In the present work, I am primarily concerned with the approach of mentalization by Fonagy (Fonagy, 2006; Fonagy & Target, 2001; Fonagy & Target, 2002; Fonagy, Gergely, Jurist & Target, 2008; etc.), which is strongly associated with the attachment theory, psychoanalysis and also developmental psychology.

Centrality to the development of mentalization are early relationships. I will present some authors, which dealt with this subject matter, psychoanalysts, development psychology and attachment theory, focusing on the attachment theory of John Bowlby.

The aim of this work is to introduce the important coherences, in the literature empirically investigated factors that influence the development of reflective capacity - in particular the environmental factors (parents, foster parents, peers) and the development background of the child.