizing is the
Ostensive Cue “par
excellence” for
Epistemic Trust

Making Sense of Mentalizing



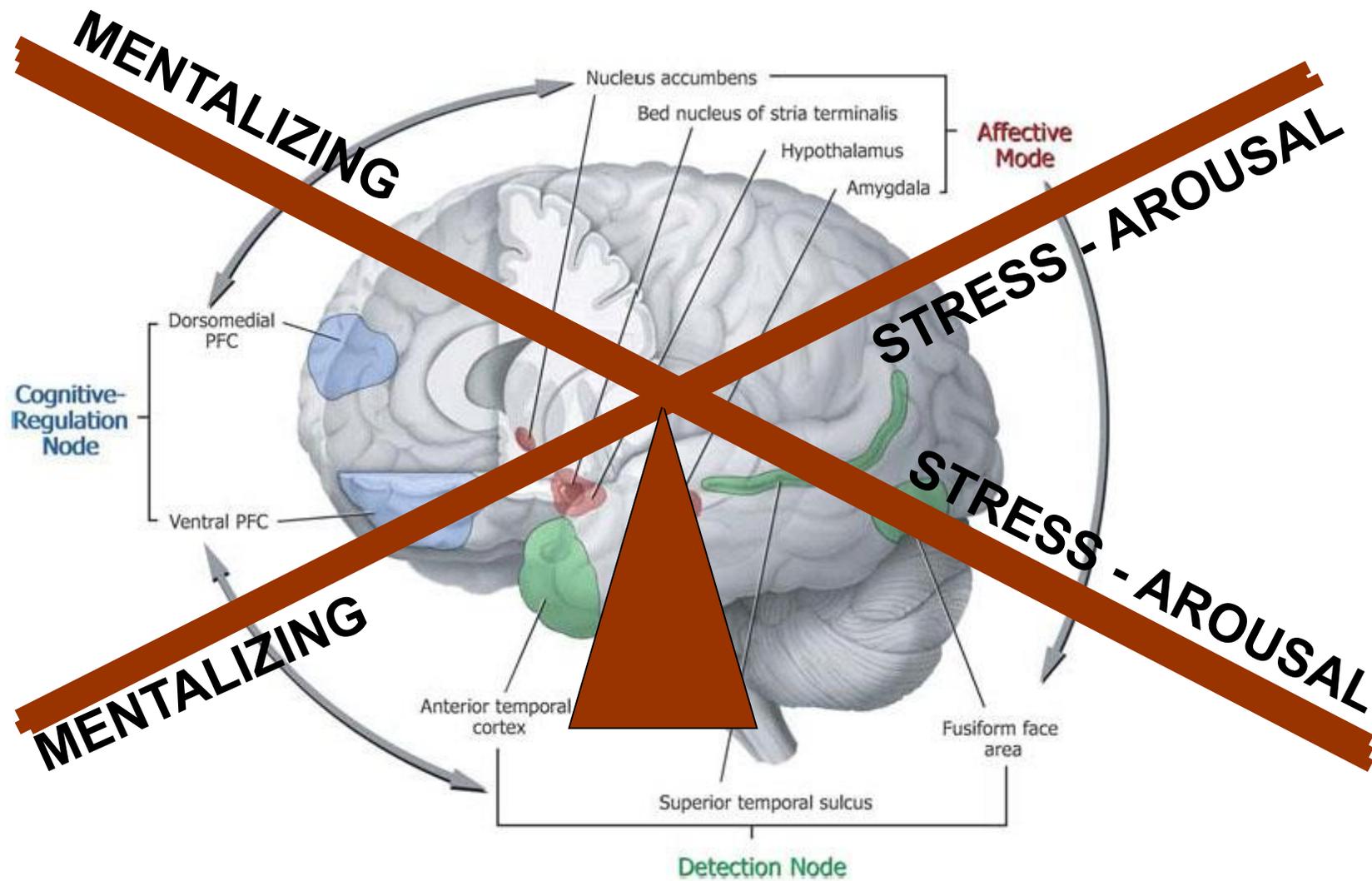
Mentalization is the *brain activity* that takes place when we are *making sense of behaviours* (yours, or mine)

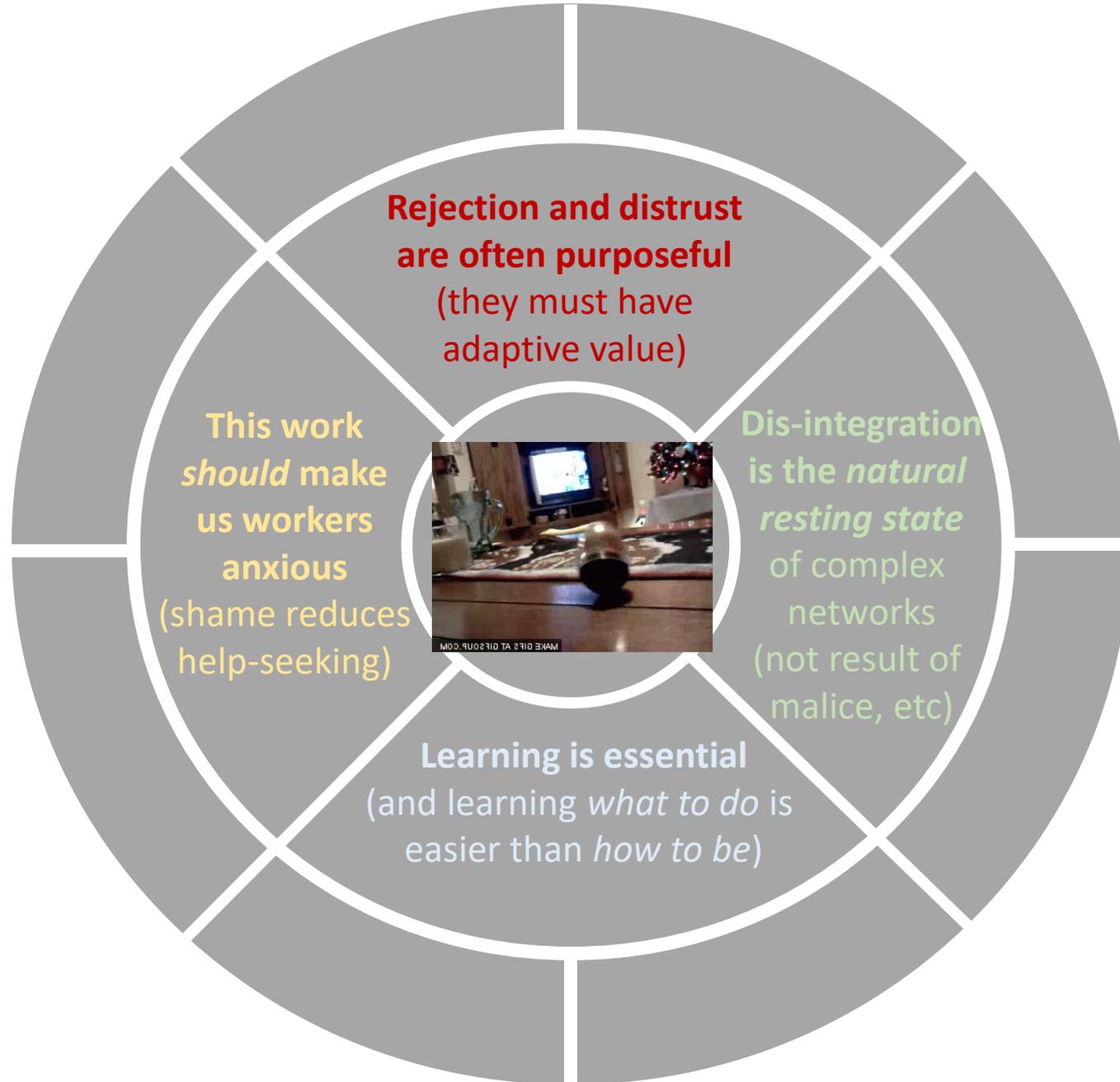
by assuming the agent is **mental...**

...has a MIND

with beliefs, hopes, fears, intentions...







Rejection and distrust are often purposeful (they must have adaptive value)

This work *should* make us workers anxious (shame reduces help-seeking)

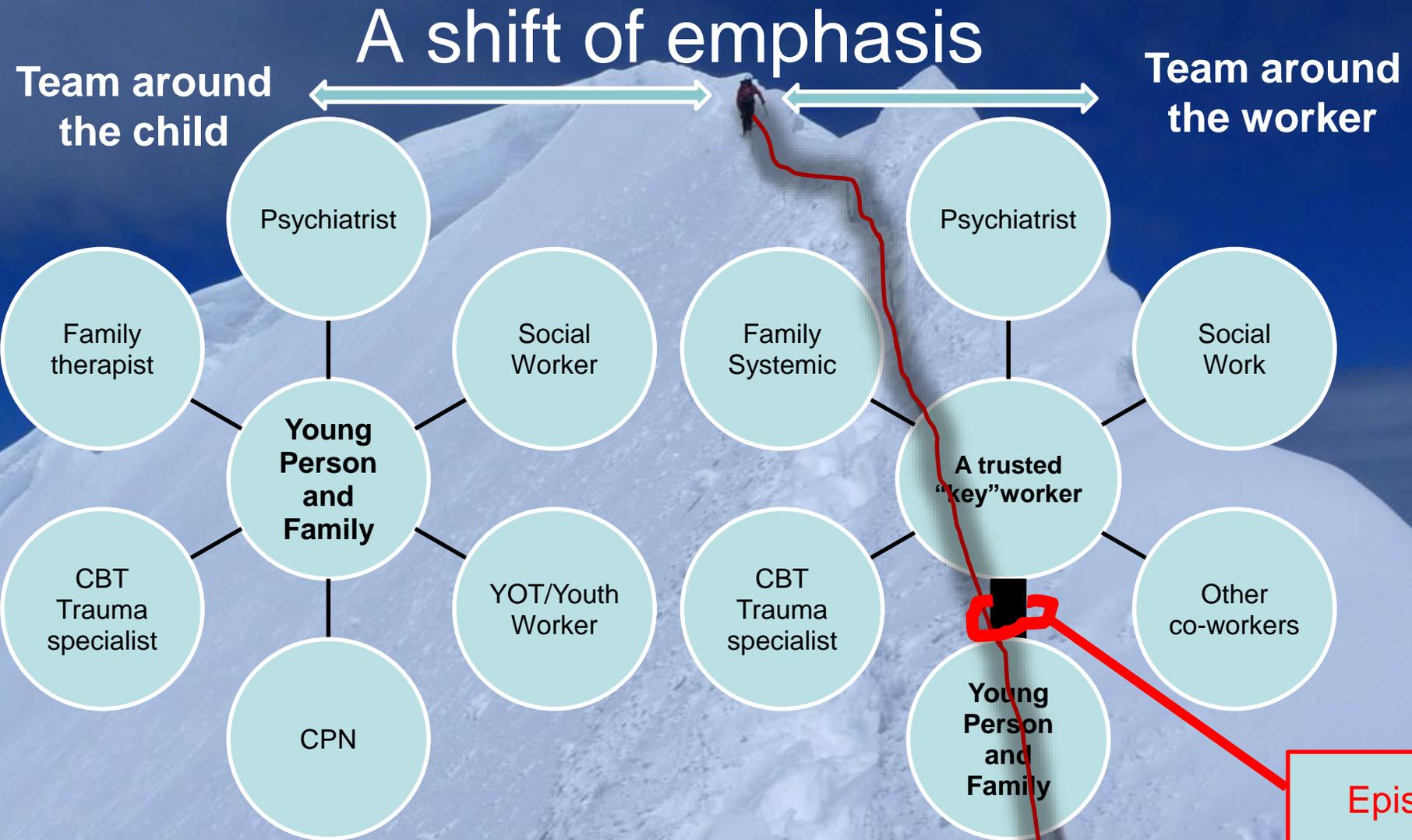
Dis-integration is the *natural resting state* of complex networks (not result of malice, etc)

Learning is essential (and learning *what to do* is easier than *how to be*)





Team around the Worker:



Mentalization as basic *therapeutic stance*, AND shared responsibility:
sustaining *our colleagues'* Mentalizing – "*holding their rope*"

Thinking Together

Marking
the Task

'Kickstarting' mentalizing in the consulting colleague, and contracting in to the purpose of our conversation, time boundaries, etc. Why are you coming to me? What would help look like if I (the consultant) provided it?

Stating
the Case

Keeping to the simple bones of the case, and avoiding storytelling. What do you, helper, need to know to help me with this task? (Consultant holds these boundaries.)

Mentalizing
the Moment

First, mentalize the worker, not the client (they are not present). Can the consulting colleague feel their predicament is understood? Only then mentalize the client(s), allowing the worker to listen "from the edge of the pond"..

Return
To Purpose

Consultant has contracted to fulfil a predetermined task. Invite the worker to reflect on the mentalizing, and collaborate to generate simple, digestible, contingent answers.

**Creating culture:
RITUALS and SOCIAL
DISCIPLINES in a
team to foster and
protect mentalizing**

Nobody ever argued
“What we need is more dis-integrated working!”
...so why do we keep doing it?

**2. Marking
(inevitable)
mentalizing failures**

1. Reconfiguring expectations

Dis-integration is the *natural resting state* of complex multi-agency systems, not just aberration/failure!

2. Reducing professional shame

Dis-integration is very rarely an intentional act; it is usually a predictable system-driven response, each time similar, but different. Shame *reduces* help-seeking, *increases* secrecy.

3. Rethinking reorganisations

Teleological system reorganisation (alone) is never going to be enough. *Understanding* (mentalizing) across systems is required, too

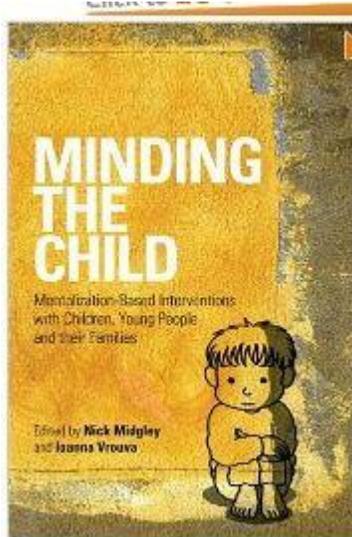
3. Helping systems require mind-mindedness too...

**1. Marking
(inevitable)
dis-integration**

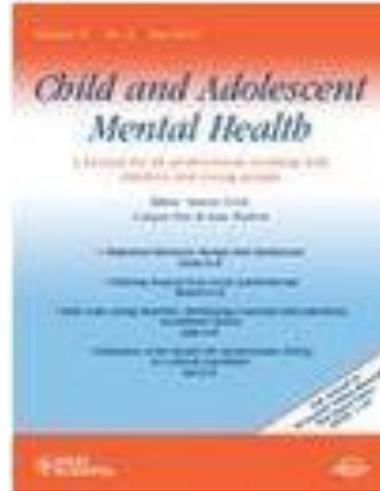
Dis-integration Grid – map the key Connecting Conversations

LEVELS OF DISINTEGRATION	Young Person	Parent/carer	Other agency (actual person)	Other agency (actual person)
Explanation ‘What’s the problem?’				
Intervention ‘What to do?’ (that might help...)				
Responsibility ‘Who does what?’ (who’s responsible?)				

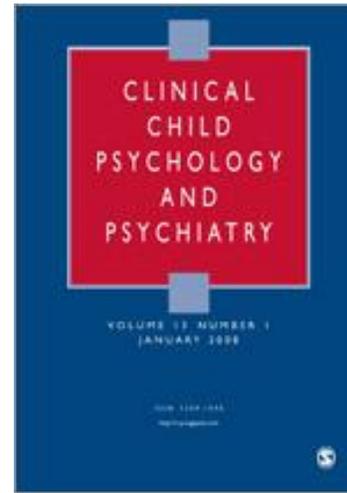
Thank you for Listening!References:



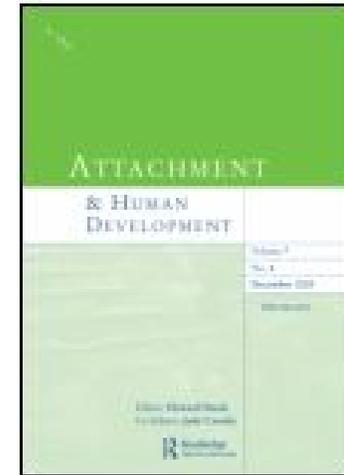
**Eds.
Midgley and Vrouva,
Routledge
2012**



**CAMH Journal
Bevington, Fuggle,
Fonagy, Target, and
Asen
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**CCCP journal
AMBIT and
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Fonagy, Cracknell**