

## **Manual para evaluar la Función Reflexiva**

*(Traducción original y autoría)*

### **REFLECTIVE FUNCTIONING MANUAL**

**Version 5**

### **FOR APPLICATION TO ADULT ATTACHMENT INTERVIEWS**

Peter Fonagy, Mary Target, Howard Steele and Miriam Steele

*Revisión y actualización: Gustavo Lanza Castelli*

#### **Introducción a la revisión**

El constructo función reflexiva (o mentalización) es hoy en día uno de los conceptos que posee mayor riqueza y fecundidad en el ámbito clínico, no sólo ya para el trabajo con los pacientes borderline (como fue en sus comienzos), sino también para el abordaje de pacientes pertenecientes a las más diversas categorías psicopatológicas. De hecho, ha sido considerado por Peter Fonagy y colaboradores como un factor común a las diversas formas de psicoterapia (Allen, Fonagy, Bateman, 2008).

En ámbito de aplicación incluye en la actualidad la terapia individual, la terapia de parejas, de familias, de grupos, los grupos de reflexión, los talleres para padres primerizos, la prevención de la violencia en las escuelas, etc.

En todos estos casos la adecuada evaluación de la FR (función reflexiva) posee la mayor importancia, a los efectos de determinar tipos de trabajo terapéuticos, apreciar déficits y recursos de los pacientes o entrevistados, evaluar los cambios y llevar a cabo investigaciones diversas.

De hecho, este constructo es utilizado por varios grupos en distintos países como elemento de evaluación, a los efectos de comparar la eficacia de distintos enfoques terapéuticos.

En 1998, Peter Fonagy, Mary Target, Howard Steele y Miriam Steele dieron forma, después de largos años de investigación, al Reflective Functioning Manual que continúa siendo hasta el día de hoy el principal instrumento para la evaluación de la Función Reflexiva, si bien nunca fue editado ni traducido del idioma inglés en que fue escrito.

Es mi intención hacer en lo que sigue una revisión permanentizada de este Manual, incluyendo algunos párrafos de traducción textual, otras aclaratorias y relaciones con conceptos posteriores que se fueran agregando al cuerpo teórico que en él se presenta. De igual forma, intentaré señalar y comentar los errores conceptuales centrales presentes en él.

Dado que como su título completo indica: "Reflective Functioning Manual, Version 5, For Application to adult attachment interview" (Manual del funcionamiento reflexivo, Versión 5, Para su aplicación a la entrevista de apego adulto) el Manual se utiliza a partir de los respuestas que los entrevistados dan a la entrevista de apego adulto (Adult Attachment Interview; en adelante AAI), correspondiendo comenzar por explicar en qué consiste dicha entrevista y hacer previamente algunas referencias a la teoría del apego. Estas referencias, así como la caracterización de la entrevista,

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