

# Welcome to

## **Metacognitive Training for Borderline Personality Disorder (B-MCT)**

*If there is no new participant in the group, you  
can skip slides 1-13 (start at slide 14)!*

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10/13

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# Metacognitive Training (MCT)

???

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**meta** →

derived from Greek, means “about”

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**cognition** →

derived from Latin, means “thinking”

**metacognition** →

“thinking about thinking”

# B-MCT

Metacognitive training for BPD (B-MCT) is a therapeutic approach that deals with thoughts and thought processes.

The training is designed to ...

- impart knowledge about your own thought processes and
- make you aware of typical thought distortions and how to change these

Thought distortion: unfavorable way of taking in and processing information from the environment that can lead to developing or maintaining mental problems (e.g., rumination).

# One event – many possible emotions... What leads to the different reactions?

After a hard search and looking at many apartments all you get is yet another rejection.

**What are possible thoughts that can come up as a reaction?**

# One event – many possible emotions... What leads to the different reactions?

After a hard search and looking at many apartments all you get is yet another rejection.

## Possible thoughts

response /  
thoughts?

response /  
thoughts?

response /  
thoughts?



# One event – many possible emotions... What leads to the different reactions?

After a hard search and looking at many apartments all you get is yet another rejection.

## Possible thoughts

“Damn it! They can’t just treat me like this!”

“I have to be patient, one day it will work out.”

“What is wrong with me that I cannot find an apartment? Maybe I’m just not good enough?”

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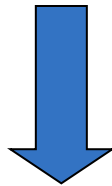
**What are possible emotions that come up with these thoughts?**

# One event – many possible emotions... What leads to the different reactions?

After a hard search and looking at many apartments all you get is yet another rejection.

## Possible thoughts

“Damn it! They can’t just treat me like this!”



angry

“I have to be patient, one day it will work out.”

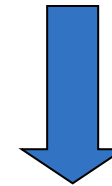


## Possible emotions



relaxed

“What is wrong with me that I cannot find an apartment? Maybe I’m just not good enough?”



sad

# One event – many possible emotions... What leads to the different reactions?

After a hard search and looking at many apartments all you get is yet another rejection.

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“Damn it! They can’t just treat me like this!”

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“What is wrong with me that I cannot find an apartment? Maybe I’m just not good enough?”

angry

## Possible emotions

relaxed

sad

**What possible behavioral reactions could result from each case?**

# One event – many possible emotions... What leads to the different reactions?

After a hard search and looking at many apartments all you get is yet another rejection.

## Possible thoughts

“Damn it! They can’t just treat me like this!”

“I have to be patient, one day it will work out.”

“What is wrong with me that I cannot find an apartment? Maybe I’m just not good enough?”

## Possible emotions

angry

relaxed

sad

**insult the agent on the phone**

**stay calm, be motivated and get on with the search**

**ruminate, have self-doubts, give up**

# Welcome to

## Training module: Empathizing I

**Which of these 4 gentlemen is an actor, an athlete, a psychiatrist, or a serial killer? How confident are you?**



**Which of these 4 gentlemen is an actor, an athlete, a psychiatrist, or a serial killer? How confident are you?**

**We will get to this later...**





***How can I empathize with another person...???***

**???**

# *How can I empathize with another person...???*

**Example:** A person touches his/her temple. *Why?*



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*Indifference, concentration, tiredness, headache?*



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**What may help you to answer this question?**



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**What may help you to answer this question?**

- Knowledge about the person → Does the person suffer from migraines?

# *How can I empathize with another person...???*

**Example:** A person touches his/her temple. *Why?*

*Indifference, concentration, tiredness, headache?*

**What may help you to answer this question?**

- Knowledge about the person → Does the person suffer from migraines?
- Environment/situation → Is the person just getting over an all-night binge?

# *How can I empathize with another person...???*

**Example:** A person touches his/her temple. *Why?*

*Indifference, concentration, tiredness, headache?*

**What may help you to answer this question?**

- Knowledge about the person → Does the person suffer from migraines?
- Environment/situation → Is the person just getting over an all-night binge?
- Self-observation → On what occasions do I touch my temple? (**But: Caution!** You can't always infer from yourself to others!)

# *How can I empathize with another person...???*

**Example:** A person touches his/her temple. *Why?*

*Indifference, concentration, tiredness, headache?*

**What may help you to answer this question?**

- Knowledge about the person → Does the person suffer from migraines?
- Environment/situation → Is the person just getting over an all-night binge?
- Self-observation → On what occasions do I touch my temple? (**But: Caution!** You can't always infer from yourself to others!)
- Facial expression → Does the person look tired, thoughtful, in pain, etc.?



# Why do we do this?

People with BPD generally have no difficulties detecting emotions; however...

1. ... they often misinterpret neutral facial expressions as negative, e.g., anger or disgust, and...
2. ... they are often overly certain about their attribution of the expression.

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What consequences might this have?

# Why do we do this?

People with BPD generally have no difficulties detecting emotions; however...

1. ... they often misinterpret neutral facial expressions as negative, e.g., anger or disgust, and...
2. ... they are often overly certain about their attribution of the expression.

What consequences might this have?

You often sense rejection and act accordingly (e.g., withdrawal or angry behavior). This, in turn, can cause problems, including rejection by others.

# Effect on behavior

<b>Event</b>	<b>Negative response</b>	<b>Behavior</b>	<b>Long-term effects</b>
Maddy is at the meat counter in the supermarket and has a feeling that the other customers are giving her strange looks.	???	???	???

# Effect on behavior

<b>Event</b>	<b>Negative response</b>	<b>Behavior</b>	<b>Long-term effects</b>
Maddy is at the meat counter in the supermarket and has a feeling that the other customers are giving her strange looks.	<i>“Why are they all looking at me like that? I’m sure they think I’m fat...”</i>	???	???

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<p>Maddy is at the meat counter in the supermarket and has a feeling that the other customers are giving her strange looks.</p>	<p><i>“Why are they all looking at me like that? I’m sure they think I’m fat...”</i></p>	<p>e.g.: Maddy, feeling queasy, walks away and doesn’t buy any meat.</p>	<p>???</p>

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<b>Event</b>	<b>Negative response</b>	<b>Behavior</b>	<b>Long-term effects</b>
<p>Maddy is at the meat counter in the supermarket and has a feeling that the other customers are giving her strange looks.</p>	<p><i>“Why are they all looking at me like that? I’m sure they think I’m fat...”</i></p>	<p>e.g.: Maddy, feeling queasy, walks away and doesn’t buy any meat.</p>	<p>Maddy constantly anticipates everyone else’s rejection. She feels insecure in public. But if anything, her own awkward reaction could attract attention.</p>

# Effect on behavior

<b>Event</b>	<b>Alternative response</b>	<b>Alternative behavior</b>	<b>Long-term effects</b>
Maddy is at the meat counter in the supermarket and has a feeling that the other customers are giving her strange looks.	???	???	???



# Effect on behavior

<b>Event</b>	<b>Alternative response</b>	<b>Alternative behavior</b>	<b>Long-term effects</b>
Maddy is at the meat counter in the supermarket and has a feeling that the other customers are giving her strange looks.	<i>“Maybe they weren’t looking at me but at the counter. Besides, I sometimes watch the people waiting at the counter myself. I mean, where else would you look.”</i>	???	???

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<p>Maddy is at the meat counter in the supermarket and has a feeling that the other customers are giving her strange looks.</p>	<p><i>“Maybe they weren’t looking at me but at the counter. Besides, I sometimes watch the people waiting at the counter myself. I mean, where else would you look.”</i></p>	<p>e.g.: Maddy keeps shopping and mentally checks her response, instead of jumping to negative conclusions about herself.</p>	<p>???</p>

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<p>Maddy is at the meat counter in the supermarket and has a feeling that the other customers are giving her strange looks.</p>	<p><i>“Maybe they weren’t looking at me but at the counter. Besides, I sometimes watch the people waiting at the counter myself. I mean, where else would you look.”</i></p>	<p>e.g.: Maddy keeps shopping and mentally checks her response, instead of jumping to negative conclusions about herself.</p>	<p>Maddy is able to go through everyday life a lot more lightheartedly.</p>

# Effect of a negative feeling on the perception of others

**???**

## Effect of a negative feeling on the perception of others

The feeling of rejection can lead to a distorted perception of other people:

- Getting an understanding smile from the attending doctor is understood as being laughed at.
- A neutral facial expression is interpreted as dismissiveness.
- The concentrated and thoughtful look of the therapist is taken as hostility.

*Effects on your own behavior?*

# What do you feel looking at the girl in the photo?



Would you feel the same way if you were happy, sad, or angry?

# What do you feel looking at the girl in the photo?



## own mood is:



happy



sad



angry

## possible response:

???

???

???

# What do you feel looking at the girl in the photo?



## own mood is:



happy



sad



angry

## possible response:

→ *"... aw, the little girl is upset, maybe I can cheer her up."*

???

???



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*"... aw, the little girl is upset, maybe I can cheer her up."*

*"She seems hurt; I probably offended her..."*

???

# What do you feel looking at the girl in the photo?



## own mood is:



happy



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angry



## possible response:

*"... aw, the little girl is upset, maybe I can cheer her up."*

*"She seems hurt; I probably offended her..."*

*"What's that brat looking at?!"*

**What emotion do all three of these women show?**



# Surprise



*"Surprise" by Leszek.Leszczynski*



*"Surprised? More or Less" by Orin Zebest*



*"Surprised" by phlubdr*

# Conclusion

- Your own mood has an effect on how we interpret things like facial expressions and gestures!
- When in a bad mood, we often assume that others have negative or rejecting thoughts about us.  
→ *increased threat or hostility perception*
- This means that emotional signals are not seen through rose-colored glasses, but through gray-colored ones.





# Perspective taking

## **Imagine the following situation:**

You come home from work exhausted, and you just want to pick up a few things on your way home. The supermarket is packed. You have everything you need in your cart and are waiting in the check-out line. Just in front of you, an old man insecurely and very slowly puts his items on the conveyor belt. When the cashier tells him the amount, the old man rummages around in his bag for his wallet. While searching, he inadvertently knocks a bottle of olive oil off the conveyor belt, which then breaks, splashing olive oil on your pants.



# Perspective taking

<b>What might you think/feel in this situation?</b>	???
<b>What might the cashier think/feel?</b>	???
<b>What might the old man think/feel?</b>	???
<b>What might help you empathize with the old man?</b>	???



# Perspective taking

<b>What might you think/feel in this situation?</b>	e.g.: Why is that old geezer even out on the street? I'm exhausted and just want to get home, and my pants are ruined. <b>Or:</b> I have compassion and understanding for the old man.
<b>What might the cashier think/feel?</b>	???
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<b>What might the old man think/feel?</b>	???
<b>What might help you empathize with the old man?</b>	???



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<b>What might the old man think/feel?</b>	e.g.: He is ashamed and annoyed with himself. He is embarrassed. <b>Or:</b> He does not care.
<b>What might help you empathize with the old man?</b>	???



# Perspective taking

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<b>What might the old man think/feel?</b>	e.g.: He is ashamed and annoyed with himself. He is embarrassed. <b>Or:</b> He does not care.
<b>What might help you empathize with the old man?</b>	e.g.: I think of my grandparents and remind myself that they too had become slow and insecure as they got older. <b>Or:</b> I think about how I might feel if I dropped a bottle unintentionally. Maybe something similar has happened to me before, and I remember how embarrassed I was.

# Exercises (I)

**Please name some human emotions/feelings**

**???**

# Please name some human emotions/feelings

- Joy
- Surprise
- Fear
- Sadness
- Anger
- Disgust

# Different emotions/feelings

Sometimes it is easy to understand how someone feels, especially when you know the context...

?



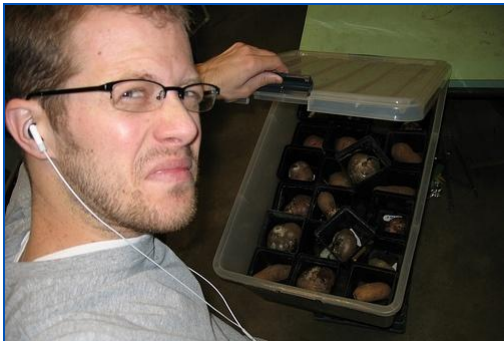
?



?



?



?



?



# Different emotions/feelings

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Sadness



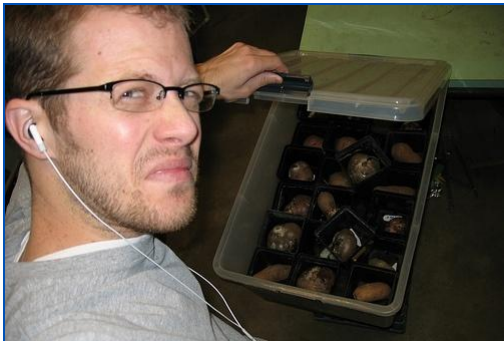
Anger



Joy



Disgust



Surprise



Fear





# Different emotions/feelings

It is more difficult when you neither know the person, nor the circumstances...

Try to identify the emotional expressions in pictures 1 to 5!

**1.**

**2.**

**3.**

**4.**

**5.**



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It is more difficult when you neither know the person, nor the circumstances...

Try to identify the emotional expressions in pictures 1 to 5!

**1.**

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**5.**



Sadness

Anger

Surprise

Fear

Joy

# When in Rome, do as the Romans do!

## Common misinterpretations of gestures

**Gesture/mimic**

**How is this gesture interpreted in different countries?**



???



???

**Language**



???

# When in Rome, do as the Romans do!

## Common misinterpretations of gestures

### Gesture/mimic

### How is this gesture interpreted in different countries?



**Europe/North America:** gives the impression of being relaxed; perhaps a bit sloppy

In some **Arabic countries**, the sole of the foot is regarded as the dirtiest part of the body. It is therefore very offensive to show the soles of your shoes to someone.



???

### Language



???

# When in Rome, do as the Romans do!

## Common misinterpretations of gestures

### Gesture/mimic

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**Europe/North America:** gives the impression of being relaxed; perhaps a bit sloppy

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**USA and many other countries:** “Superb!” “Well done!”

**In some African countries:** “Back off!”

**Many countries:** used for hitchhiking – but not in all countries.

### Language

???



# When in Rome, do as the Romans do!

## Common misinterpretations of gestures

### Gesture/mimic

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**USA and many other countries:** “Superb!” “Well done!”

**In some African countries:** “Back off!”

**Many countries:** used for hitchhiking – but not in all countries.

### Language



**Misunderstandings teenagers ⇔ adults!**

“Digga” (Germany, literally: “Fatty”) or “Malaka” (Greece) can be friendly greetings within teenage peer groups but are rude and inexcusable insults in most other contexts.

# Exercises (2)

You will be shown a picture or a part of a photo and asked to identify the emotional expressions of the people in it.

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- Discuss pros and cons of different title suggestions.
- Please also specify how confident you are in your evaluation.



## Exercises (2)

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- Discuss pros and cons of different title suggestions.
- Please also specify how confident you are in your evaluation.

→ Look for details in the picture that may clearly counter a certain title suggestion.

# What is this person feeling or doing? How confident are you?

## *Photo detail*



1. The man just crossed the finish line in a marathon.
2. The man is angry.
3. The man is shouting for help because his shirt got stolen.
4. The man is a sun worshipper.

# Anger!



1. The man just crossed the finish line in a marathon.
2. The man is angry.
3. The man is shouting for help because his shirt got stolen.
4. The man is a sun worshipper.

# What is this person feeling or doing? How confident are you?

## *Photo detail*



1. The girl is shocked because her finger is bleeding.
2. The girl is being surprised with a toy.
3. The girl is excited about her birthday cake.
4. The girl dropped her ice cream.

*Joy!*



1. The girl is shocked because her finger is bleeding.
2. The girl is being surprised with a toy.
3. The girl is excited about her birthday cake.
4. The girl dropped her ice cream.

# What is this person feeling or doing? How confident are you?

## *Photo detail*



1. The boy is attending a funeral.
2. Family photo.
3. The boy just caught a big fish.
4. The boy is watching a dog running toward him.

## *Pride!*



1. The boy is attending a funeral.
2. Family photo.
3. The boy just caught a big fish.
4. The boy is watching a dog running toward him.

# What is this person feeling or doing? How confident are you?

## *Photo detail*



1. Final pleading in court.
2. Labor leader exhorting the workers (in the 1920s).
3. Fight in the marketplace.
4. Musician singing a love song.



## *Passion!*



1. Final pleading in court.
2. Labor leader exhorting the workers (in the 1920s).
3. Fight in the marketplace.
4. *Musician singing a love song.*

# What is this person feeling or doing? How confident are you?

## *Photo detail*



1. The young man does not like the food.
2. The young man is flirting with the waitress.
3. The young man is about to get into a fight.
4. The young man is celebrating with his friends.

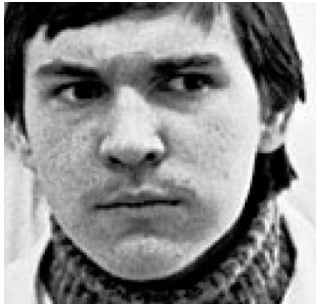
# Joy!



1. The young man does not like the food.
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# What is this person feeling or doing? How confident are you?

## *Photo detail*



1. After his sentence has been announced.
2. Chef tasting a dish.
3. Boy being bullied.
4. Businessman giving a speech.

## *Thoughtfulness!*



1. After his sentence has been announced.
2. *Chef tasting a dish.*
3. Boy being bullied.
4. Businessman giving a speech.

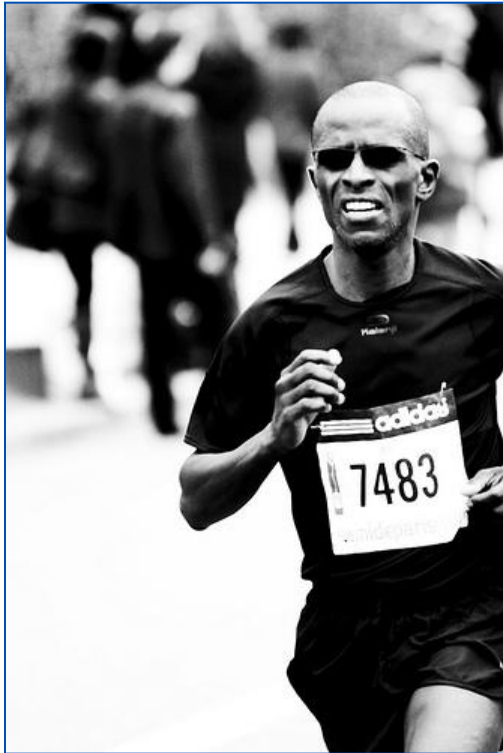
# What is this person feeling or doing? How confident are you?

## *Photo detail*



1. Snapshot of an African war criminal (General Dbeki).
2. Man running a marathon.
3. Desperate blind man.
4. US politician while jogging with his bodyguards.

## *Strain!*



1. Snapshot of an African war criminal (General Dbeki).
2. *Man running a marathon.*
3. Desperate blind man.
4. US politician while jogging with his bodyguards.

# What is this person feeling or doing? How confident are you?

## *Photo detail*



1. The woman is concerned about her sick mother.
2. The woman just had a baby.
3. The woman is in the car talking to the driver.
4. The woman is waiting for the roller coaster to start.



*Joy!*



1. The woman is concerned about her sick mother.
2. The woman just had a baby.
3. The woman is in the car talking to the driver.
4. The woman is waiting for the roller coaster to start.

# What is this person feeling or doing? How confident are you?

## *Photo detail*



1. Player signaling to his team.
2. Blind monk.
3. Suspicious look.
4. Archery.

## *Concentration!*



1. Player signaling to his team.
2. Blind monk.
3. Suspicious look.
4. Archery.

# Sequence of pictures

What is this person feeling? What will he do next?  
How confident are you?



## **Man reading...**

- sad love letter (sobbing in the next picture)
- interesting article (taking notes in the next picture)
- rejection letter (outburst of anger in the next picture)
- jokes (laughing in the next picture)



## **Man reading...**

- sad love letter (sobbing in the next picture)
- interesting article (taking notes in the next picture)
- rejection letter (outburst of anger in the next picture)
- jokes (laughing in the next picture)

**- Empathizing Module I -**  
**Transfer to every day life**

**Learning objectives:**

- Empathizing Module I -  
**Transfer to every day life**

**Learning objectives:**

The tasks you were given exemplify that:

- Facial expressions and gestures are important clues to what a person feels. But they can easily be misleading!

- Empathizing Module I -  
**Transfer to every day life**

## **Learning objectives:**

The tasks you were given exemplify that:

- Facial expressions and gestures are important clues to what a person feels. But they can easily be misleading!

For example, illnesses like Parkinson's disease may limit facial expression, which may make it difficult to identify mood.

Other circumstances may also limit facial expression.



- Empathizing Module I -  
**Transfer to every day life**

## **Learning objectives:**

The tasks you were given exemplify that:

- Facial expressions and gestures are important clues to what a person feels. But they can easily be misleading!

For example, illnesses like Parkinson's disease may limit facial expression, which may make it difficult to identify mood.

Other circumstances may also limit facial expression.

- Our current mood affects our perception.

**Which of these 4 gentlemen is an actor, an athlete, a psychiatrist or a serial killer? How confident are you?**



# Did you know?!?

Our stereotypes can seldom be applied to individual cases. For example, not all actors are attractive, not all murderers look brutal, etc.!

Jeffrey Dahmer:

Serial killer



Khaled Saleh:

Actor



Aaron Beck:

Psychiatrist



Babe Ruth:

Legendary  
baseball hero

# Further questions?

???

**Thank you for your attention!**

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madmonk	flickr	Egyptian Actor Khaled Saleh	CC	Khaled Saleh (actor)/Khaled Saleh (Schauspieler)
---	---	---	PP	Aaron Beck (Psychologe)/Aaron Beck (psychologist)
[ <i>unknown photographer</i> ]	wikipedia	---	Public domain	Babe Ruth (athlete)/Babe Ruth (Sportler)
allspice 1	flickr	Headache coming on	CC	Woman touches her temple/Frau fasst sich an die Schläfe
pumpkincat210	flickr	Sunny self portrait	CC	Smiling women / lächelnde Frau
Leszek.Leszczynski	flickr	Surprise	CC	Surprised woman / überraschte Frau
Orin Zebest	flickr	Surprised? More or Less	CC	Surprised woman / überraschte Frau
phlubdr	flickr	Surprised	CC	Surprised woman / überraschte Frau
Aaron Jack	flickr	Matt's Pink Glasses	CC	Man with glasses / Mann mit Brille
Brit.	flickr	saying goodbye	CC	Two women in mourning/Zwei Frauen in Trauer
Dr Phil	flickr	Who's the bully	CC	Anger (Zidane at the world cup in 2006)/Wut (Zidane WM 06)

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ben-millet	flickr	Day 64 Rotten potatoes	CC	Disgust (rotten potatoes)/Ekel (vergammelte Kartoffeln)
manville	flickr	SURPRISE	CC	Surprise (baby looks at himself in the mirror)/Überraschung (Baby sieht überrascht in d. Spiegel)
electricnerve	<a href="http://www.flickr.com/photos/electricnerve/298169162/">http://www.flickr.com/photos/electricnerve/298169162/</a>	pet photography	CC	Fear / Angst vor Hund
stuandgravy	flickr	5emotions	CC	Five different facial expressions/5 verschiedene Gesichtsausdrücke
Ruth Klinge	- - -	Schuhsohle	Produced for the MCT/Anfertigung für das MCT; © Arbeitsgruppe Neuropsychologie	sole of a shoe/Schuhsohle
Andreanna	flickr	Thumbs up!	CC	A little girl puts her thumb up/kleines Mädchen hält den Daumen hoch
Xflickrx	flickr	Generation Gap	CC	Old lady and punk/Alte Dame und Punker
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Jens Mittelsdorf	fotocommunity	sich schwarz ärgern2	PP	Rejection letter/Ablehnungsbescheid
Friedrich Althausen	<a href="http://friedrichalthausen.de/?page_id=4">http://friedrichalthausen.de/?page_id=4</a> <a href="#">II</a>	Schriftart: "Vollkorn"	Open-Font-Lizenz	Schriftart Vollkorn