

MIND BEHAVIOUR TRAINING

Information document

This document is for anyone who wants to find out more about Mind Behaviour Training (MBT). It explains what it is, what it helps with, and what happens during the training process.

What is Mind Behaviour Training?

It is a program that promotes a more efficient way to achieve and sustain mental health. MBT assists people with a wide range of stress and burnout symptoms. It provides the knowledge and skills required to increase mental performance and prevent anxiety and depression.

MBT is the result of over twenty years of experience in assessing and treating individuals with severe and treatment-resistant anxiety and depression. Often with levels of mental distress that had led to addictions, deliberate self-harm, or suicidal behaviour.

Do I need this training?

One way to know is to complete the SYMPTOMS CHECKLIST attached to this document. It lists common symptoms of fatigue and tension ranging from mild to severe. It may be beneficial to consider this program if any of the items on the list of BEHAVIOURS have a negative impact on your quality of life.

What does MBT focus on?

MBT is a behavioural program that focuses on the way individuals react to circumstances in life. Circumstances can be real or perceived; they can be past, present, or future.

More precisely, MBT focuses on the intensity and the duration of internal/mental reactions to circumstances. They shape the type of person we are within ourselves when we approach challenges in life (check the BEHAVIORS CHECKLIST document).

In our experience, individuals presenting with anxiety and depression report internal reactions that would be socially damaging if expressed in public. However, the same individuals also present with sufficient ability to react in a socially appropriate way in public. That implies a double standard in the ability to filter behaviour and prevent external reactions from becoming socially damaging.

Also in our experience, individuals who have achieved remission from their anxiety and depression report mental reactions that are much closer to the way they react in public. It means that those individuals have learned to filter internal reactions just as well as their external reactions.

The MBT program teaches individuals how to change the intensity and duration of the internal reactions so that it matches the way they already react in public. For training purposes, we consider the level of consideration and respect individuals apply towards themselves and others when they react to circumstances (check the INTRODUCTION TO MBT form).

Consideration and respect are fundamental components of human interactions. On the other hand, inconsiderate, and disrespectful behaviours are undesirable in society for a variety of reasons.

They: Damage relationships; Hinder Communication; Create a toxic environment; Affect mental and emotional health; Promote conflict; Erode self-esteem and confidence.

MBT tries to demonstrate that the way we behave within ourselves is a double-edged sword just as much as the way we behave in public. It can be useful and productive, but it can easily become hurtful and damaging if we go too far (check the CONSIDERATION AND RESPECT SURVEY form).

What is the theory behind MBT?

According to MBT, anxiety and depression are manifestations of mental distress when individuals engage in damaging levels of mental and emotional effort. Effort becomes damaging whenever its intensity and duration exceed capacity, the same way we experience physical injury when we overexert. The only way to prevent damaging effort is to enforce consistent and healthy boundaries to prevent it from becoming excessive and unsustainable. Unfortunately, we are all influenced by a “No pain, no gain” attitude to success, with no clear indication of the boundaries required to make success achievable and sustainable. That attitude often leads to reactions to circumstances in life, with an open-ended approach to mental and emotional effort.

There are other fallacies individuals present with. For example: “you can never care too much” or “you can never take things too seriously.”

The MBT program aims at teaching anxious and depressed individuals how to enforce healthy and consistent boundaries when they engage in mental and emotional effort.

To facilitate the training process, we draw from individuals’ existing ability to apply boundaries when they engage in public behaviour. The process during the training involves increasing the awareness of the gap between the boundaries enforced internally and those enforced in public. Once the two sets of boundaries become more conscious, the next step is to bring the internal boundaries progressively closer to the external ones. As soon as the internal boundaries match the external ones, anxiety and depression symptoms subside.

How do I know if these MBT principles apply to me?

Please read the forms attached to this document and try to answer the questions included.

MBT may be beneficial to you if you answer NO to one of both of the following questions:

1. Check the SYMPTOMS CHECKLIST form. Would it be beneficial or socially appropriate to neglect other people the same way you neglect yourself?
2. Check the CONSIDERATION AND RESPECT SURVEY form. Would it be beneficial or socially appropriate to react towards other people the same way you react within yourself?

MBT targets behaviours like self-sacrifice, thinking fast, repetitively, or harshly. It is true that they can be beneficial to motivate, succeed, and be prepared for danger. However, if they go beyond a healthy level, they end up doing much more damage than good.

What do I learn during the training?

If you are reading this document, you have already proven yourself to be a sufficiently considerate and respectful person. It means you can consistently prevent yourself from engaging in damaging and hurtful behaviours towards other people. It requires the ability to: acknowledge that the way you behave in public can have both positive and negative consequences on your circumstances; apply healthy boundaries consistently.

MBT teaches individuals how to generalise those healthy skills that prevent hurting others and damaging relationships. By the end of the training, you will be able to apply them to your internal/mental reactions just as well.

To achieve this, the MBT program focuses on two separate objectives:

The first objective is to gradually reduce the self-neglect you have been applying to yourself and gradually align it to the level you have been applying to others. It involves increasing awareness of the gap between the level of consideration you apply to others, expect from others, and what you apply to yourself. This process ends when the level of discomfort you ignore within yourself (mental behaviour), is similar enough to the level of discomfort you ignore in others (social behaviour).

The second objective is to gradually achieve a level of respect that is similar enough to the level you have been applying in public. It involves increasing awareness of how respectful you are to others, how respectful you expect others to be with you, and how respectful you are within yourself. This process ends when you learn to be respectful within yourself (mental behaviour) just as much as you are in public (social behaviour).

A significant barrier in completing the program is the idea of double standards that society consistently reinforces. The implicit message is that applying consideration and respect internally as we apply towards other people is counterproductive. The perception is that it increases the risk of becoming lazy, selfish, or vulnerable.

This program tries to demonstrate that this concept is grossly misleading and inaccurate.

How long does the training last?

The duration of the training depends on individual needs. It can take weeks or months, but it can often continue for a longer time depending on your condition and circumstances.

Key factors are:

1. The severity of the anxiety and depression.
2. The extent of self-neglect and self-disrespect.
3. The duration of the mental health condition.
4. The presence of adverse life circumstances affecting the individual.

How long does an MBT session last?

MBT is available to individuals and/or groups. Individual sessions last around 30-45 minutes. Group sessions can include up to twelve people and last around 60-75 minutes.