Introduction

Metacognitive Training Exercises (MCT+)

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What is Metacognitive Training?

- Meta = about
- Cognition = thinking

} "about thinking"

The training is made up of 16 training units. Cognitive errors are discussed that may contribute to the development of psychosis.

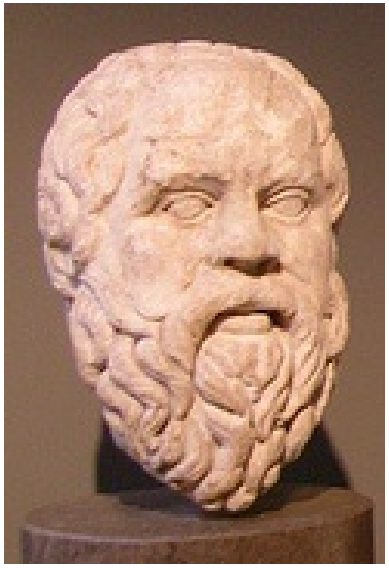
In several exercises, different strategies are first explained. We then turn to the practical implications. These strategies help to alter cognitive errors in order to prevent the reoccurrence of psychotic episodes.

Agreement

- Central to this therapy are cognitive biases which contribute to the development of “special ideas” (e.g. persecution)
- The main objective of MCT is to improve your well-being and your relationships with people in your environment. It is not the goal of this therapy to talk you into something or out of something, but to help you understand, cope, deal with, and solve your problems.
- This work is “bi-directional”: In other words, I also listen to you. I take you, your experiences, and your beliefs seriously. I will repeatedly ask questions to better understand you. It is ok if you prefer not to answer at times. Moreover, it is important that you ask for an explanation if there is anything you do not understand, or let me know if we are proceeding too fast.

(“Ok” by Daquella manera)

Socratic dialogue



Socrates - Greek philosopher

(*469 B.C. – †399)

Inventor of a question-response technique. Socrates tried to find out and challenge the opinions of his fellow Athenian citizens by persistently asking them questions – which occasionally also got on their nerves! This way of communication leads to new insights on both sides, and challenges apparent “truths”.

(aus “greek philosophers“ by davideferro)

Ideas/voices

Questions about special ideas	Response	Conviction (0-100%)
Which special ideas occupy you or lead to problems within your environment?		
How did it happen; what/who is behind it?		
How do others appraise the situation? Are there any other possible explanations?		

Questions on voices	Response	Conviction (0-100%)
What do you think has evoked the voice(s)? What is the cause?		
How do others appraise the voices? Are there any other possible explanations?		
Whose voices are they?		

→ worksheet

("Thinking man" by CMP73)

Symptoms/Problems

("Increasing pressure" by flattop 341)

Which problems are you currently experiencing, and how much do they bother you?

Problem	Degree of despair (0-100)
o hearing voices and other misperceptions/illusions	
o ideas of being persecuted	
o...	

What bothers you the most?

Problem	Degree of despair (0-100)
1.	
2.	
3.	
4.	
5.	

→ **worksheet**

Illness model

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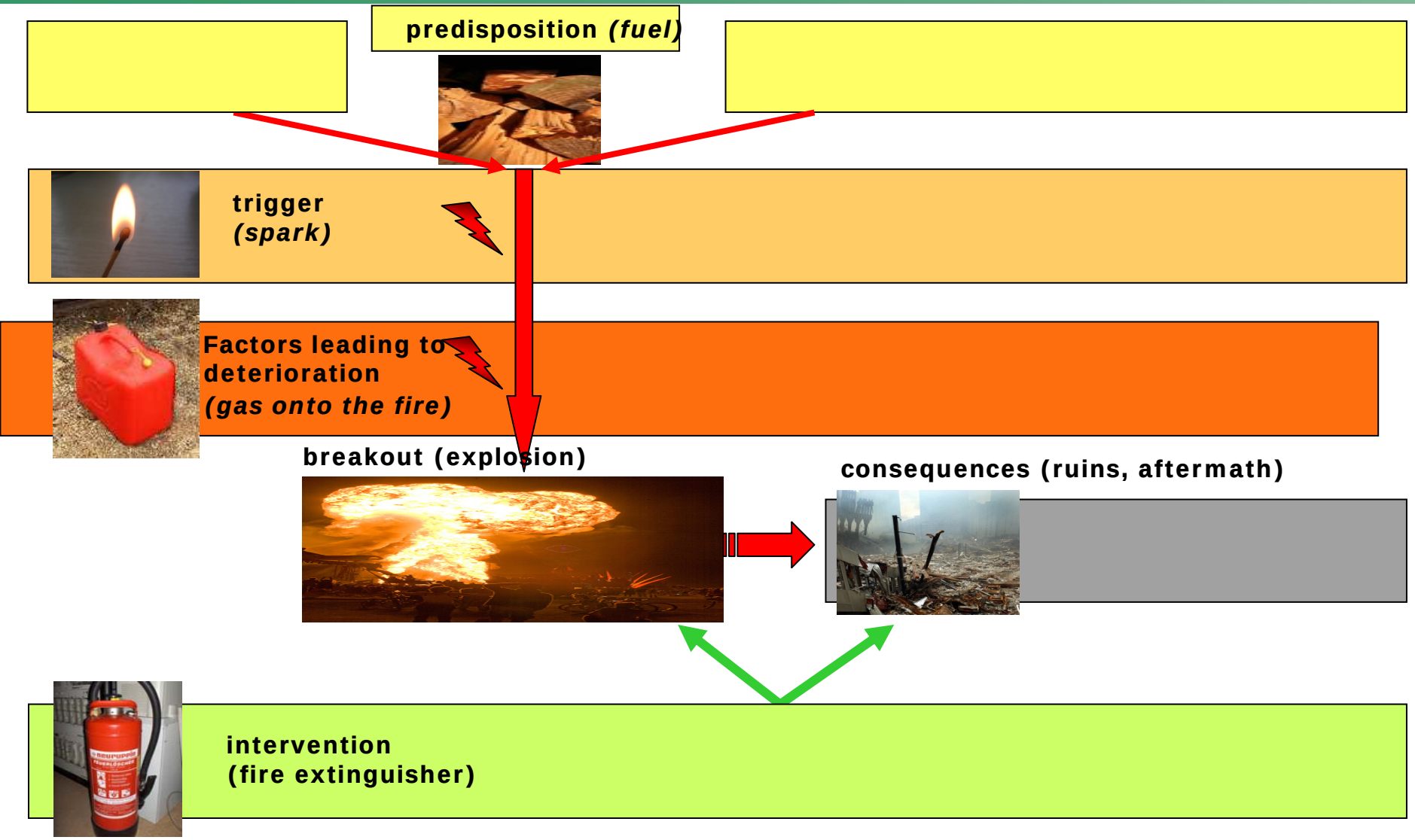
predisposition	fuel	impairments in early childhood, parent had psychotic episode
trigger	spark	stress (work, relationship), discontinuing medication, alcohol/drugs
factors leading to deterioration	gas onto the fire	alcohol/drugs, discontinuing medication
breakout	explosion	delusions, illusions, hallucinations/hearing voices
consequences	ruins/ aftermath	withdrawal, unemployment, loneliness
intervention	fire exstinguisher	neuroleptics, psychotherapy, communication with people you trust

("Holz" by senfgurke, "Match" by Kamil Porembisnski, from "jerry cans and chemicals" by colchu, "fireball pretty" by Focal Intent, 9/11 by slagheap, "Feuerlöscher" by rudolf schuba)

Your own illness model



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How special ideas develop

Content	How is this associated with fear?	Why this and not any other theme?	Why now?
Neighbours wiretap your phone	Neighbours disturb your privacy; there is an ongoing dispute between the neighbours about loud music	One lives in a problematic area; bad experiences with previous neighbours; parents once sued other neighbours, etc.	Theme was very present in the media lately (wiretap operations, etc.); reports on landlords who bugged their apartments
Persecuted and threatened by the mafia	Mafia is known to be brutal; estimated social infiltration is high	One was often preoccupied with “Mafia” themes (movies, media, etc.)	There was a mafia killing lately; one is experiencing a life crisis

→ **worksheet**