

Welcome to MCT-OCD

METACOGNITIVE TRAINING FOR OBSESSIVE-COMPULSIVE DISORDER

Birgit Hottenrott, Dipl.-Psych.
Franziska Miegel, PhD
Marit Hauschildt, PhD
Steffen Moritz, Prof. Dr.
Lena Jelinek, Prof. Dr.
University Hospital Hamburg-Eppendorf
Terence Ching, PhD
Yale University

What does "metacognition" mean?

???

What does "metacognition" mean?

Cognition = derived from the Latin word for “**thinking**”

What does "metacognition" mean?

Cognition = derived from the Latin word for “**thinking**”

Meta = derived from the Greek word for “**about**”

What does "metacognition" mean?

Cognition = derived from the Latin word for “**thinking**”

Meta = derived from the Greek word for “**about**”

Metacognition = thinking about thinking



Metacognitive Training

Human thinking is prone to thinking traps, which are found in many mental disorders:



Metacognitive Training

Human thinking is prone to thinking traps, which are found in many mental disorders:

- They are referred to as "**cognitive biases**" for the rest of the presentation



Metacognitive Training

Human thinking is prone to thinking traps, which are found in many mental disorders:

- They are referred to as "**cognitive biases**" for the rest of the presentation
- Cognitive biases contribute to the development and maintenance of mental disorders



Metacognitive Training

Human thinking is prone to thinking traps, which are found in many mental disorders:

- They are referred to as "**cognitive biases**" for the rest of the presentation
- Cognitive biases contribute to the development and maintenance of mental disorders
- To a certain extent, these thinking styles can be helpful (e.g., setting a high standard for yourself to avoid making mistakes). However, when taken too far (i.e., perfectionism), they cause problems for yourself



Metacognitive Training

Human thinking is prone to thinking traps, which are found in many mental disorders:

- They are referred to as "**cognitive biases**" for the rest of the presentation
- Cognitive biases contribute to the development and maintenance of mental disorders
- To a certain extent, these thinking styles can be helpful (e.g., setting a high standard for yourself to avoid making mistakes). However, when taken too far (i.e., perfectionism), they cause problems for yourself
- The MCT-OCD addresses the cognitive biases that are relevant to obsessive-compulsive disorder (OCD)

Homework

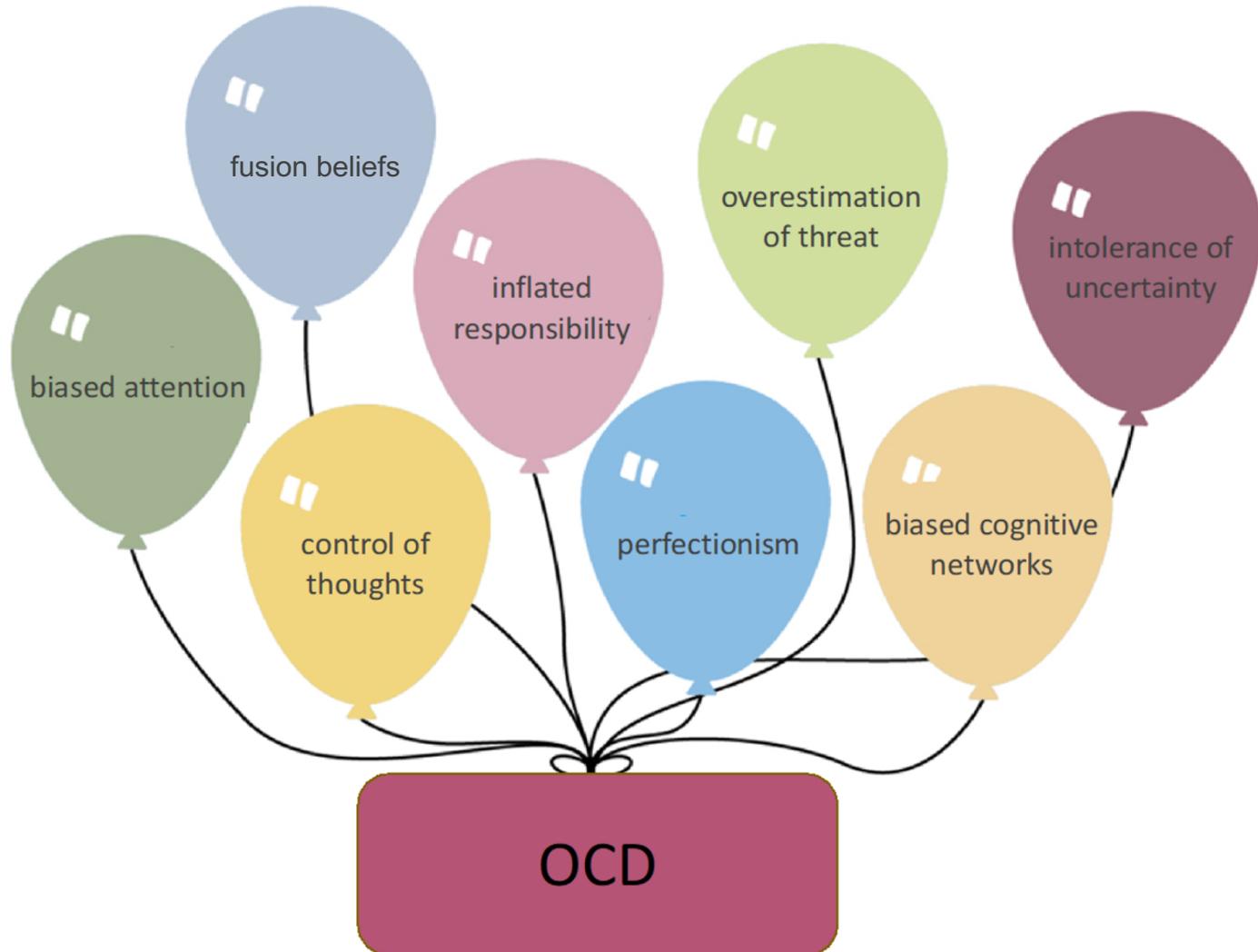
What homework
did you do?

Where did
problems occur?

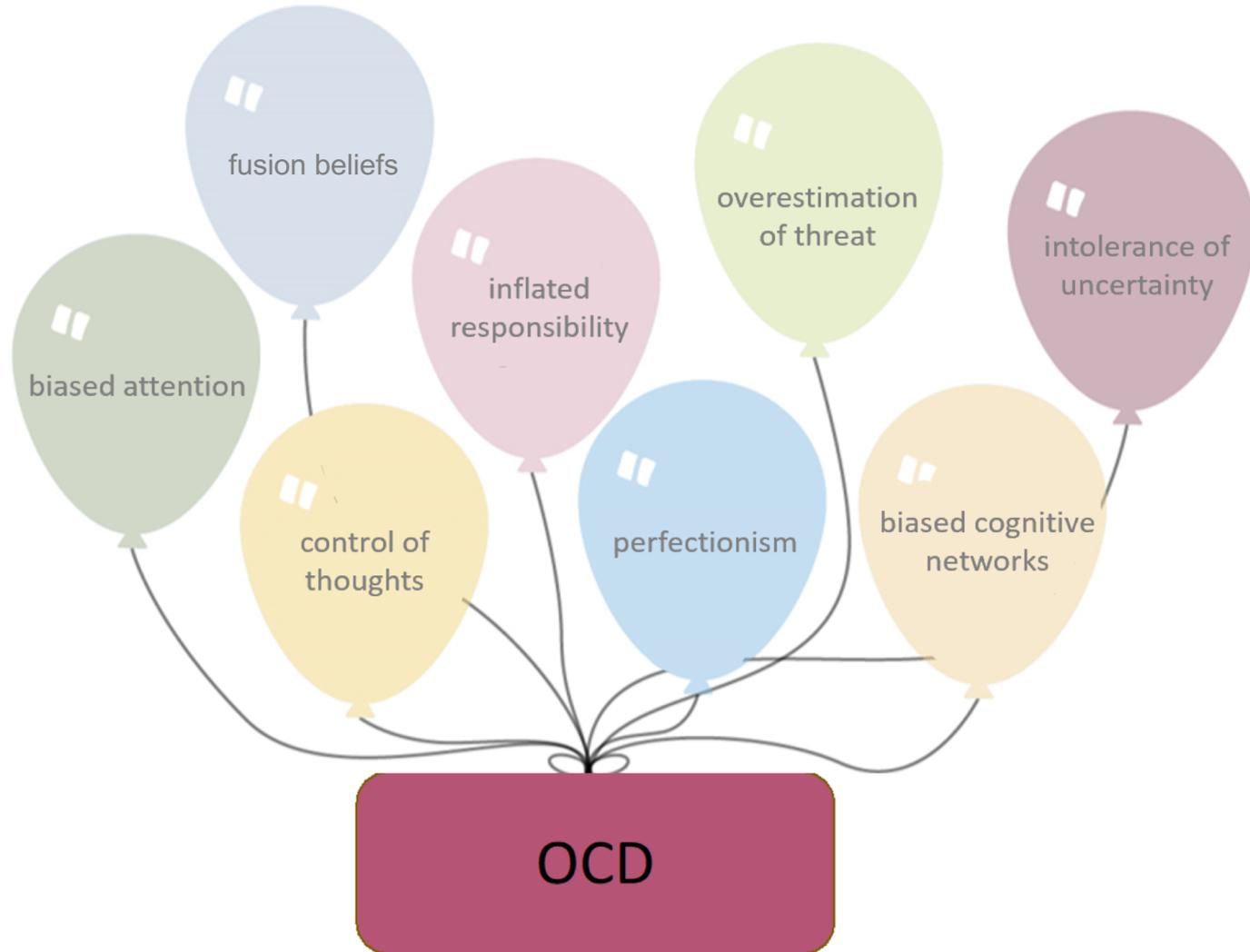
What worked
very well?



Cognitive biases in OCD



Module 1: Myths about OCD



~~„OCD is not real“~~

- OCD exists in all cultures

~~„OCD is not real“~~

- OCD exists in all cultures
- Up to 3% of the population is affected

~~„OCD is not real“~~

- OCD exists in all cultures
- Up to 3% of the population is affected
- Many affected individuals wait too long to seek help

~~„OCD is not real“~~

- OCD exists in all cultures
- Up to 3% of the population is affected
- Many affected individuals wait too long to seek help
- OCD symptoms lie on a continuum, with many people having one or more symptoms of OCD



~~„OCD is not real“~~

- OCD exists in all cultures
- Up to 3% of the population is affected
- Many affected individuals wait too long to seek help
- OCD symptoms lie on a continuum, with many people having one or more symptoms of OCD

Certain cognitive biases can promote OCD, for example evaluating a negative thought as important to pay attention to or dangerous



OCD – a taboo topic

Why is there so little talk about OCD?

OCD – a taboo topic

Why is there so little talk about OCD?

Shame, social
taboo



OCD – a taboo topic

Why is there so little talk about OCD?

Judgement,
stigma

Shame, social
taboo



OCD – a taboo topic

Why is there so little talk about OCD?

Judgement,
stigma

Fear of being
immoral, fear of
going against
religion

Shame, social
taboo



~~"I am responsible for having OCD"~~

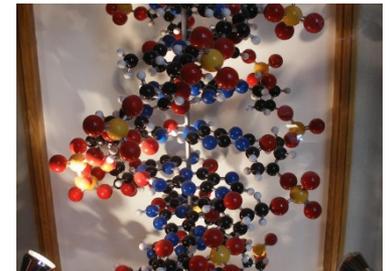
There is **no** mental disorder that is **solely genetically** determined.



~~"I am responsible for having OCD"~~

There is **no** mental disorder that is **solely genetically** determined.
Genes...

- ... influence, but do not determine the fate



~~"I am responsible for having OCD"~~

There is **no** mental disorder that is **solely genetically** determined. Genes...

- ... influence, but do not determine the fate
- ... pave the way for possibilities that can be influenced by experiences and can turn life in one direction or another



The two sides of OCD

The differences between obsessions and compulsions



The two sides of OCD

The differences between obsessions and compulsions



A storm is brewing...



The two sides of OCD

The differences between obsessions and compulsions



A storm is brewing...



... and lands

Exercise

- 1. What are obsessions and compulsions and how are they related or different?**

Exercise

- 1. What are obsessions and compulsions and how are they related or different?**
- 2. How do obsessions and compulsions differ from other thoughts and/or actions?**

Exercise

- 1. What are obsessions and compulsions and how are they related or different?**
- 2. How do obsessions and compulsions differ from other thoughts and/or actions?**
- 3. What examples can you think of?**

What are obsessions?

Repetitive, intrusive thoughts, images, or impulses

What are obsessions?

Repetitive, intrusive thoughts, images, or impulses

- Accompanied by psychological strain

What are obsessions?

Repetitive, intrusive thoughts, images, or impulses

- Accompanied by psychological strain
- Can also occur without compulsions

What are obsessions?

Repetitive, intrusive thoughts, images, or impulses

- Accompanied by psychological strain
- Can also occur without compulsions
- Are often perceived as "products of their own mind"

What are obsessions?

Repetitive, intrusive thoughts, images, or impulses

- Accompanied by psychological strain
- Can also occur without compulsions
- Are often perceived as "products of their own mind"

Exaggerated concerns

What are obsessions?

Repetitive, intrusive thoughts, images, or impulses

- Accompanied by psychological strain
- Can also occur without compulsions
- Are often perceived as "products of their own mind"

Exaggerated concerns

- Can vary, and often involves unpleasant or upsetting content

What are obsessions?

Repetitive, intrusive thoughts, images, or impulses

- Accompanied by psychological strain
- Can also occur without compulsions
- Are often perceived as "products of their own mind"

Exaggerated concerns

- Can vary, and often involves unpleasant or upsetting content
- The content usually contradicts personal beliefs or values

What are obsessions?

Repetitive, intrusive thoughts, images, or impulses

- Accompanied by psychological strain
- Can also occur without compulsions
- Are often perceived as "products of their own mind"

Exaggerated concerns

- Can vary, and often involves unpleasant or upsetting content
- The content usually contradicts personal beliefs or values
- The content therefore often causes feelings of fear, anxiety, disgust, guilt, shame, etc.

Examples of obsessions

Worries about
hurting oneself
or others

Examples of obsessions

Worries about
hurting oneself
or others

Worries about being
responsible for
something terrible
happening

Examples of obsessions

Worries about
hurting oneself
or others

Fear of taboo
sexual impulses

Worries about being
responsible for
something terrible
happening

Examples of obsessions

Worries about
hurting oneself
or others

Fear of taboo
sexual impulses

Worries about
disease or
contamination

Worries about being
responsible for
something terrible
happening

Examples of obsessions

Worries about
hurting oneself
or others

Fear of taboo
sexual impulses

Worries about
disease or
contamination

Fear of losing
things

Worries about being
responsible for
something terrible
happening

Examples of obsessions

Worries about
hurting oneself
or others

Fear of taboo
sexual impulses

Fear of losing
things

Worries about
disease or
contamination

Intrusive
images / words

Worries about being
responsible for
something terrible
happening

Examples of obsessions

Worries about
hurting oneself
or others

Fear of taboo
sexual impulses

Superstitious or
blasphemous
worries

Fear of losing
things

Worries about
disease or
contamination

Intrusive
images / words

Worries about being
responsible for
something terrible
happening

What are compulsions?

Repetitive physical and/or mental rituals:

What are compulsions?

Repetitive physical and/or mental rituals:

- In OCD, compulsions are usually (not always) triggered by obsessions

What are compulsions?

Repetitive physical and/or mental rituals:

- In OCD, compulsions are usually (not always) triggered by obsessions
- It often happens so automatically that the triggering obsessions cannot be perceived consciously

What are compulsions?

Repetitive physical and/or mental rituals:

- In OCD, compulsions are usually (not always) triggered by obsessions
- It often happens so automatically that the triggering obsessions cannot be perceived consciously
- Reduce anxiety or distress in the short term

What are compulsions?

Repetitive physical and/or mental rituals:

- In OCD, compulsions are usually (not always) triggered by obsessions
- It often happens so automatically that the triggering obsessions cannot be perceived consciously
- Reduce anxiety or distress in the short term
- Often difficult to resist or delay, especially with more severe OCD

Examples of compulsions



Excessive hand
washing

Examples of compulsions



Excessive hand
washing

Excessive
checking for
mistakes

Examples of compulsions

Excessive checking
of locks, household
appliances, etc.

Excessive hand
washing

Excessive
checking for
mistakes

Examples of compulsions

Performing daily routines excessively or in a rigid, ritualized way

Excessive hand washing

Excessive checking of locks, household appliances, etc.

Excessive checking for mistakes

Examples of compulsions

Urge to touch or tap things

Performing daily routines excessively or in a rigid, ritualized way

Excessive hand washing

Excessive checking of locks, household appliances, etc.

Excessive checking for mistakes

Examples of compulsions

Excessive ordering

Urge to touch or tap things

Performing daily routines excessively or in a rigid, ritualized way

Excessive hand washing

Excessive checking of locks, household appliances, etc.

Excessive checking for mistakes

Examples of compulsions

Excessive ordering

Urge to touch or tap things

Performing daily routines excessively or in a rigid, ritualized way

Excessive superstitious behaviors

Excessive hand washing

Excessive checking of locks, household appliances, etc.

Excessive checking for mistakes

Examples of compulsions

Excessive ordering

Urge to touch or tap things

Performing daily routines excessively or in a rigid, ritualized way

Excessive superstitious behaviors

Excessive hand washing

Excessive checking of locks, household appliances, etc.

Excessive checking for mistakes

Excessive mental counting

Examples of compulsions

Excessive ordering

Performing daily routines excessively or in a rigid, ritualized way

Urge to touch or tap things

Excessive superstitious behaviors

Excessive hand washing

Excessive checking of locks, household appliances, etc.

Excessive checking for mistakes

Excessive mental counting

Excessive mental checking

Examples of compulsions

Excessive ordering

Performing daily routines excessively or in a rigid, ritualized way

Urge to touch or tap things

Excessive superstitious behaviors

Excessive hand washing

Excessive checking of locks, household appliances, etc.

Excessive checking for mistakes

Excessive mental counting

Excessive mental checking

Excessive mental review of things

Obsessions

Compulsions

Obsessions

- Cause anxiety and distress

Compulsions

- Reduce anxiety and distress, neutralize an imaginary danger, prevent feared outcomes (e.g., disasters)

Obsessions

- Cause anxiety and distress
- Automatic, intrusive
 - Are unwanted and people often try to resist them

Compulsions

- Reduce anxiety and distress, neutralize an imaginary danger, prevent feared outcomes (e.g., disasters)
- Conscious, intentional, "purposeful"
 - Aimed at neutralizing obsessive fears
 - Urges are experienced as strong, and attempts to resist may be unsuccessful

Obsessions

- Experienced as absurd, frightening, or otherwise unpleasant, and out of character

Compulsions

- Performed intentionally to reassure oneself

Obsessions

- Experienced as absurd, frightening, or otherwise unpleasant, and out of character
- Cause psychological strain and are tormenting

Compulsions

- Performed intentionally to reassure oneself
- Short-term relief, but long-term burden
 - Compulsions feel exhausting and uncontrollable over time

Thought exercise

Please imagine the following scenario:

Thought exercise

Please imagine the following scenario:

It is dawn. You're driving on an empty country road. The car jerks briefly. Suddenly the following thought occurs to you: I might have run someone over!

Thought exercise

Please imagine the following scenario:

It is dawn. You're driving on a empty country road. The car jerks briefly. Suddenly the following thought occurs to you: I might have run someone over!

Now please try to observe what thoughts, emotions, or bodily sensations come up for you.

Thought exercise

Please imagine the following scenario:

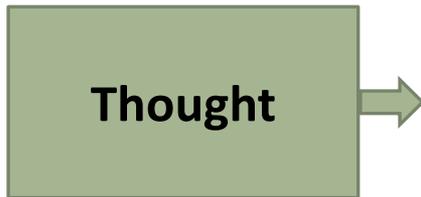
It is dawn. You're driving on a empty country road. The car jerks briefly. Suddenly the following thought occurs to you: I might have run someone over!

Now please try to observe what thoughts, emotions, or bodily sensations come up for you.

What did you notice?

Cognitive model of OCD

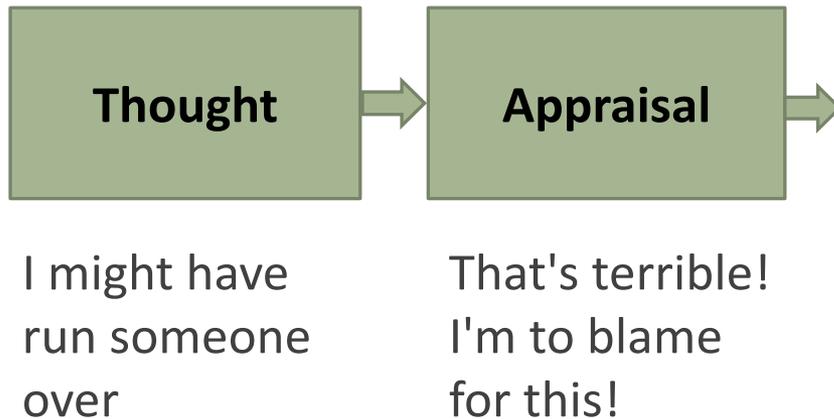
by Reinecker, 1994



I might have
run someone
over

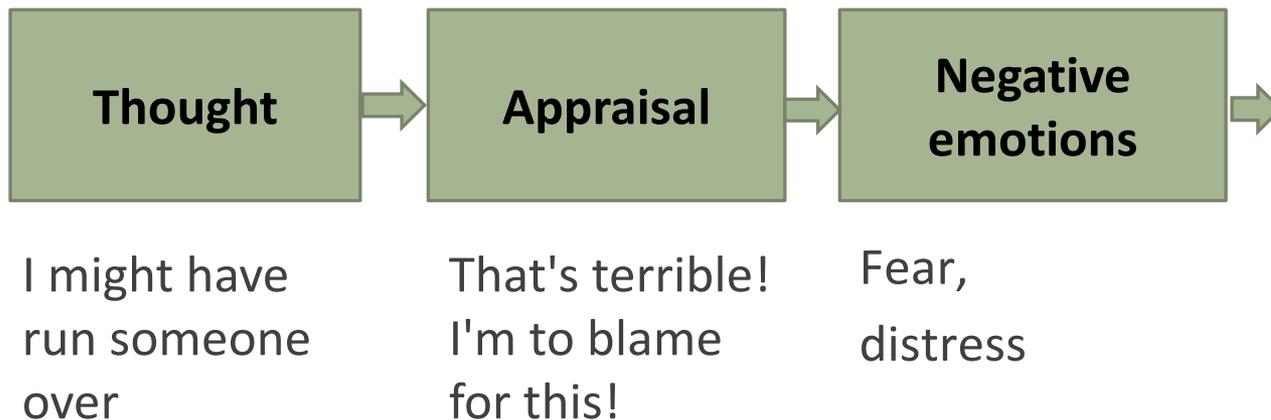
Cognitive model of OCD

by Reinecker, 1994



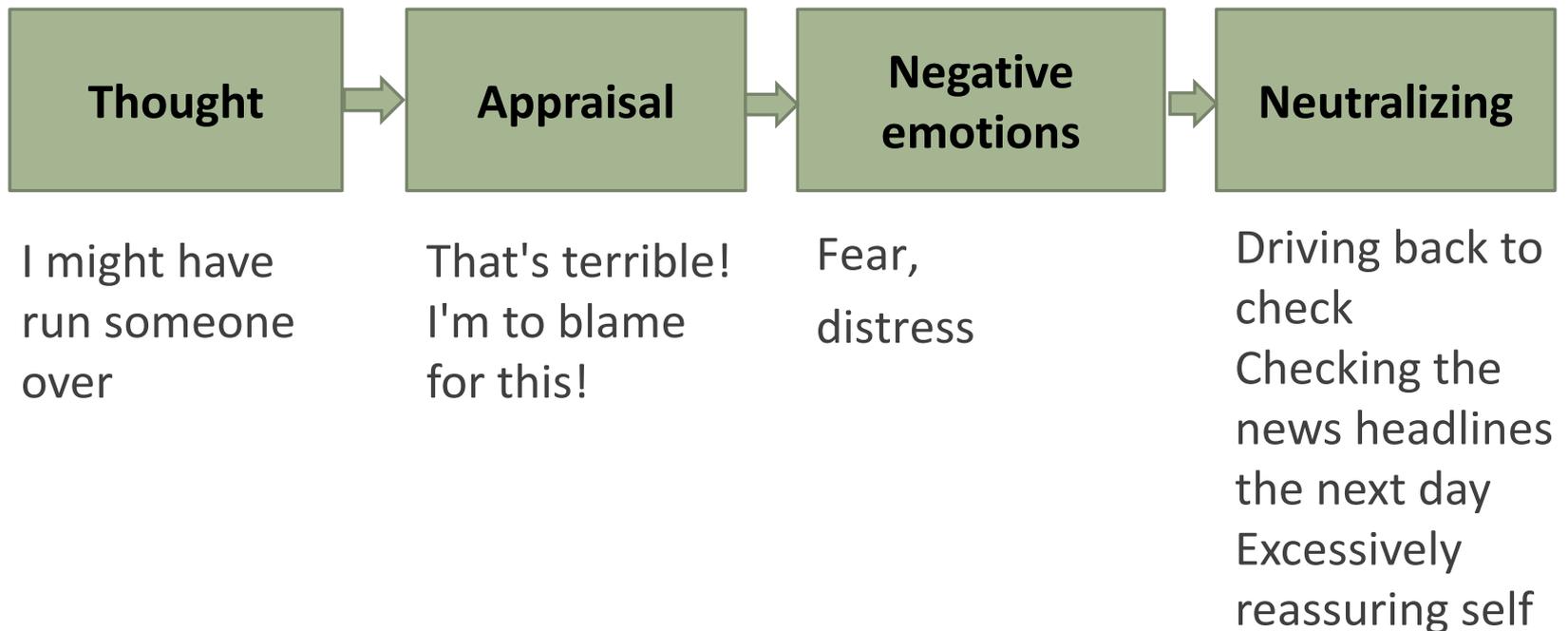
Cognitive model of OCD

by Reinecker, 1994



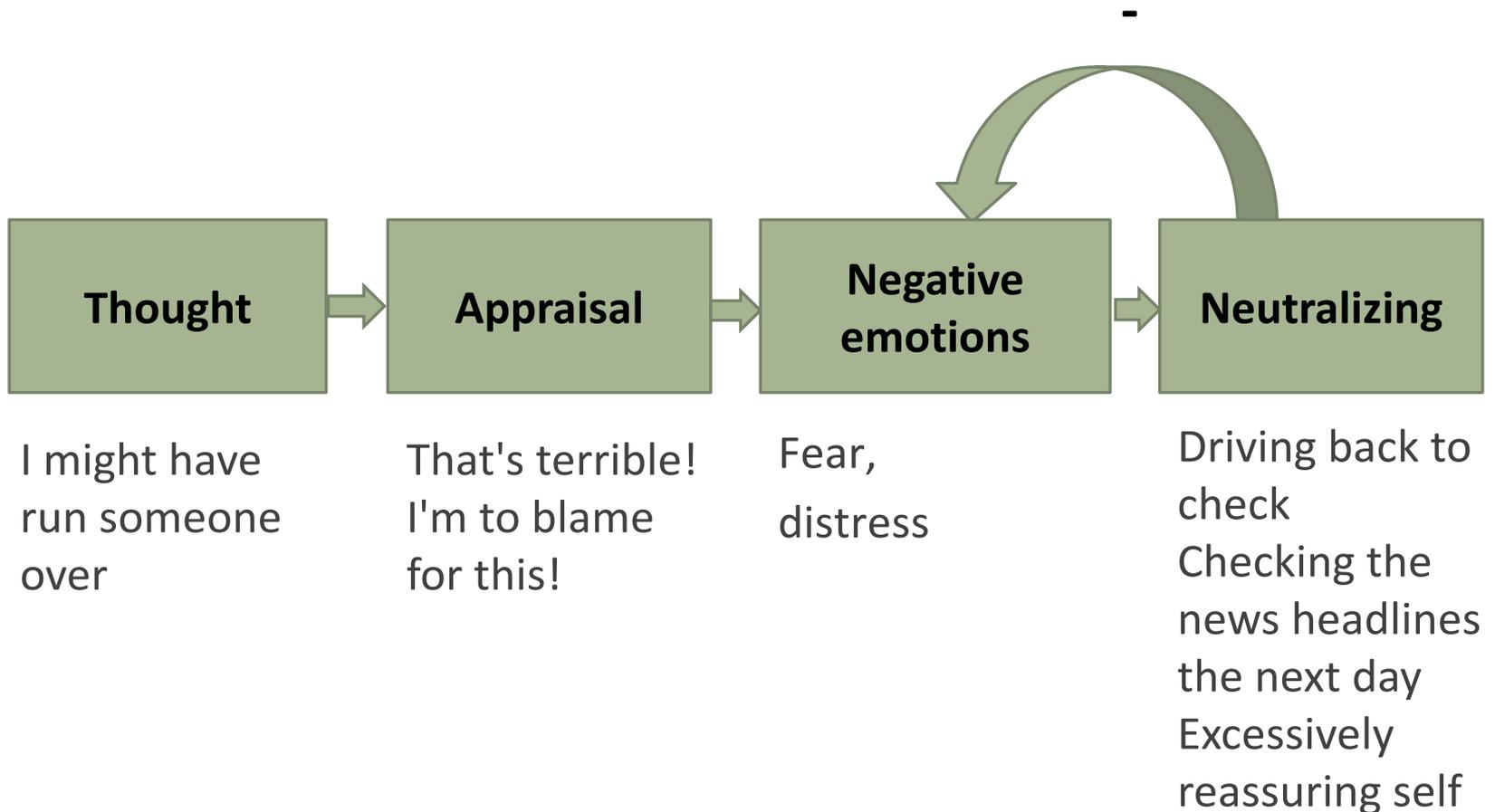
Cognitive model of OCD

by Reinecker, 1994



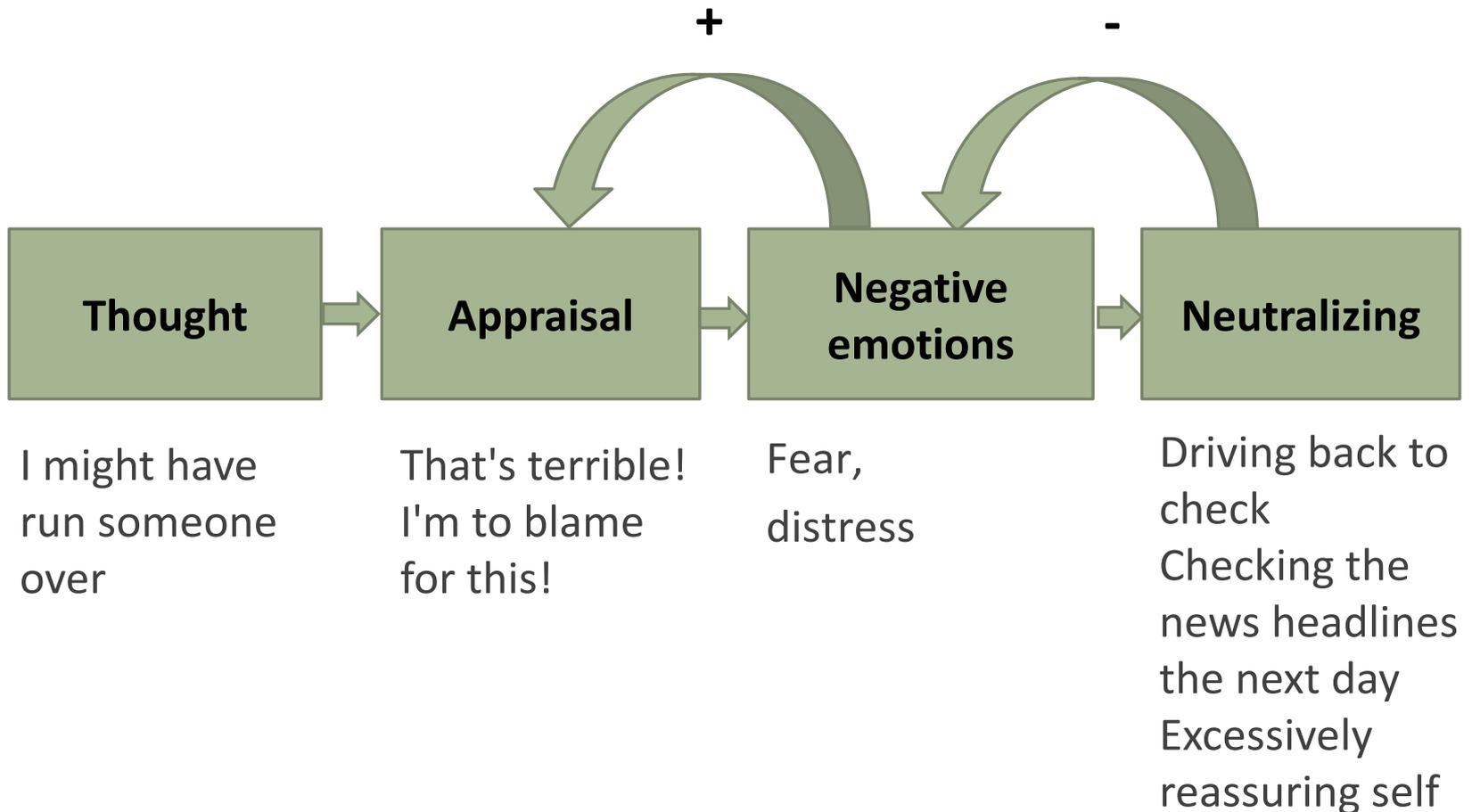
Cognitive model of OCD

by Reinecker, 1994



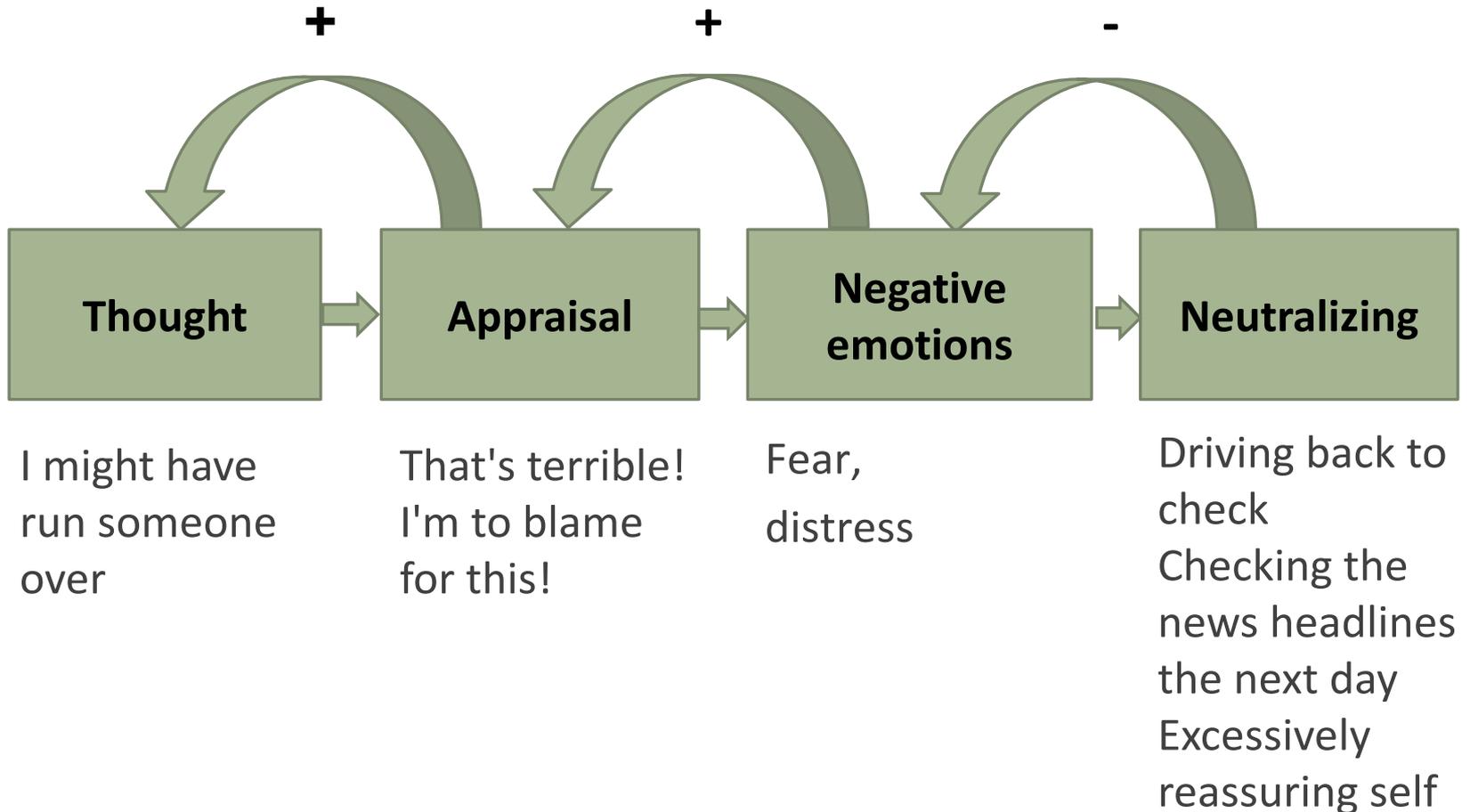
Cognitive model of OCD

by Reinecker, 1994

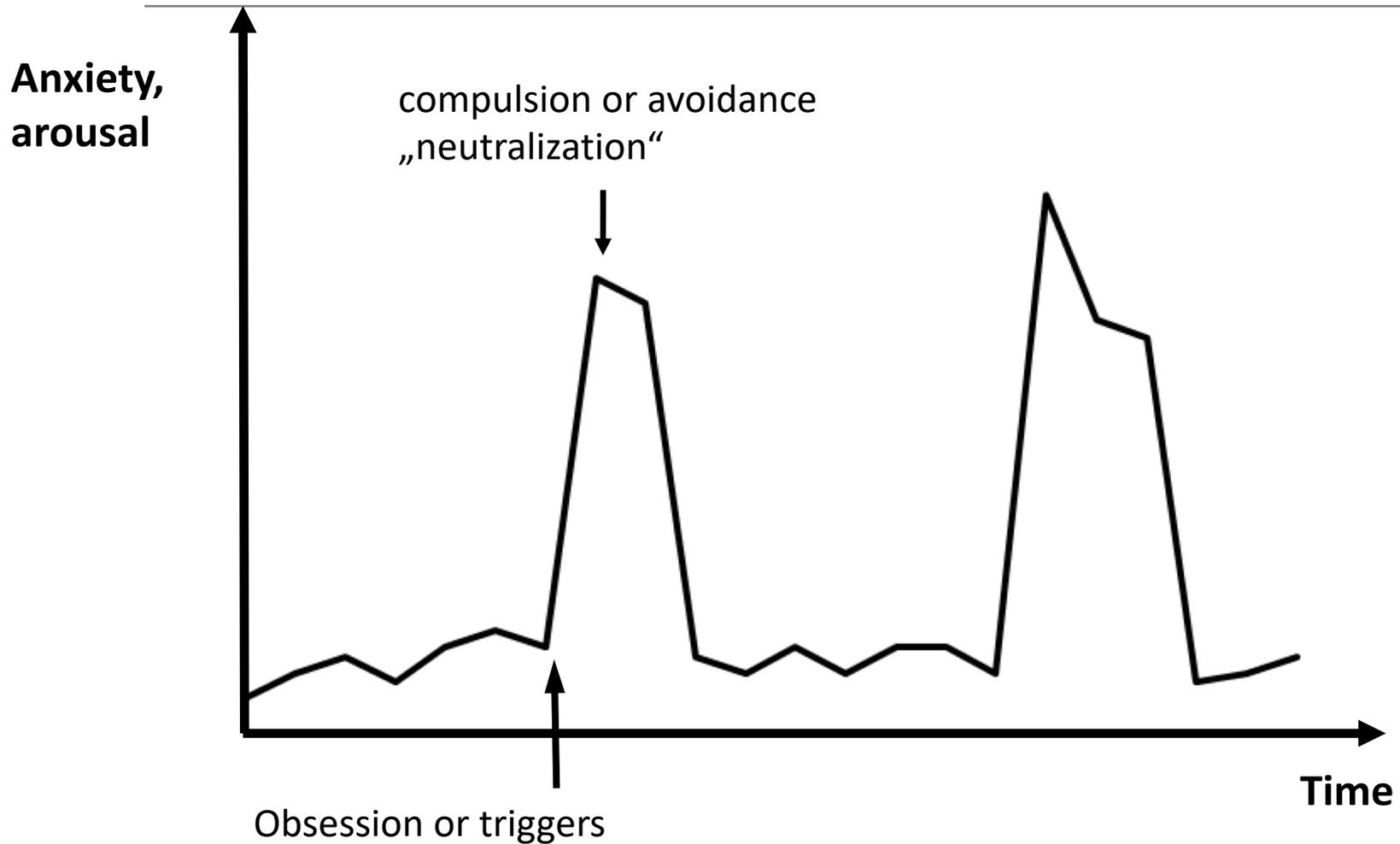


Cognitive model of OCD

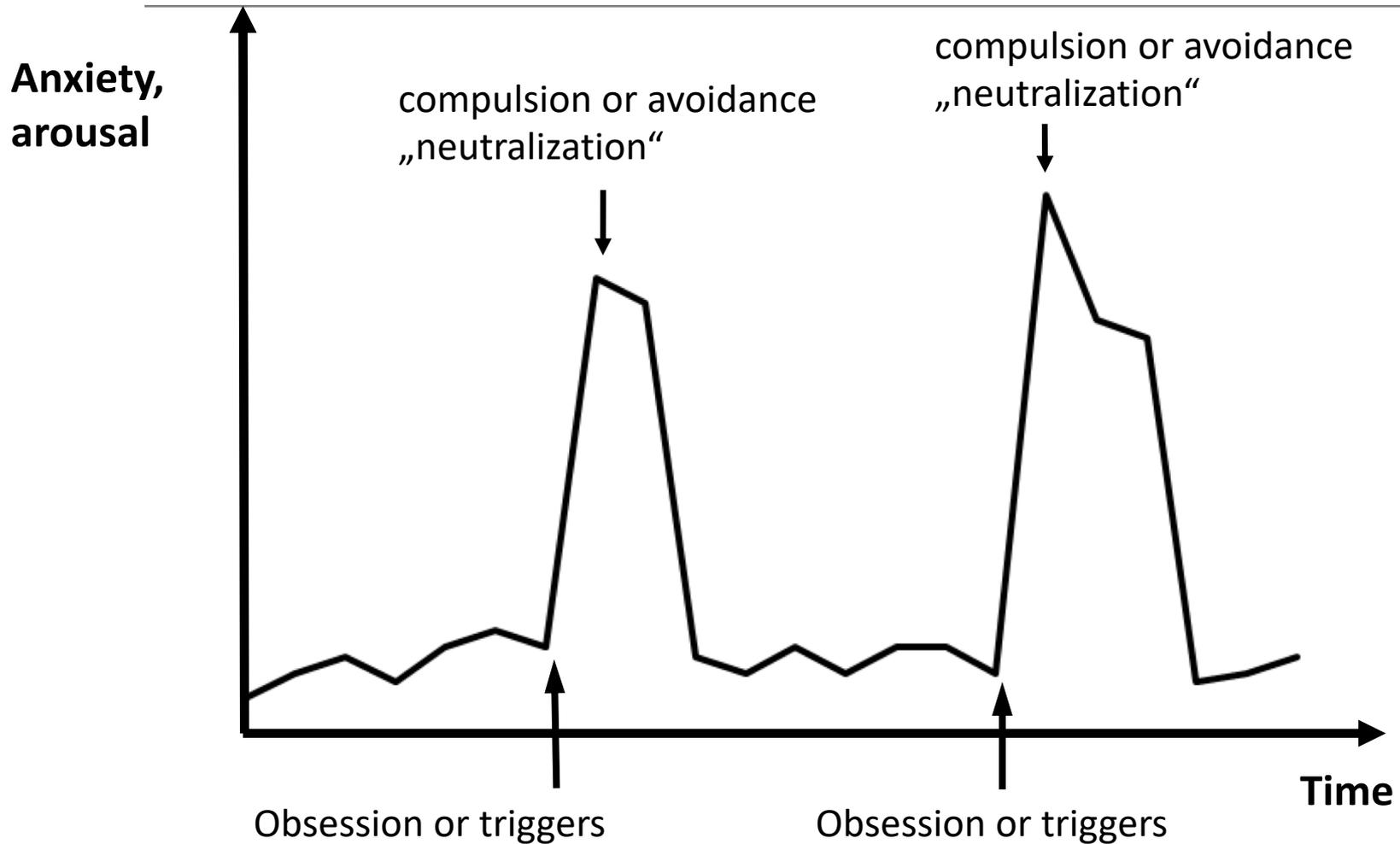
by Reinecker, 1994



Anxiety progression



Anxiety progression



Avoidance/Safety behavior

What do you think of as avoidance behavior?

What is avoidance?

Avoiding situations that are related to obsessive fears or which may trigger compulsions



What is avoidance?

Avoiding situations that are related to obsessive fears or which may trigger compulsions

Examples?



What makes things worse...

Avoidance

What makes things worse...

Avoidance

- Reduces fear in the short term, but increases it in the long term

What makes things worse...

Avoidance

- Reduces fear in the short term, but increases it in the long term
- Gradually, important areas of life are sacrificed, e.g.:

What makes things worse...

Avoidance

- Reduces fear in the short term, but increases it in the long term
- Gradually, important areas of life are sacrificed, e.g.:
 - No longer driving at night

What makes things worse...

Avoidance

- Reduces fear in the short term, but increases it in the long term
- Gradually, important areas of life are sacrificed, e.g.:
 - No longer driving at night
 - No longer riding a bike

What makes things worse...

Avoidance

- Reduces fear in the short term, but increases it in the long term
- Gradually, important areas of life are sacrificed, e.g.:
 - No longer driving at night
 - No longer riding a bike
 - No longer leaving the house

Avoidance – the „visual illusion“ principle

The more you try to avoid the things you're afraid of, the bigger and more threatening they seem

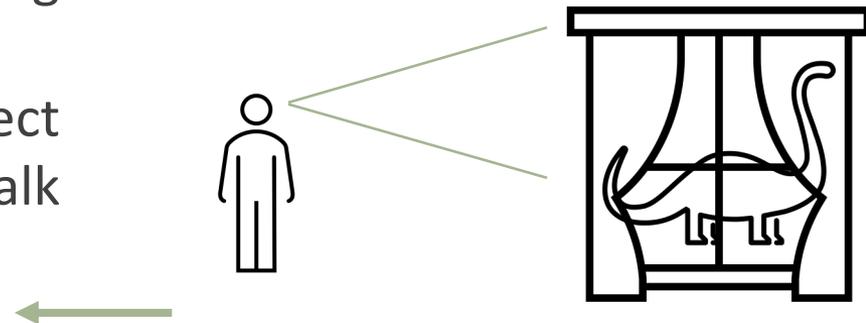
Avoidance – the „visual illusion“ principle

The more you try to avoid the things you're afraid of, the bigger and more threatening they seem

Try this yourself!

Fixate on a landmark or building or object outside of a window while standing near the window. Then slowly walk backwards while fixating on that same object.

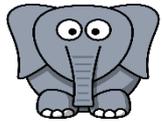
The visual illusion is that the object will get larger the further you walk away (i.e., avoid) from it.



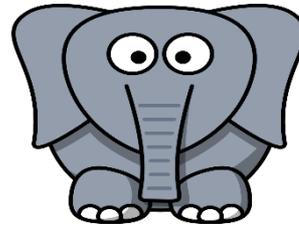
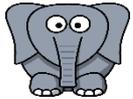
Safety behavior

What do you think of as safety behavior?

Example: Safety behavior



A man is sitting in the subway and snaps his fingers. The people sitting around him become aware of it and the lady next to him asks, "Why do you always snap your fingers?" – To which the man replies, "Well, so it won't rain elephants." The lady: "But, it's not raining elephants." The man: "See!"



What is safety behavior?

What is safety behavior?

Serves the same general purpose as avoidance

What is safety behavior?

Serves the same general purpose as avoidance

- Excessive or exaggerated actions taken to prevent disaster from happening

What is safety behavior?

Serves the same general purpose as avoidance

- Excessive or exaggerated actions taken to prevent disaster from happening
- Reassurance with relatives/acquaintances
 - E.g., "Did I really lock the door when we left the apartment?"

What is safety behavior?

Serves the same general purpose as avoidance

- Excessive or exaggerated actions taken to prevent disaster from happening
- Reassurance with relatives/acquaintances
 - E.g., "Did I really lock the door when we left the apartment?"
- The fearful situation is not completely avoided

What is safety behavior?

Serves the same general purpose as avoidance

- Excessive or exaggerated actions taken to prevent disaster from happening
- Reassurance with relatives/acquaintances
 - E.g., "Did I really lock the door when we left the apartment?"
- The fearful situation is not completely avoided
- However, the fear is not fully faced

What is safety behavior?

Serves the same general purpose as avoidance

- Excessive or exaggerated actions taken to prevent disaster from happening
- Reassurance with relatives/acquaintances
 - E.g., "Did I really lock the door when we left the apartment?"
- The fearful situation is not completely avoided
- However, the fear is not fully faced

Examples?



What makes things worse...

Safety behavior

What makes things worse...

Safety behavior

- Time-consuming and ultimately reduces confidence in being able to confront anxiety-provoking situations

What makes things worse...

Safety behavior

- Time-consuming and ultimately reduces confidence in being able to confront anxiety-provoking situations
- May mistakenly lead to the conclusion that this behavior actually prevented feared outcomes

What you can do instead...

- Face your fears! Approach instead of avoid feared objects/situations

What you can do instead...

- Face your fears! Approach instead of avoid feared objects/situations
 - **BUT:** Choose situations that are realistic for you

What you can do instead...

- Face your fears! Approach instead of avoid feared objects/situations
 - **BUT:** Choose situations that are realistic for you
 - If you already have experience with exposure and response prevention, practice your exposures

What you can do instead...

- Face your fears! Approach instead of avoid feared objects/situations
 - **BUT:** Choose situations that are realistic for you
 - If you already have experience with exposure and response prevention, practice your exposures
- Get back to living the life you want to live, but set realistic goals!

What you can do instead...

- Face your fears! Approach instead of avoid feared objects/situations
 - **BUT:** Choose situations that are realistic for you
 - If you already have experience with exposure and response prevention, practice your exposures
- Get back to living the life you want to live, but set realistic goals!
- Continue to hold back from compulsions and abandon any safety behaviors that you doing due to urges or out of habit



What you can do instead...

- Tell your loved ones to not respond to your attempts at seeking reassurance, but rather to simply point out that you are seeking reassurance

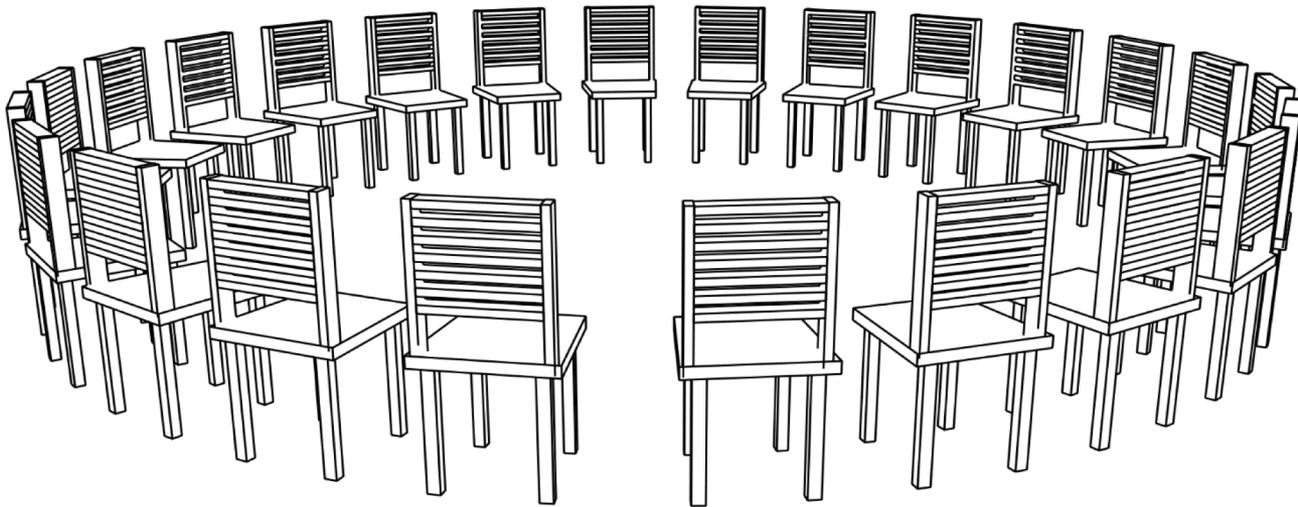
What you can do instead...

- Tell your loved ones to not respond to your attempts at seeking reassurance, but rather to simply point out that you are seeking reassurance
- Become the architect of your own happiness!



Closing round

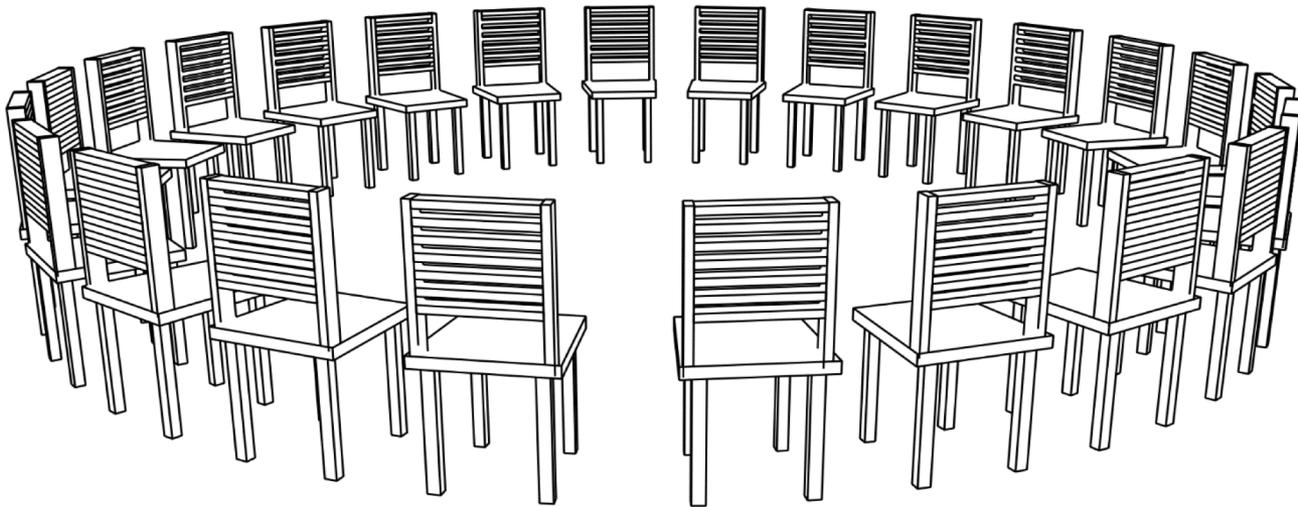
What have I learned today?



Closing round

What have I learned today?

Which of the presented strategies do I want to practice this week?



Thank you very much, that's it for today.

MODULE 1: MYTHS ABOUT OCD

Pictures used in this module are reproduced with indirect (creative commons license) or direct permission of the artists listed below, for which we would like to express our gratitude! A full list can be obtained via (.....). If we have involuntarily breached copyright, please accept our apologies. In this case, we kindly as creators for their permission to use their work under the „fair use“ policy.

Die in diesem Modul verwendeten Bilder wurden mit der indirekten (creative commons Lizenz) oder direkten Zustimmung der untenstehenden Künstler reproduziert, wofür wir uns herzlich bedanken möchten! Eine vollständige Liste ist hinterlegt auf (....). Sollten wir unabsichtlich gegen das Urheberrecht verstoßen haben, so bitten wir dies vielmals zu entschuldigen und bitten nachträglich um die Verwendungserlaubnis.

Name Photographer / Artist Name Fotograf / Künstler	Source /Quelle	Picture Name / Name des Bildes	CC = used with corresponding creative commons license; PP = used with personal permission of artist CC = genutzt unter creative commons Lizenz; PP = verwendet mit persönlicher Zustimmung des Künstlers	Description / Kurzbeschreibung
m. anima	flickr	Lost in the maze	PP	Labyrinth 1
Virtual EyeSee	flickr	Circular Maze	PP	Labyrinth 2
openDemocracy	flickr	headache	PP	Denken/ Kopfschmerz
Marina del Castell	flickr	Victorious	PP	Jubel

Pictures used in this module are reproduced with indirect (creative commons license) or direct permission of the artists listed below, for which we would like to express our gratitude! A full list can be obtained via (.....). If we have involuntarily breached copyright, please accept our apologies. In this case, we kindly as creators for their permission to use their work under the „fair use“ policy.

Die in diesem Modul verwendeten Bilder wurden mit der indirekten (creative commons Lizenz) oder direkten Zustimmung der untenstehenden Künstler reproduziert, wofür wir uns herzlich bedanken möchten! Eine vollständige Liste ist hinterlegt auf (....). Sollten wir unabsichtlich gegen das Urheberrecht verstoßen haben, so bitten wir dies vielmals zu entschuldigen und bitten nachträglich um die Verwendungserlaubnis.

Name Photographer / Artist Name Fotograf / Künstler	Source /Quelle	Picture Name / Name des Bildes	CC = used with corresponding creative commons license; PP = used with personal permission of artist CC = genutzt unter creative commons Lizenz; PP = verwendet mit persönlicher Zustimmung des Künstlers	Description / Kurzbeschreibung
Janek Brangsch	AG Neuropsychologie	Tür	PP	Tür
Amparo Torres O.	flickr	Silence (Blue version)	PP	Silence/ Stille
Andreas Sandberg	flickr	DNA	PP	DNA/ Moleküle

Pictures used in this module are reproduced with indirect (creative commons license) or direct permission of the artists listed below, for which we would like to express our gratitude! A full list can be obtained via (.....). If we have involuntarily breached copyright, please accept our apologies. In this case, we kindly as creators for their permission to use their work under the „fair use“ policy.

Die in diesem Modul verwendeten Bilder wurden mit der indirekten (creative commons Lizenz) oder direkten Zustimmung der untenstehenden Künstler reproduziert, wofür wir uns herzlich bedanken möchten! Eine vollständige Liste ist hinterlegt auf (....). Sollten wir unabsichtlich gegen das Urheberrecht verstoßen haben, so bitten wir dies vielmals zu entschuldigen und bitten nachträglich um die Verwendungserlaubnis.

Name Photographer / Artist Name Fotograf / Künstler	Source /Quelle	Picture Name / Name des Bildes	CC = used with corresponding creative commons license; PP = used with personal permission of artist CC = genutzt unter creative commons Lizenz; PP = verwendet mit persönlicher Zustimmung des Künstlers	Description / Kurzbeschreibung
gravitat-OFF	flickr	Dunkle Wolken über dem Frauengefängnis Chemnitz	PP	Wolke 1
Lane Pearman	flickr	Super Cell	PP	Wolke 2
Maik Meid	flickr	Nicht so den Sand in den Kopf stecken	PP	Kopf im Sand

Pictures used in this module are reproduced with indirect (creative commons license) or direct permission of the artists listed below, for which we would like to express our gratitude! A full list can be obtained via (.....). If we have involuntarily breached copyright, please accept our apologies. In this case, we kindly as creators for their permission to use their work under the „fair use“ policy.

Die in diesem Modul verwendeten Bilder wurden mit der indirekten (creative commons Lizenz) oder direkten Zustimmung der untenstehenden Künstler reproduziert, wofür wir uns herzlich bedanken möchten! Eine vollständige Liste ist hinterlegt auf (....). Sollten wir unabsichtlich gegen das Urheberrecht verstoßen haben, so bitten wir dies vielmals zu entschuldigen und bitten nachträglich um die Verwendungserlaubnis.

Name Photographer / Artist Name Fotograf / Künstler	Source /Quelle	Picture Name / Name des Bildes	CC = used with corresponding creative commons license; PP = used with personal permission of artist CC = genutzt unter creative commons Lizenz; PP = verwendet mit persönlicher Zustimmung des Künstlers	Description / Kurzbeschreibung
AG Neuropsychologie	AG Neuropsychologie	Visual illusion	PP	Visual illusion
14th Warrior	openclipart	Cartoon elephant	CC	Elefant
necong	flickr	Nazar	PP	Glücksbringer 1

Pictures used in this module are reproduced with indirect (creative commons license) or direct permission of the artists listed below, for which we would like to express our gratitude! A full list can be obtained via (.....). If we have involuntarily breached copyright, please accept our apologies. In this case, we kindly as creators for their permission to use their work under the „fair use“ policy.

Die in diesem Modul verwendeten Bilder wurden mit der indirekten (creative commons Lizenz) oder direkten Zustimmung der untenstehenden Künstler reproduziert, wofür wir uns herzlich bedanken möchten! Eine vollständige Liste ist hinterlegt auf (....). Sollten wir unabsichtlich gegen das Urheberrecht verstoßen haben, so bitten wir dies vielmals zu entschuldigen und bitten nachträglich um die Verwendungserlaubnis.

Name Photographer / Artist Name Fotograf / Künstler	Source /Quelle	Picture Name / Name des Bildes	CC = used with corresponding creative commons license; PP = used with personal permission of artist CC = genutzt unter creative commons Lizenz; PP = verwendet mit persönlicher Zustimmung des Künstlers	Description / Kurzbeschreibung
j4p4n	openclipart	Superstitions	CC	Glücksbringer 2
Thomas Kohler	flickr	Hummel, hummel. Müll, Müll.	PP	Mülleimer
Manuela.	openclipart	Laughing Smiley	CC	Smiley
photofree.ga	openclipart	Circle of Chairs 2 nd perspective	CC	Stuhlkreis