

Welcome to MCT-OCD

METACOGNITIVE TRAINING FOR OBSESSIVE-COMPULSIVE DISORDER

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What does "metacognition" mean?

???

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

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

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

What does "metacognition" mean?

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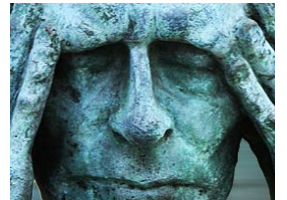
Meta = derived from the Greek word for “**about**”

Metacognition = thinking about thinking



Metacognitive Training

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



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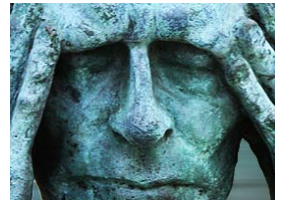
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- Cognitive biases contribute to the development and maintenance of mental disorders



Metacognitive Training

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- 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

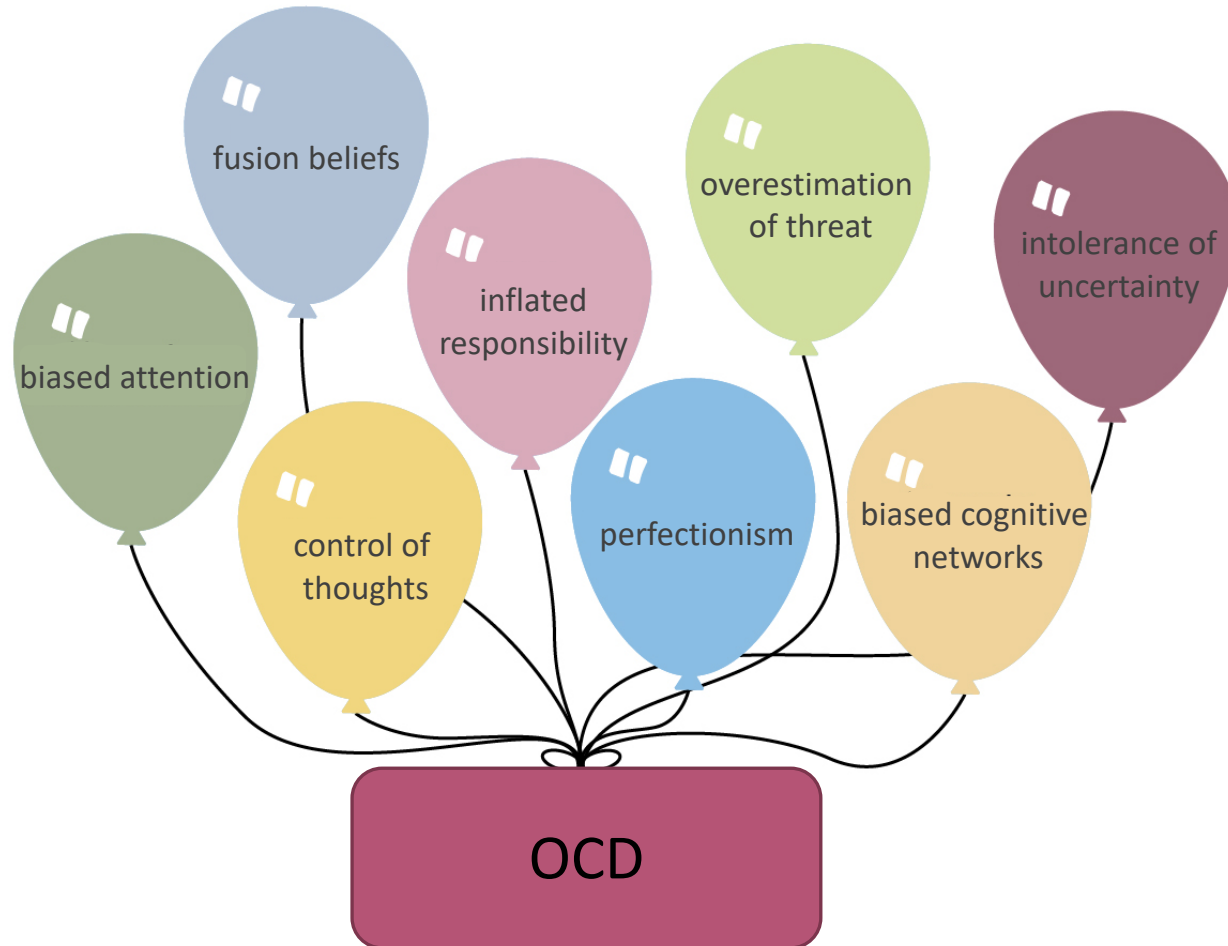
What homework
did you do?

Where did
problems occur?

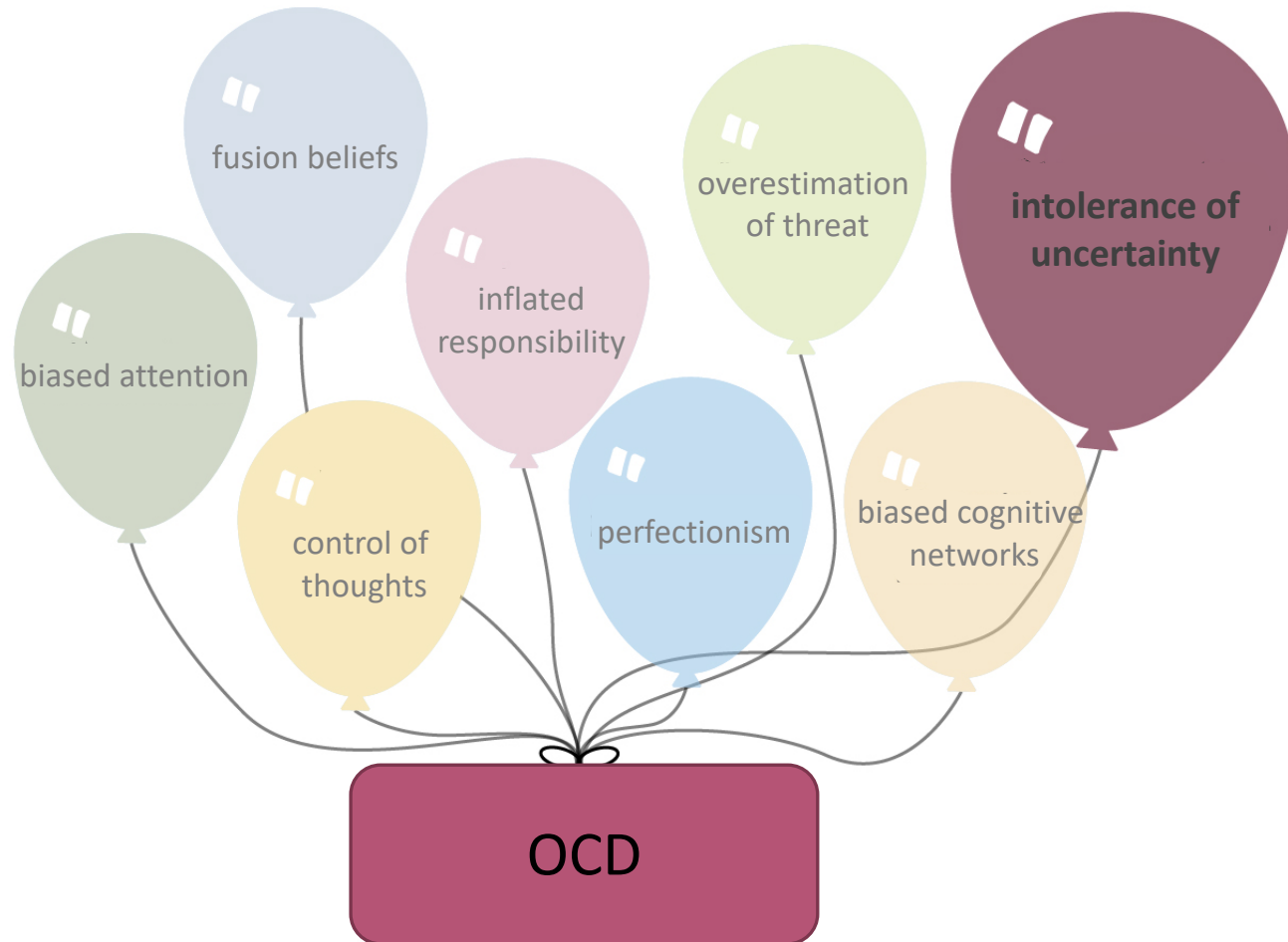
What worked
very well?



Cognitive biases in OCD



Module 3: Intolerance of uncertainty



Intolerance of uncertainty

- Scientific studies: The need for certainty is significantly higher among people with OCD

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- This includes feeling like things are "not just right"

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Intolerance of uncertainty

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- Uncertainty/doubt is often hard to endure
- This includes feeling like things are "not just right"

"I see that the light is off, I sit in the dark, and yet I am not sure if the light is turned off."

In which situations do you feel uncertain and start to have doubt about things?

Do compulsions help to solve uncertainty?

Patients with OCD often try to resolve uncertainty by acting out...

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- Compulsions (e.g., excessive hand washing), rituals, and reassurance seeking



Do compulsions help to solve uncertainty?

Patients with OCD often try to resolve uncertainty by acting out...

- Compulsions (e.g., excessive hand washing), rituals, and reassurance seeking
- Further avoidance and safety behavior
 - E.g. not touching door handles, only touching door handles with gloves on



Costs and benefits

Do excessive checking and other rituals help you to feel more safe?

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What are the costs of trying to achieve certainty?

Costs and benefits

Do excessive checking and other rituals help you to feel more safe?

What are the costs of trying to achieve certainty?

What are you making your family members do or not do for or with you in trying to achieve certainty?



Can you ever be 100% certain?

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- **No**, it is impossible to prevent all possible dangers

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- Life comes with risks; there is a difference between what's possible and what's likely



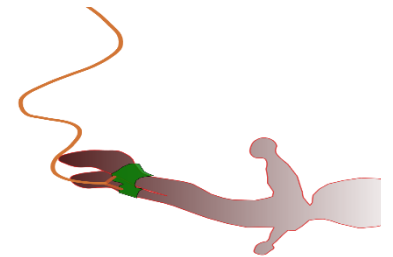
Can you ever be 100% certain?

- **No**, it is impossible to prevent all possible dangers
- Regardless of the compulsions and precautions you engage in, safety is not guaranteed
- Life comes with risks; there is a difference between what's possible and what's likely
- **It is worthwhile doing new things in spite of the (normal, everyday) risks**



Can you ever be 100% certain?

What (normal, everyday) risks would you want to face?



Can you ever be 100% certain?

What (normal, everyday) risks would you want to face?

What are some small steps you can take to face those risks?

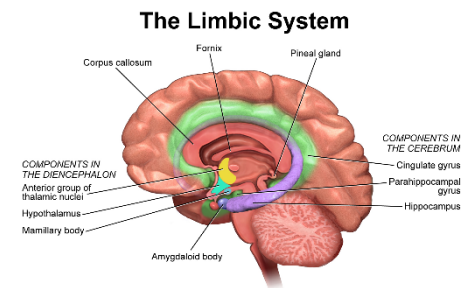


Emotional reasoning

Are our feelings reliable? Do they reflect reality?

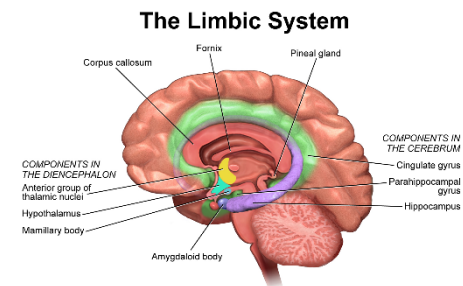
Emotional reasoning

- Uncertainty can cause fear, which is associated with activation of a region of the brain called the amygdala (sometimes named the fear center)



Emotional reasoning

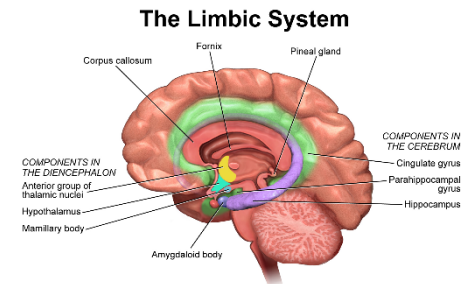
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"I'm scared, thus, it must be dangerous!"

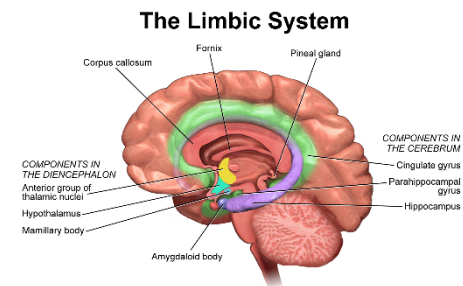


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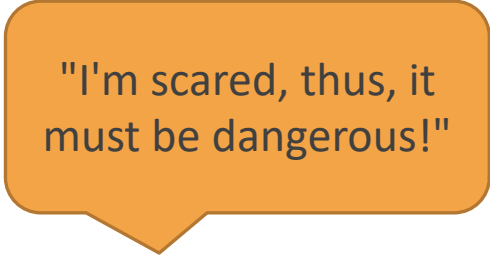
"I'm scared, thus, it must be dangerous!"

- So the fear actually makes the situation seem dangerous



Emotional reasoning

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- When the fear center is activated, we focus on what could be threatening in the environment



"I'm scared, thus, it must be dangerous!"

- So the fear actually makes the situation seem dangerous
- Example: A spider also scares some people, although it is usually not dangerous

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 - If I am offended, no one must have offended me!

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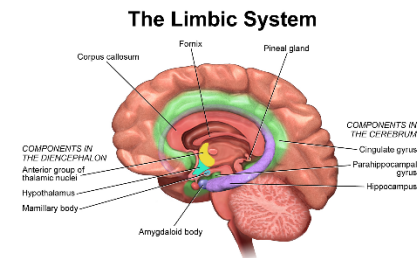
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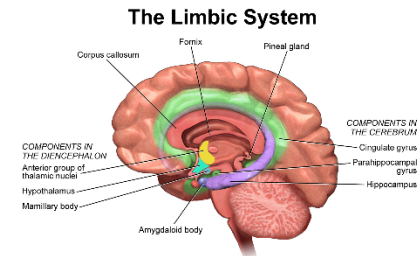
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What can I do?



Resisting compulsions

How?

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What phrase might help you do that?

- This is my OCD!

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- 100% certainty is impossible, therefore I am willing to take the risk
- I am calling the shots in my life, not my anxiety or OCD

Risks

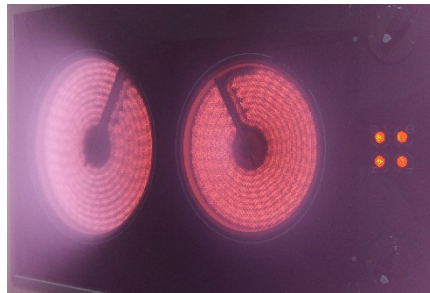
- Accepting risks may help in order to live a life that is not determined by OCD



Risks

Risks

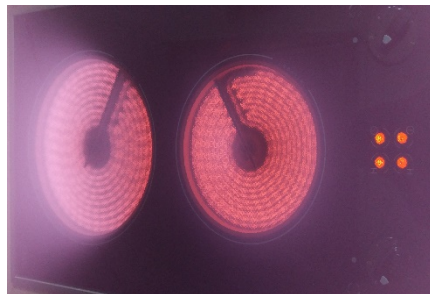
What can I do?



Risks

What can I do?

- Exposure with response prevention → Most effective treatment for patients with OCD

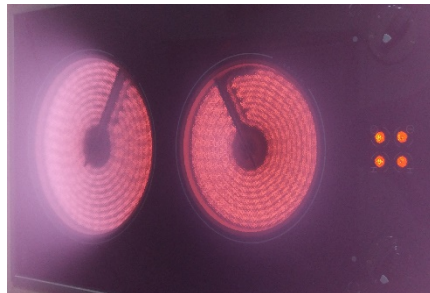


Risks

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How does it work?



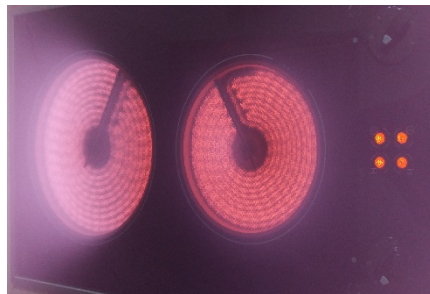
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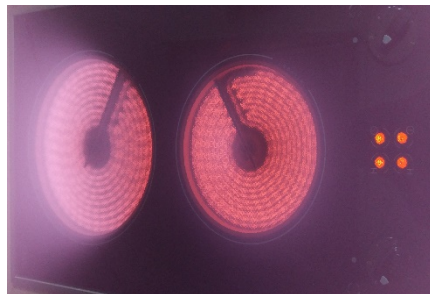
Risks

What can I do?

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How does it work?

- Gradually confront instead of avoid situations or stimuli that can trigger obsessions and compulsions
- Not carrying out safety behaviors and subsequent compulsions/neutralizations



Dare to live!

Some of you may have already started with appropriate exercises

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Does anyone like to share their first experiences and small successes?



Supplement: Depression

"I am too bad to do anything, therefore I am not worth anything?"

- Even healthy people suffer from sadness, bad mood, lack of energy, and low self-esteem on some days

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- Clinical depression: symptoms persist longer (at least 2 weeks) and reduce quality of life and ability to function
- Depression often occurs with OCD: Depression often results from multiple problems associated with OCD
 - E.g. social withdrawal
- Depressive cognitive biases can worsen symptoms

"I am too bad to do anything, therefore I am not worth anything?"

What percentage of people with OCD do you think agree with each statement?

Percent	
?	I feel hopeless
?	I feel like a burden to others
?	I cannot relax
?	I feel lethargic
?	I forgot what joy is
?	I feel socially excluded
?	I am ashamed of my mental illness
?	It is not possible for me to feel carefree
?	I feel tired and exhausted
?	I am afraid of going "crazy"

"I am too bad to do anything, therefore I am not worth anything?"

As you can see, many patients with OCD suffer from depressive symptoms.

Prozent	
87,0	I feel tired and exhausted
83,7	It is not possible for me to feel carefree
77,2	I cannot relax
65,0	I am afraid of going "crazy"
65,0	I feel lethargic
65,0	I feel hopeless
65,0	I am ashamed of my mental illness
59,3	I feel like a burden to others
56,1	I feel socially excluded
47,2	I forgot what joy is

Depression and OCD

What are your experiences with depressive symptoms?

Depression and OCD

What are your experiences with depressive symptoms?

What has helped you so far when you have felt very down?

"I am always unlucky"

- Typical cognitive biases in patients with depression:
Overgeneralization – Are you familiar with this?

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What can I do about it?

"I am always unlucky"

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- Refrain from "black-and-white" thinking

"I am always unlucky"

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What can I do about it?

- Refrain from "black-and-white" thinking
- Formulate more helpful / balanced explanations for mishaps and other negative incidents

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- Refrain from "black-and-white" thinking
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- Important: Refer to the facts and experience over time, instead of just relying on emotions and the single negative event



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- Formulate more helpful / balanced explanations for mishaps and other negative incidents
- Important: Refer to the facts and experience over time, instead of just relying on emotions and the single negative event
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- As well as insulting terms for oneself, e.g. "jerk"



"If I don't like myself, why should others?"

- Do not jump to conclusions based on your feelings about yourself!

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- There are very different ways of looking at things and different standards

"If I don't like myself, why should others?"

- Do not jump to conclusions based on your feelings about yourself!
- Especially common among people with low self-esteem
- Just because you see yourself as worthless, ugly, or untalented does not mean that others see you the same way
- There are very different ways of looking at things and different standards
- Human characteristics are very complex – like a mosaic. We all have our lighter and darker spots. It's what makes us human!



What else can be helpful?

Joy diary

Keep a joy diary every evening in which you note positive situations or things that went well that day. These can also be small things (e.g., a colleague smiled at you). This reminds you of the positive things of the day, which can also improve your mood.

What else can be helpful?

Joy diary

Keep a joy diary every evening in which you note positive situations or things that went well that day. These can also be small things (e.g., a colleague smiled at you). This reminds you of the positive things of the day, which can also improve your mood.

Marbles in the pocket

In the morning before you leave the house, put some small objects (e.g., marbles) in your left pant pocket. Whenever something positive happens during the day, move a marble from your left to your right pant pocket. In the evening you can look at the marbles from the right pants pocket and remember the positive things that happened that day.

Learning Objectives

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Learning Objectives

- Feelings do not always reflect reality
- Do not debate or fight against your obsessions
 - It is important to identify fear and uncertainty as an OCD symptom and to distance oneself from it
 - Find a phrase that helps with this
- There is no 100% certainty. Living life means to live with risks and uncertainty
- Practice acceptance of these (normal, everyday) risks and go ahead and live the life you want to live

Learning Objectives

- Replace overgeneralizations by factual, accurate statements

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- Do not jump to conclusions directly from yourself to others

Learning Objectives

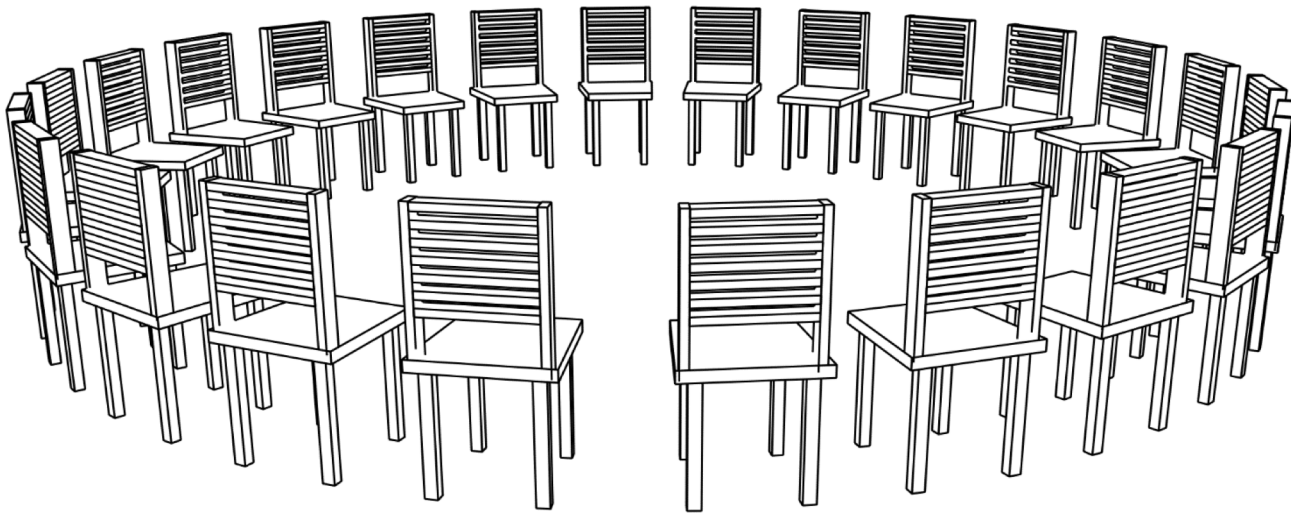
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 - We all have strengths and weaknesses, good and bad days, etc.

Learning Objectives

- Replace overgeneralizations by factual, accurate statements
- Do not jump to conclusions directly from yourself to others
 - We all have strengths and weaknesses, good and bad days, etc.
- Keep a joy diary or use the marbles in your pocket to focus on the good things of your day

Closing round

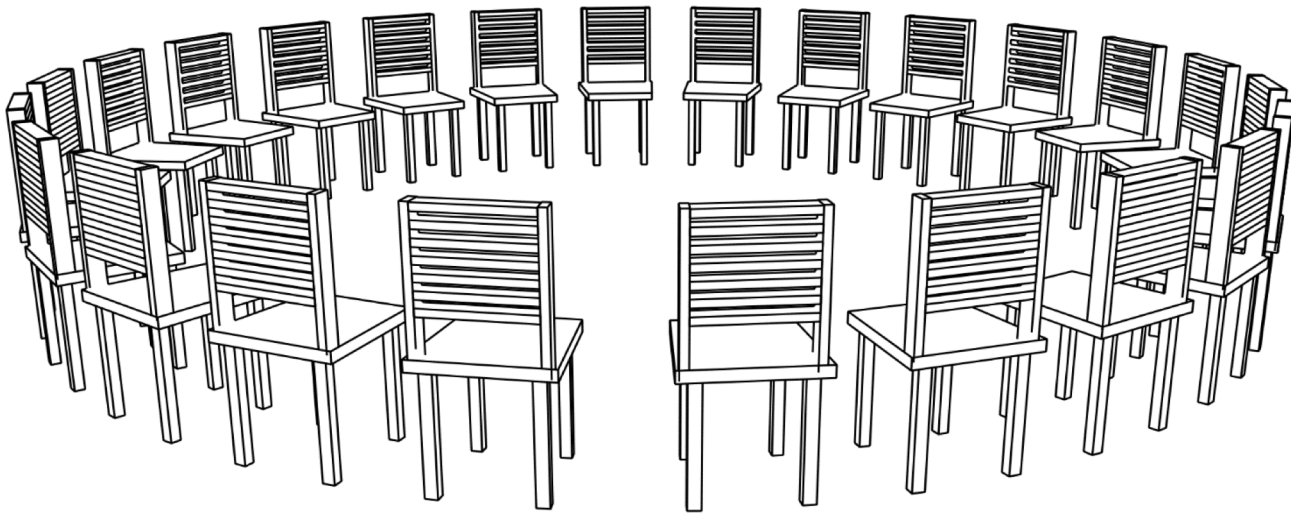
What have I learned today?

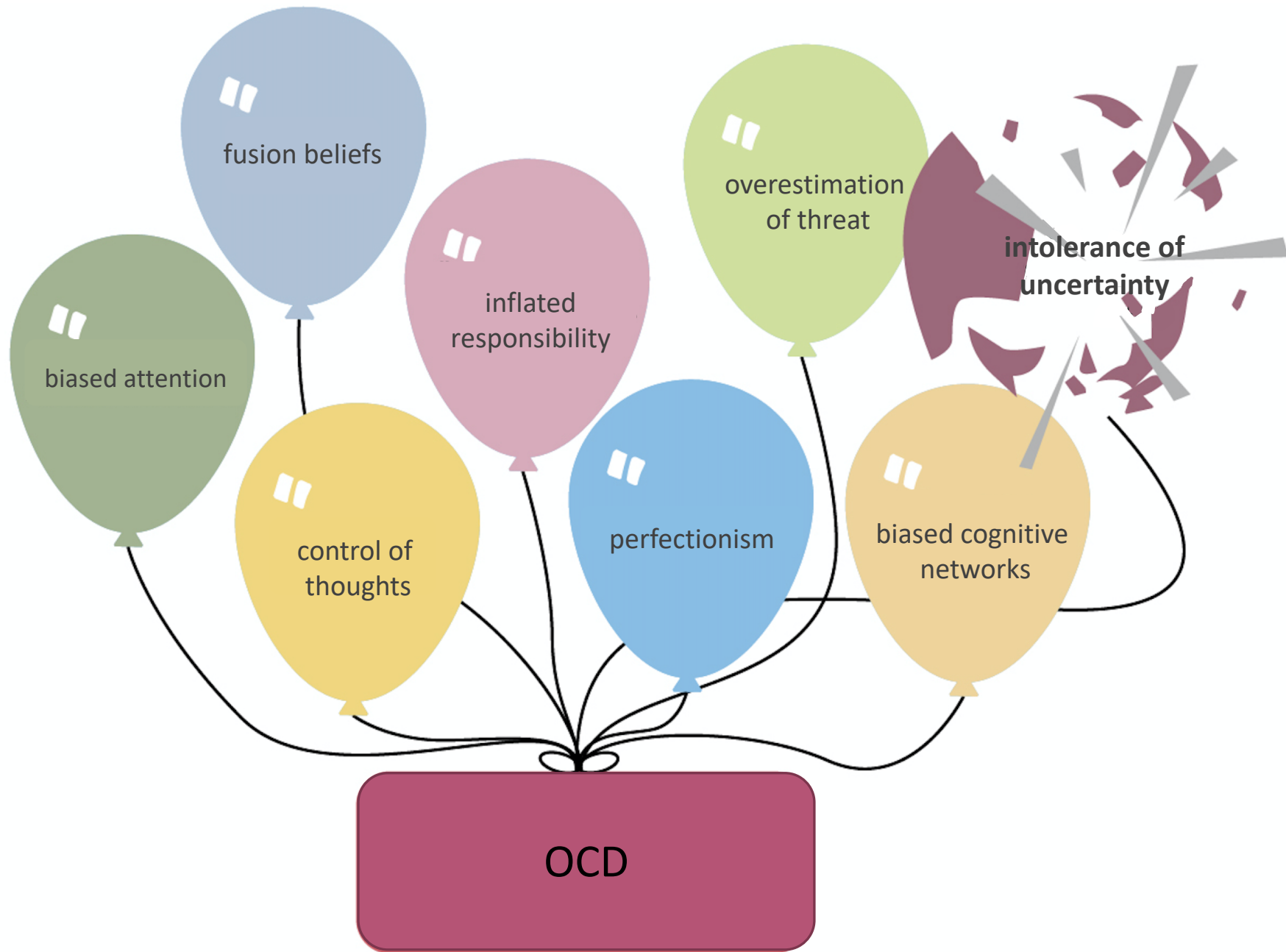


Closing round

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 3: INTOLERANCE OF UNCERTAINTY

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GDJ	openclipart	Happy Family Silhouette	CC	Familie
NicholasJudy567	openclipart	Falling Man	CC	Fallender Mann
linyuda	openclipart	Bungee Jumping	CC	Bungee Jumping

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Christopher Lau	AG Neuropsychologie	Herd	PP	Herd
Dan Perry	Flickr	The Bull at Pinehurst Farms, Sheboygan Falls, Wisconsin	PP	WC-Häuschen

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Pogrebnoj- Alexandroff	wikimedia	fingers	PP	Zeigefinger
Petra Links	Flickr	Rome, 2009	PP	Mosaik

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