mentalization-based treatment group continued to show clinical and statistical superiority to
treatment as usual on suicidality, diagnostic status, service use, global functioning, and vocational
status (Bateman & Fonagy, 2014). Due to the robust evidence, this attachment based intervention is
one of the first line treatments for BPD.

**Evidence Base**

In addition, the theory of attachment significantly has influenced the reputability of psychoanalytic
ideas. The greatest criticism of psychoanalytic approaches is that they are unscientific and not
backed by research. Evidence based practice, based on the gold-standard randomized controlled
trial and meta-analysis (Sackett, 2002), are becoming increasingly valued, pressuring psychoanalytic
therapies to join the list of empirically supported treatments. Attachment theory and interventions
are among the most researched psychoanalytic approaches. This is in part due to the ability to
manualize treatments, such as MBT, which could not be done with more unstructured approaches
like Freudian psychoanalytic therapy. Meeting the demands of EBP allows for patient access to
therapies and provides credibility. In this way, Bowlby’s work is helping psychoanalytic intervention
stay relevant in current practice (Shaver & Mikulincer, 2004).