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)!

Metacognitive Training (MCT)

???

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derived from Greek, means "about"

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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., always rejecting the positive).

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

On the highway, the driver behind you hassles you by flashing his high beams.

What possible thoughts can come up in reaction?

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What leads to the different reactions?

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Possible thoughts

response / thoughts?	response / thoughts?	response / thoughts?

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

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Possible thoughts

"What the heck! Who does he think he is? I'll teach him a lesson! I'll slow down!"

"The world is full of people like this. Fussing now won't help!"

"I really am too slow and not paying attention! Maybe I should quit driving."

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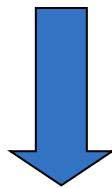**What possible emotions can come up with these thoughts?**

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Possible emotions

angry

relaxed

sad

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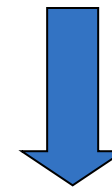|		
"What the heck! Who does he think he is? I'll teach him a lesson! I'll slow down!"	"The world is full of people like this. Fussing now won't help!"	"I really am too slow and not paying attention! Maybe I should quit driving."

Possible emotions

angry	relaxed	sad

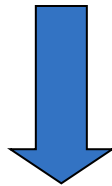**What possible behavioral reactions could result from each case?**

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

On the highway, the driver behind you hassles you by flashing his high beams.

Possible thoughts

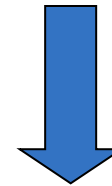|		
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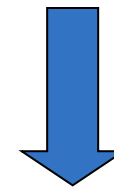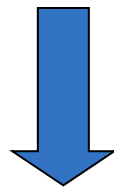
Possible emotions

angry	relaxed	sad
brake to scare him, provoke an accident	**not get unnerved, drive on**	**let him go around, let him unsettle you**

Welcome to

Training Module:

Think Pink -

Discover the Positive

???

Rejecting the positive

- Denial of positive experiences

- Regarding positive experiences as exceptions

"Stop Sign" by Kt Ann

Rejection of positive feedback

Event	Rejection of the positive More helpful response
You are given credit for your performance!	??? ???

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You are given credit for your performance!	"The other person is just trying to flatter me, that's dishonest." "Only he/she sees it that way."
	???

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Taking credit is often very hard, especially when it doesn't match our self-perception.

When do you compliment others?

- … when someone did something well

- … when someone really made an effort – regardless of the result

- … when you want to motivate someone to further deeds

- … when you want to brighten someone's day

- …

How can I become better at accepting compliments?

- Remember: Generally, people want to be nice and make you happy when they compliment you.

- If you turn down the compliment, it is as if you said: "I don't like your present – I don't want it."

How can I become better at accepting compliments?

Express happiness at the compliment

→ Even if you don't think you look especially good right now – someone else seems to think so!

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Never turn down a compliment

→ Do not react with disparaging remarks about yourself, or give a compliment back to deflect attention from yourself. Instead, "bear the compliment."

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→ Do not react with disparaging remarks about yourself, or give a compliment back to deflect attention from yourself. Instead, "bear the compliment."

Coherence

→ Do your words match your tone, facial expression, and gestures?

Video clip: "Validation" (Kurt Kuenne)

http://www.youtube.com/user/AGNeuropsychologie

Compliment others!

Brighten other people's day and consciously compliment them.

(e.g.: "Great, how you took care of…", "Awesome, the way you stayed with it", "I really admire you for…")

→ *Might that improve your mood too?!*

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What should we keep in mind about that?

Compliments are most effective when...

... you compliment the person right away in the respective situation

... they are related to a concrete event

... they are well-founded

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Practice a more conscious handling of compliments.

And: As a next step, look out for good things about yourself.

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Self-praise helps!

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Accepting negative feedback

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Event	Uncritical acceptance of the negative
	More helpful response
You get criticized for something!	???
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	???

Accepting negative feedback

Event	Uncritical acceptance of the negative More helpful response
You get criticized for something!	"I've been exposed, I am worthless…" "The other person might have had a bad day."; "Can I benefit from the feedback?"

"Auge in Nahaufnahme" by Alphaundomikron

How can I become better at handling negative feedback?

- *Take a more balanced view of criticism*
  Maybe some aspects of it are true,
  and I already know it about myself.
  What else is there to learn?

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- *Look at the future*
  If it comes to such a situation again - how would you want to handle the situation

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Why do we do this?

Many [but not all!] people with BPD tend to concentrate their attention on negative information.

→ This can significantly worsen mood and well-being.

Be aware of your strengths

- Instead of focusing on your weaknesses, emphasize your strengths.

- Every human being has strengths that he or she can take pride in and are not shared by everyone…
  They do not have to be world records or famous inventions!

"JUMPING" by c.a.muller

Be aware of your strengths

1. Think about your own strengths:

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e.g., "I am technically talented…"

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   e.g., "Last week, I helped a friend decorate her apartment. I was a great help to her…"

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3. ## Write it down!

    Read this regularly and expand. When in crisis, go back to these memories (e.g., when you think you are worthless).

    Write down things that went well, or compliments you received…

Be aware of your strengths

Alternatively:

- What would others say are your strengths?

- Ask good friends what your strengths are (preferably let them write them down).

Now on to something different!

"vol au vent..." by Biscarotte

"Cognitive dissonance"

= an emotional state of discomfort that results from holding many different conflicting thoughts, beliefs, desires, or intentions at the same time.

"high contrast power lines" by slopjop

"Cognitive dissonance"

= an emotional state of discomfort that results from holding many different conflicting thoughts, beliefs, desires, or intentions at the same time.

→ a sort of "troubled feeling" develops

(Latin: dis = "different, separate" and sonare = "to sound")

"high contrast power lines" by slopjop

Example

A: I play a lot of sports.

B: I really enjoy sports.

➔ *A and B match (= consonant).*

A: I smoke a lot.

B: Smoking damages your health.

➔ *A and B do not match (= dissonant).*

"Cognitive dissonance"

Also arises when…

- you made a decision even though the alternatives were tempting too (e.g., at the restaurant, while shopping)

- you made a decision that turns out to be wrong

- you worked very hard and then find out that your goal doesn't measure up to your expectations

"Cognitive dissonance"

Because cognitive dissonance is experienced as unpleasant, you try to reconcile conflicting information:

- Either you change the belief to match the behavior ("Smoking isn't that bad") or

- you change the behavior to match the belief (e.g., by quitting smoking)

Mental "conciliation" reduces tension and increases contentment.

Conflicting thoughts – Example 1

Situation: starting a new job

Thoughts	Emotions	Behavior	Long-term effects
"They are giving me strange looks, they seem to dislike me." *and at the same time:* "I am dependent on their support, I need them to like me."	???	???	???

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Resolving conflicts – What to do?

- **Question whether the conflicting thoughts are realistic!**

  (e.g. ,"Will no one actually like me?")

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  Examples: ???

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- ➤ **The power of the conflict decreases and therefore the discomforting emotional state gets better.**

Conflicting thoughts – Example 2

Situation: You are unable to solve a computer problem.

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"I am good with computers." vs. "I can't solve this computer problem."	???	???	???

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"I am good with computers." vs. "I can't solve this computer problem."	anger or frustration	e.g., yelling at someone or immediately giving up trying to solve the problem	The self-perception is entirely conditioned by the current event ("I am an absolute loser because I am not able to fix the problem right now.") → no stable self-perception because you keep viewing yourself differently in different situations

Resolving conflicts!

- **Add positive thoughts and remind yourself of events in the past that went better!** Example: ???

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- **Discover something positive and make meaning of the situation!** Example: ???

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Caution! This is not about white-washing the situation – stay realistic:
Not everything is always just bad, even though it might seem so at first!

Discovering the positive! Exercise

Your event: A presentation is being rescheduled to an earlier date.

Thought: ???

Discovering the positive! Exercise

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Thought: "How is this ever going to work? I am already way too busy at the moment."

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Positive aspects: ???

Discovering the positive! Exercise

Your event: A presentation is being rescheduled to an earlier date.

Thought: "How is this ever going to work? I am already way too busy at the moment."

Positive aspects: "I'm being forced to hurry up with it and change my plans now, but on the positive side I'll have it over and done with sooner, and next week I'll have time for other things again."

Discovering the positive!

Own examples: ???

"Contrast" von Midnightfun

Conclusion!

- Consciously look for positive aspects.

  What can you get out of a difficult situation?

- Crises also mean growth and change.

- Stay realistic, discovering the positive is not about pretending.

Find the shades of gray rather than thinking only in "black and white"!

Once BPD – <u>not</u> always BPD!

- New long-term studies show that, with the passage of time, many patients no longer meet the diagnostic criteria for a borderline personality disorder.

- Though difficulties may continue in some areas of life, the symptoms mostly fade over time.

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- New long-term studies show that, with the passage of time, many patients no longer meet the diagnostic criteria for a borderline personality disorder.

- Though difficulties may continue in some areas of life, the symptoms mostly fade over time.

→ It is possible to approach problems and to learn to deal with oneself and one's difficulties in a new way.

Learning objectives:

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➢ Even if it's hard: Try to accept compliments!

Transfer to every day life

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➤ Try to see positive aspects in difficult events, too. *What can you get out of the situation for your future?*

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➢ Practice looking for positive aspects of things in daily life.

➢ Try to see positive aspects in difficult events, too. *What can you get out of the situation for your future?*

➢ Caution: No white-washing, but no black and white thinking either!

Further questions?

???

Thank you for your attention!

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