

MBT-TF
Multicenter pilot
study

Norwegian Network
for Personality
Disorder (NNPD)

7th Nordic MBT conference, Bergen
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MBT-TF - targeting poor MBT responders?

Target group

- Significant personality problems
- At least 3 BPD traits
- Comorbid PTSD and or cPTSD
- Difficult to treat in standard MBT

MBT-TF - Does it help vulnerable patients?

MBT-TF

- Implementation
- Improvement of PTSD and related symptoms

MBT-TF versus «traditional» MBT

- Attendance to treatment
- Improvement of personality functioning
- Selfharm, emergency service use & hospital admissions



Mentalization-based
treatment - Trauma –focused

MBT-TF

Resources

Where to do it?

	Mental Health Center	Hospital	Health Region
1	Nydalen DPS	Oslo University Hospital	South Eastern Norway
2	Lovisenberg DPS	Lovisenberg Diakonal Hospital	
3	Nedre Romerike DPS	Akershus University Hospital	
4	Kongsvinger DPS		
5	Grorud DPS		
6	Avdeling for rusavhengighet	Haukeland University Hospital	Western Norway
7	Kronstad DPS		
8	Ålesund DPS	Møre & Romsdal Health Trust	Mid Norway

How to do it...



International MBT-TF research group

Anthony Bateman

Manual

Adherence measures

Assessments and outcomes



Norwegian Institute for Mentalizing

Local supervisors:

- Henning Jordet
- Bente Sommerfeldt
- Karoline Rønning

Project Research Group

Project group	Hospital
Clinicians from each site	Oslo University Hospital
	Lovisenberg Diakonal Hospital
	Akershus University Hospital
	Haukeland University Hospital
	Møre & Romsdal Health Trust
Researchers	Oslo University Hospital Network for Personality Disorder Research group Personality Psychiatry
Benjamin Hummelen	
Geir Pedersen	
Elfrida Hartveit Kvarstein	
PhD candidate	
Treatment quality	
Andreas Ekberg	
Kjetil Bremer	

Project group meetings

Jan.2025 -



Defining participation



Study design



Number of groups, group size, assessments, manuals, progress, experiences



1 hour



Digital meetings




Once a month



Two day «crash»
course MBT-TF

August 2025

- Anthony Bateman
 - All treatment sites, 4 clinicians each
 - All supervisors
 - All researchers
- 

MBT-TF supervision in study period



Site-wise supervision



Digital



Insitute of mentalizing

Individual site-
wise follow-up
during the
study period

Monthly digital
meetings

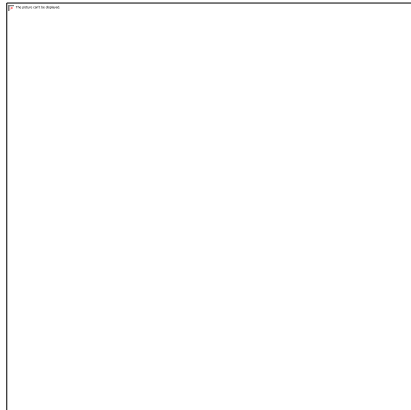
30 minutes



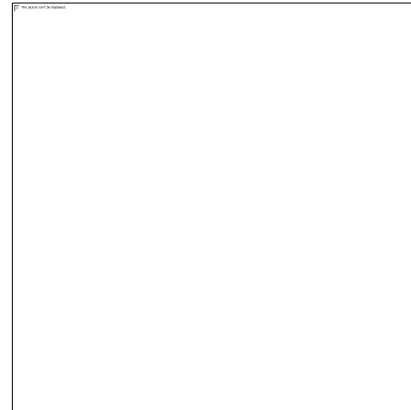
One day booster MBT-TF

- Scheduled half-way
 - September 2026
 - Anthony Bateman
 - All treatment sites – MBT-TF therapists
 - All supervisors
 - All researchers

MBT-TF quality assessments



Individual & group phases:
Check lists

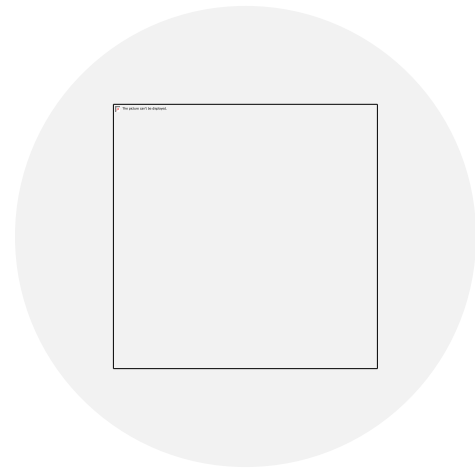


Group phases I-III: Video-based
assessment

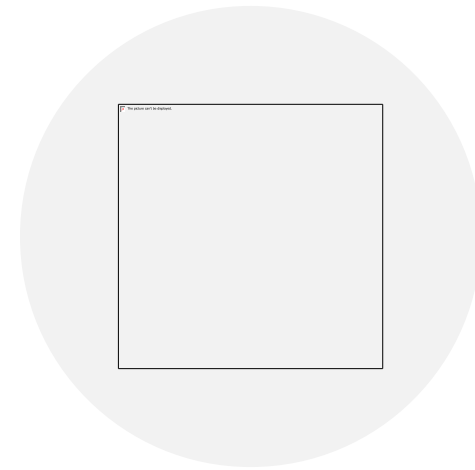
Patient recruitment started oktober 2025

First site started treatment nov. 2025

Expected treatment completions



FIRST EXPECTED:
AUTUMN 2026



LAST EXPECTED:
SUMMER 2027



MBT-TF Milestones

Completed
data
collection
2027

Data
analyses
from 2028

Nearly half-way...

	Phase	Hospital	Health Region
1	Recruitment	Oslo University Hospital	South Eastern Norway
2	Recruitment	Lovisenberg Diakonal Hospital	
3	Individual phase MBT-TF	Akershus University Hospital	
4	Group phase MBT-TF		
5	Individual phase MBT-TF		
6	Group phase MBT-TF	Haukeland University Hospital	Western Norway
7	Individual phase MBT-TF		
8	Group phase MBT-TF	Møre & Romsdal Health Trust	Mid Norway

**Nearly
half way...**

- Aimed to recruit minimum 48 - 64 patients (groups of 6 - 8 patients)
- Tentative recruitment p.t.: 56 patients
- 27 patients started MBT-TF
 - 4 early drop out (15%)
 - Mean quality ind phase: 20/23 (12 sites)
- 22 patients under assessment
- 7 patients being recruited

Presentation of results - next Nordic conference?

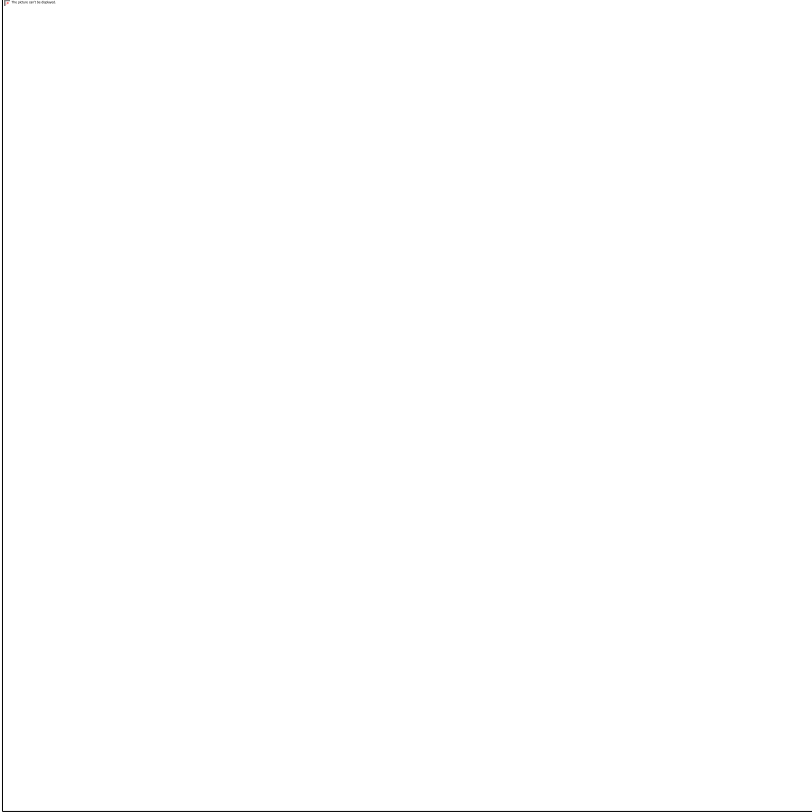
Welcome to Andreas Ekberg
As new PhD candidate in the project
from november 2026



Thanks to

Clinicians
Patients
Coresearchers

IM
Anthony Bateman



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