



証道心理

# Understanding Mentalizing 理解心智化

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# Broad Definition of Mentalizing

## 心智化的宽泛定义



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Imaginatively interpreting others' behavior in relation to mental states (for example, desires, motives, emotions, beliefs) and also understanding your own mental states. Mentalizing employs the intentional stance.

想象性地根据他人的心理状态(比如,欲望、动机、情绪、信念)解读他人行为,以及理解自己的心理状态。心智化涉及意图姿态。

### Interpretive Stances (Daniel Dennett)

#### 解读性的姿态(丹尼尔·丹尼特)

- physical stance (how a stone behaves)  
物理的姿态(石头的行为)
- design stance (how a clock operates)  
设计的姿态(钟表的运作)
- intentional stance (how a person [dog, cat] functions)  
意图的姿态(人或猫、狗的运作)

# A capsule history of mentalizing 心智化的胶囊历史



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First recorded use of the word, 1807

第一次使用这一词汇的记录, 1807年

First appeared in Oxford English Dictionary, 1906

第一次出现在牛津英语词典里, 1906年

Used in French psychoanalytic literature beginning in late 1960s

1960年代后期开始出现在法国精神分析文献中

Employed in understanding autism in 1989 (Morton)

在1989年用来理解自闭症(莫顿)

Employed in understanding developmental psychopathology in 1989 (Fonagy)  
and then applied to the treatment of borderline personality disorder [BPD]  
(Bateman & Fonagy)

在1989年用来理解发展性精神病理(福纳吉), 随后用来治疗边缘人格障碍  
(BPD)(贝特曼&福纳吉)

Understood as a common factor in psychotherapy

被视为心理治疗中的一个共通因素

Applied to wide range of disorders beyond BPD (e.g., trauma, substance abuse,  
eating disorders, depression)

在大范围的障碍中得到应用, 超越了BPD治疗(例如, 创伤、物质滥用、进食障碍、抑郁)

Originally, general principles; subsequently becoming more manualized

最初, 是一般原则; 随后, 变得更加手册化

# Social Cognition and Related Concepts

## 社会认知和相关概念



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### Social Cognition: The Encompassing Concept

#### 社会认知：一个包罗万象的概念

Describing how people make sense of themselves and others

描述人们如何理解自己 and 他人

### Related Concepts

#### 相关概念

Empathy: compassionate understanding of others' feelings

共情：同情地理解他人的感受

Psychological mindedness: disposition to mentalize

心理思考：心智化的前提

Theory of Mind: development of mentalizing

心理理论：心智化的发展

Mindreading: interpreting others' mental states

读心：解读他人的心理状态

Metacognition: thinking about your own thinking

元认知：思考你自己的思考

Social and emotional intelligence: social skill

社交与情感的智力：社交技巧

Mindfulness: present-focused attention (includes mental states)

正念：聚焦当下的专注（包括心理状态）

Reflective functioning: a measure of the quality of mentalizing

反思功能（省映功能）：测量心智化的质量

# Advantages of “Mentalizing” “心智化”的优点



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- Breadth of the concept gets therapists and patients in the general domain of mental states
- 这个概念的广泛性使治疗师和病人处于一种常规的心理状态领域
- Different forms of mentalizing well delineated
- 很好地描绘出不同形式的心智化
- Different impairments of mentalizing well delineated
- 很好地描绘出不同的心智化受损
- Helpful to have a verb (as contrasted with mindfulness, psychological mindedness, metacognition, and “mentalization”)—emphasizes agency, something we aspire to do more skillfully
- 这是一个动词(与正念、心理思考、元认知、作为名词的“心智化”相对)——强调效能感、我们希望能够做得更有技巧
- Linked to psychoanalytic and attachment theory and research
- 联系到精神分析与依恋的理论和研究
- The most pervasive common factor in psychotherapy
- 心理治疗中最广泛的共通因素
- A problem: sounds too intellectual and cognitive; mentalizing emotion is extremely important
- 问题:听起来太过理智化和认知;心智化中的情感是极端重要的



# Different Forms of Mentalizing

## 心智化的不同形式

Self versus Others

自体/自我 vs 他人

Cognitive (thinking) versus Affective (feeling)

认知(思考) vs 情感(感受)

Internal (mental states) versus External (behavior)

内在(心理状态) vs 外在(行为)

Implicit (non-verbal) versus Explicit (reflective)

内隐(非言语) vs 外显(反思)

- Implicit: fast, automatic, intuitive, “gut-level” responsiveness
- 内隐: 快速、自动、直觉、“本能层面”的反应
- Explicit: slow, deliberate, narrative, flexible, mindful, corrective
- 外显: 慢、有意的、叙述、灵活的、有思虑、矫正性



# Forms of Impaired Mentalizing

## 受损心智化的形式

### Psychic Equivalence mode

#### 精神等同模式

- Equating mental states with reality
- 将心理状态等同于现实
- Dreams, paranoid delusions, rigid beliefs
- 梦、偏执妄想、刻板信念
- “Don’t believe everything you think”
- “不要相信你想到的任何东西”

### Teleological mode

#### 目的论模式

- Express feelings in action (e.g., self-cutting, hugging)
- 通过行动表达情感(例如, 自残、拥抱)
- Antidote: pushing the “pause button”
- 解决: 按下“暂停键”

### Pretend mode

#### 伪装模式

- Lacking in sense of reality, emotional conviction
- 缺乏现实感, 缺乏情感的确信
- Psychobabble, dissociative detachment
- 心理呓语, 解离型的脱节

# Clinical Example



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## 临床案例

Female graduate student in psychology, not succeeding

Excellent academic ability but great difficulty in clinical work

Recurrent problems with personal relationships

Interpersonal behavior in psychotherapy

- dominating, flooding me with speech (monologue vs. dialogue)

- wanting to impress me rather than understand her problems

- going on tangents without providing any context

- repeating what she previously discussed, not adding anything new

- irritably blaming others for her problems in relationships

Key Mentalizing Problem:

unable to take the perspective of others

心理学研究生，不顺利

优秀的学术能力，但做临床非常困难

个人关系中经常出现问题

心理治疗中的人际行为

- 主导关系，用言语的洪流冲刷我（独白vs对话）

- 想要给我留下深刻印象，而不是理解自己的问题

- 切换话题时不提供任何背景信息

- 重复她之前讨论过的内容，不增添任何新内容

- 将她关系中的问题烦躁地责怪到他人身上

关键心智化问题：

无法从他人的视角看问题



# Intervention



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## 干预

### Process 过程

- Formulation: I wrote down a list of the conversation problems
- 建构:我写下列表,列出了对话中问题
- I told her that I needed space to talk to be able to help her
- 我告诉她我需要说话的空间,这样才能帮助到她
- I told her that I needed periods of silence to be able to think
- 我告诉她我需要一些沉默的时间来思考
- We agreed that I would interrupt her by a hand signal (often ignored)
- 我们同意我可以用一个手势来打断她(经常被无视)
- I asked her to tell me what she thought I was thinking and feeling
- 我请她告诉我她认为我在想什么、感到了什么

### Outcome 结果

Gradually increased attention to me, more conversational

逐渐增加对我的关注,更多的对话

Provided context for tangents and repetition  
为切换话题和重复提供了背景信息

Less irritable  
较少不耐烦

Decided she would pursue a more academic track in psychology

决定在心理学领域追求更为学术道路的发展

# References

## 参考



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