

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:

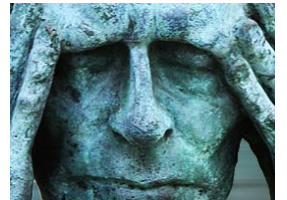
- They are referred to as "**cognitive biases**" for the rest of the presentation
- Cognitive biases contribute to the development and maintenance of mental disorders



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

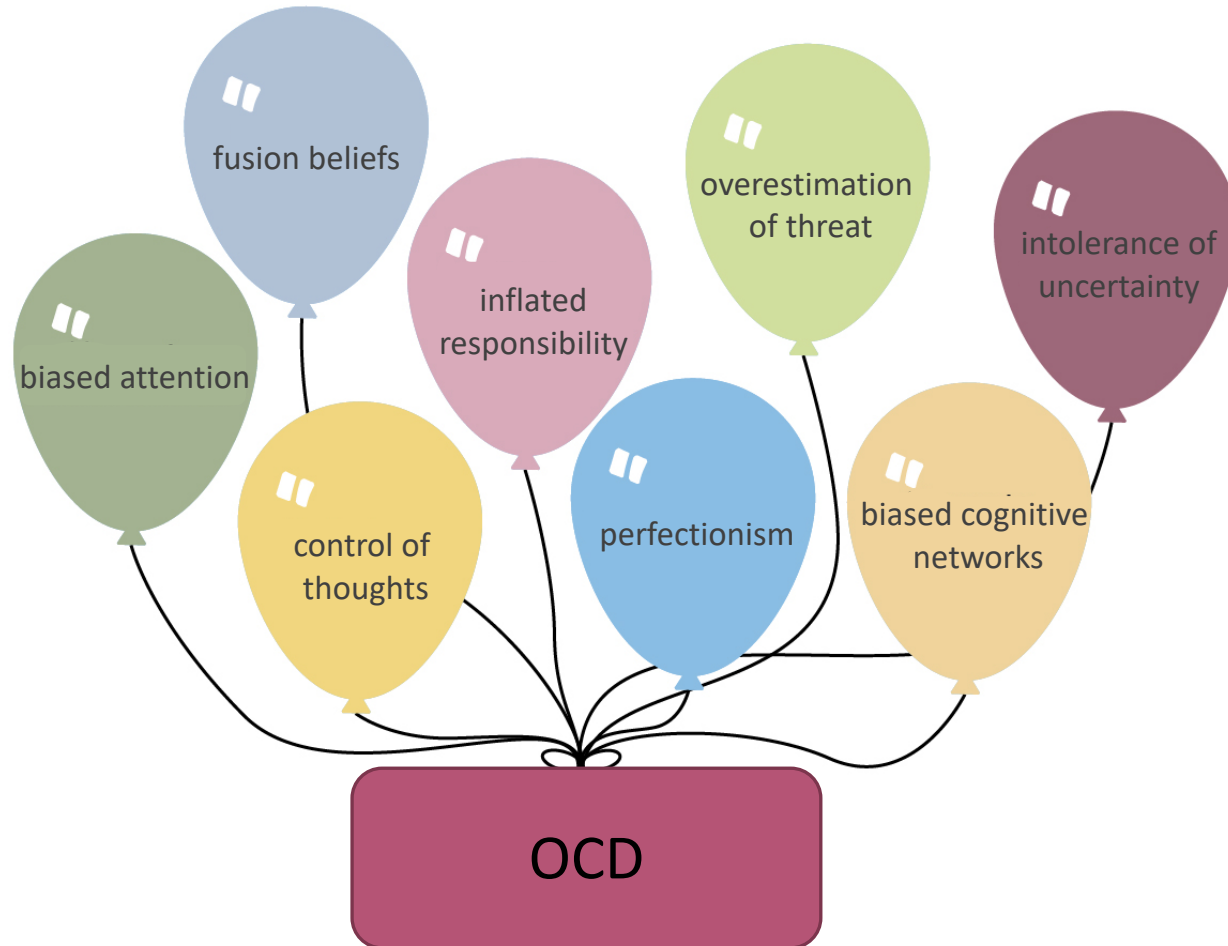
What homework
did you do?

Where did
problems occur?

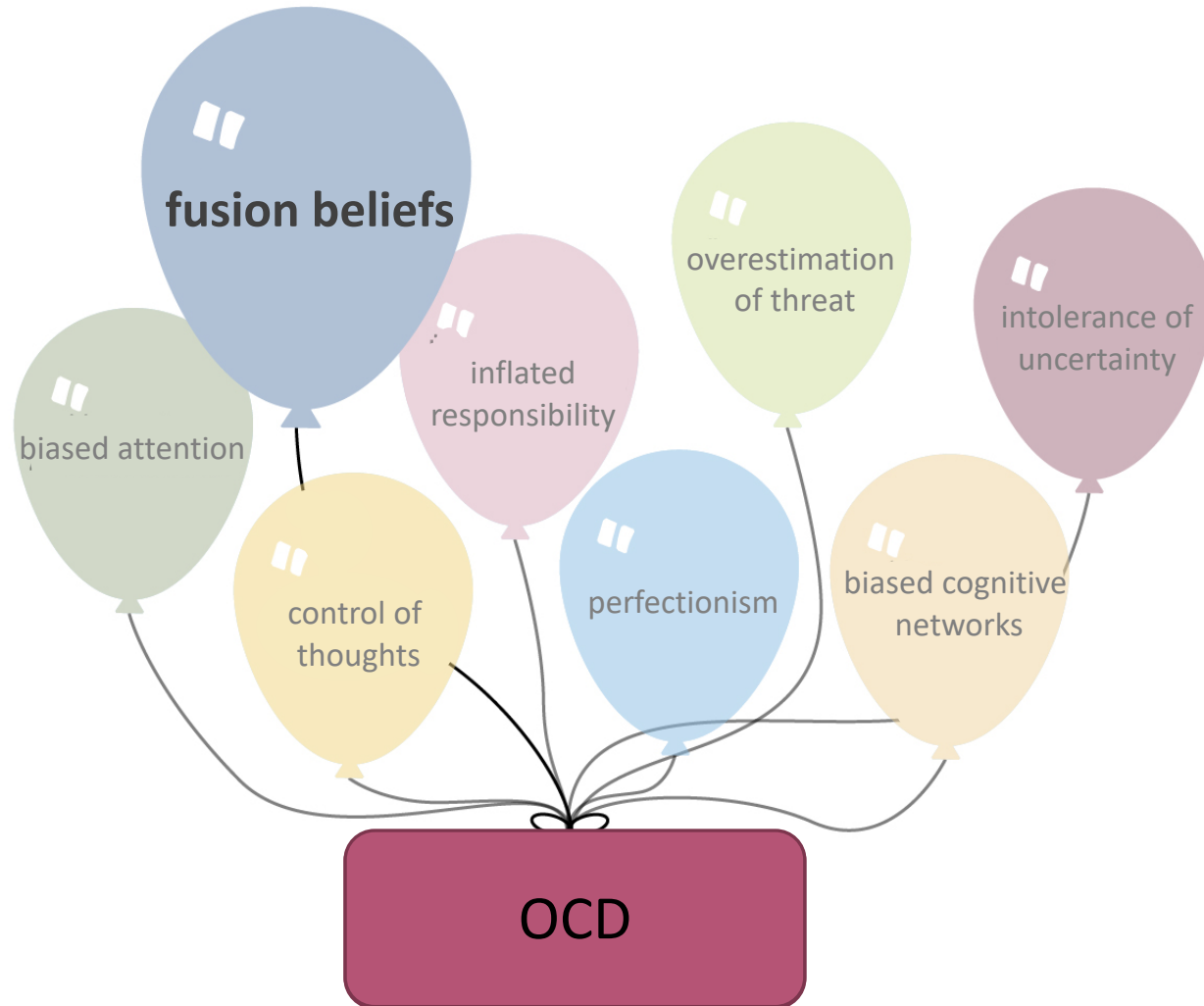
What worked
very well?



Cognitive biases in OCD

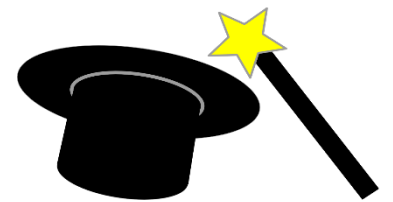


Module 4: Fusion beliefs



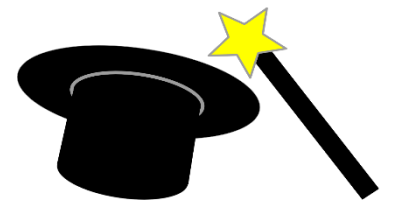
Fusion beliefs

- Play a major role in OCD



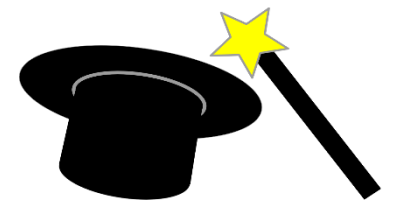
Fusion beliefs

- Play a major role in OCD
- Those affected are afraid that something bad might happen if...



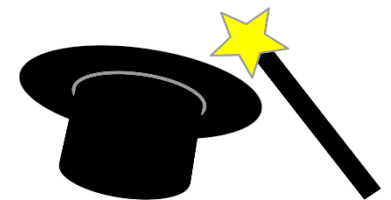
Fusion beliefs

- Play a major role in OCD
- Those affected are afraid that something bad might happen if...
 - ...they think certain thoughts



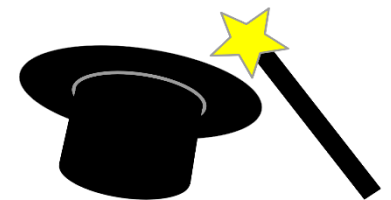
Fusion beliefs

- Play a major role in OCD
- Those affected are afraid that something bad might happen if...
 - ...they think certain thoughts
 - ...they fail to complete certain actions



Fusion beliefs

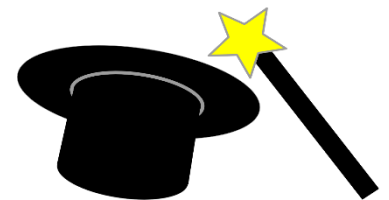
- Play a major role in OCD
- Those affected are afraid that something bad might happen if...
 - ...they think certain thoughts
 - ...they fail to complete certain actions
- Thus, they link thoughts or actions with the occurrence of an event at another location



Fusion beliefs

- Play a major role in OCD
- Those affected are afraid that something bad might happen if...
 - ...they think certain thoughts
 - ...they fail to complete certain actions
- Thus, they link thoughts or actions with the occurrence of an event at another location

Are you familiar with this?



Examples

If I have a "bad" thought while stepping through a doorway, something bad will happen to my mother.

Examples

If I have a "bad" thought while stepping through a doorway, something bad will happen to my mother.

If I don't clear my desk, I will fail my exam.

Examples

If I have a "bad" thought while stepping through a doorway, something bad will happen to my mother.

If I don't tap an object three times, bad things will happen.

If I don't clear my desk, I will fail my exam.

Examples

If I have a "bad" thought while stepping through a doorway, something bad will happen to my mother.

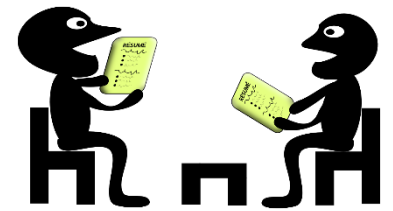
If I don't tap an object three times, bad things will happen.

If I have "bad" thoughts while my husband is at the doctor's, he will be diagnosed with a severe illness.

If I don't clear my desk, I will fail my exam.

Survey

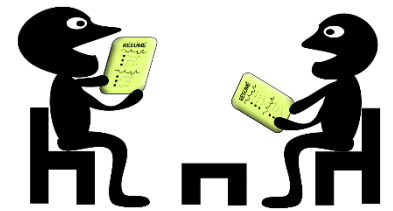
We asked 100 people without a mental disorder about fusion beliefs



Survey

We asked 100 people without a mental disorder about fusion beliefs

What do you think...



Survey

How many people agree with these statements?

Percent	
?	In order to find an inner peace, I perform certain rituals
?	When I walk on a paved path, I avoid stepping on the cracks
?	Sometimes I have the feeling that my favorite team would have won if I had watched the game in person

Survey

How many people agree with these statements?

Percent	
42 %	In order to find an inner peace, I perform certain rituals
?	When I walk on a paved path, I avoid stepping on the cracks
?	Sometimes I have the feeling that my favorite team would have won if I had watched the game in person

Survey

How many people agree with these statements?

Percent	
42 %	In order to find an inner peace, I perform certain rituals
29 %	When I walk on a paved path, I avoid stepping on the cracks
?	Sometimes I have the feeling that my favorite team would have won if I had watched the game in person

Survey

How many people agree with these statements?

Percent	
42 %	In order to find an inner peace, I perform certain rituals
29 %	When I walk on a paved path, I avoid stepping on the cracks
15 %	Sometimes I have the feeling that my favorite team would have won if I had watched the game in person

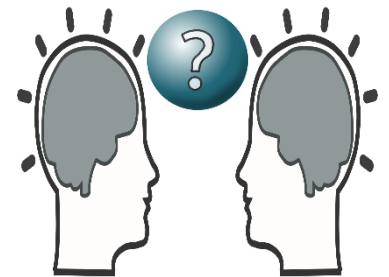
What is normal anyway?

What is the difference between fusion beliefs

What is normal anyway?

What is the difference between fusion beliefs

- **of a person with OCD**

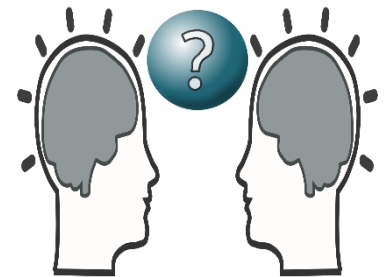


What is normal anyway?

What is the difference between fusion beliefs

- **of a person with OCD**

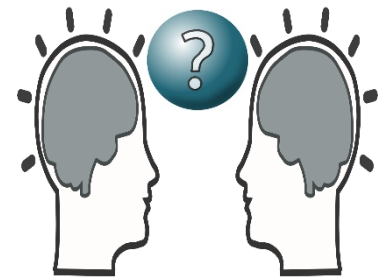
and fusion beliefs



What is normal anyway?

What is the difference between fusion beliefs

- **of a person with OCD**
and fusion beliefs
- **of a person without any mental disorder?**



Fusion beliefs in people without OCD

- Less attention to feared triggers

Fusion beliefs in people without OCD

- Less attention to feared triggers
 - E.g. not every black cat or every crack in the paved path is registered

Fusion beliefs in people without OCD

- Less attention to feared triggers
 - E.g. not every black cat or every crack in the paved path is registered
- No strong linkage with anxiety

Fusion beliefs in people without OCD

- Less attention to feared triggers
 - E.g. not every black cat or every crack in the paved path is registered
- No strong linkage with anxiety
- No urge to act even with intrusive thoughts

Fusion beliefs in people without OCD

- Less attention to feared triggers
 - E.g. not every black cat or every crack in the paved path is registered
- No strong linkage with anxiety
- No urge to act even with intrusive thoughts
- Thoughts are not "sticky" and can be moved on from quickly



Fusion beliefs and emotions

Fusion beliefs are often related to feelings of fear or guilt

Fusion beliefs and emotions

Fusion beliefs are often related to feelings of fear or guilt

- These emotions are unpleasant



Fusion beliefs and emotions

Fusion beliefs are often related to feelings of fear or guilt

- These emotions are unpleasant
- People with OCD try to reduce them, e.g. by performing compulsions



Fusion beliefs and emotions

Fusion beliefs are often related to feelings of fear or guilt

- These emotions are unpleasant
- People with OCD try to reduce them, e.g. by performing compulsions

Are you familiar with this?



Fusion beliefs and emotions

Fusion beliefs are often related to feelings of fear or guilt

- These emotions are unpleasant
- People with OCD try to reduce them, e.g. by performing compulsions

Are you familiar with this?

But are our feelings always reliable?



Feelings are not always reliable!

- Fear does not always indicate the presence of danger

Feelings are not always reliable!

- Fear does not always indicate the presence of danger
 - E.g. watching a scary movie



Feelings are not always reliable!

- Fear does not always indicate the presence of danger
 - E.g. watching a scary movie
- If you feel guilty, it does not always mean that you did something wrong or bad



Feelings are not always reliable!

- Fear does not always indicate the presence of danger
 - E.g. watching a scary movie
- If you feel guilty, it does not always mean that you did something wrong or bad
- If someone is annoyed, there isn't necessarily anyone who annoyed them



Feelings are not always reliable!

- Fear does not always indicate the presence of danger
 - E.g. watching a scary movie
- If you feel guilty, it does not always mean that you did something wrong or bad
- If someone is annoyed, there isn't necessarily anyone who annoyed them
- "I feel unsafe" is not the same as "The situation is dangerous"



Feelings are not always reliable!

- Fear does not always indicate the presence of danger
 - E.g. watching a scary movie
- If you feel guilty, it does not always mean that you did something wrong or bad
- If someone is annoyed, there isn't necessarily anyone who annoyed them
- "I feel unsafe" is not the same as "The situation is dangerous"

Can fusion beliefs or superstition be a good guide?



Feelings are not always reliable!

- Fear does not always indicate the presence of danger
 - E.g. watching a scary movie
- If you feel guilty, it does not always mean that you did something wrong or bad
- If someone is annoyed, there isn't necessarily anyone who annoyed them
- "I feel unsafe" is not the same as "The situation is dangerous"

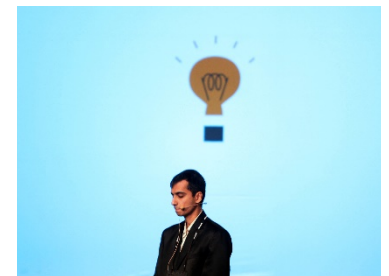
Can fusion beliefs or superstition be a good guide?

Let's try ...



Thought exercise

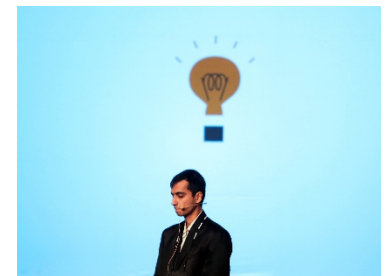
Imagine the following problem:



Thought exercise

Imagine the following problem:

You are in big financial trouble and ask two friends for advice



Thought exercise

"If you want to ask a bank for a loan, I can help you to gather as much information as possible beforehand in order to make the right choice. I'm happy to vouch for you."



Pragmatic
realist



Thought exercise

"If you want to ask a bank for a loan, I can help you to gather as much information as possible beforehand in order to make the right choice. I'm happy to vouch for you."



Pragmatic
realist

"If you want to ask a bank for a loan, you should definitely take a lucky charm with you. Also, I'll place my right hand on a 100-dollar bill five times and think of you. That should work."



Fusion
believer



Thought exercise

"If you want to ask a bank for a loan, I can help you to gather as much information as possible beforehand in order to make the right choice. I'm happy to vouch for you."

"If you want to ask a bank for a loan, you should definitely take a lucky charm with you. Also, I'll place my right hand on a 100-dollar bill five times and think of you. That should work."

Who would you rely on?



Thought exercise

"If you want to ask a bank for a loan, I can help you to gather as much information as possible beforehand in order to make the right choice. I'm happy to vouch for you."

"If you want to ask a bank for a loan, you should definitely take a lucky charm with you. Also, I'll place my right hand on a 100-dollar bill five times and think of you. That should work."

Who would you rely on?

What does this mean for fusion beliefs?



Can thoughts make things move?

Fusion beliefs can also manifest themselves as follows:

Can thoughts make things move?

Fusion beliefs can also manifest themselves as follows:

The mistaken belief that you can influence people or events by thinking about them is also characterized as fusion belief



Can thoughts make things move?

Fusion beliefs can also manifest themselves as follows:

The mistaken belief that you can influence people or events by thinking about them is also characterized as fusion belief

Are you familiar with this?



A distinction is made between

Thought-Action-Fusion: Thoughts influence actions or are equated with them.

- *If I think I could do harm to my children, I will! Thinking about harming someone is the same as harming them!*

A distinction is made between

Thought-Action-Fusion: Thoughts influence actions or are equated with them.

- *If I think I could do harm to my children, I will! Thinking about harming someone is the same as harming them!*

Thought-Object-Fusion: Thoughts can change objects.

- *If I have an offensive thought in worship, I am desecrating the church!*

A distinction is made between

Thought-Action-Fusion: Thoughts influence actions or are equated with them.

- *If I think I could do harm to my children, I will! Thinking about harming someone is the same as harming them!*

Thought-Object-Fusion: Thoughts can change objects.

- *If I have an offensive thought in worship, I am desecrating the church!*

Thought-Event-Fusion: Thoughts influence events.

- *If I have a bad thought, I can cause an accident.*

A distinction is made between

Thought-Action-Fusion: Thoughts influence actions or are equated with them.

- *If I think I can harm someone, I will!* Thinking about harming someone!

Thought-Object: Thoughts are directed at objects.

- *If I have an idea of desecrating the church!*

Thought-Event: Thoughts are directed at events.

- *If I have a bad thought, I can cause an accident.*

But is that even possible?

Let's give it a try!

Exercise

1. Please think of a movement that you would like one of the other group members to perform

Exercise

1. Please think of a movement that you would like one of the other group members to perform
2. Select another group member in your mind

Exercise

1. Please think of a movement that you would like one of the other group members to perform
2. Select another group member in your mind
3. Try to get the person to make the move only through your thoughts

Exercise

1. Please think of a movement that you would like one of the other group members to perform
2. Select another group member in your mind
3. Try to get the person to make the move only through your thoughts

Did it work?

Aggressive obsessions

Do you know of any examples of aggressive obsessions?

Aggressive obsessions

Do you know of any examples of aggressive obsessions?

- *"I could stab my partner with a kitchen knife"*

Aggressive obsessions

Do you know of any examples of aggressive obsessions?

- *"I could stab my partner with a kitchen knife"*
- *"I could push someone onto the road"*

Aggressive obsessions

Do you know of any examples of aggressive obsessions?

- *"I could stab my partner with a kitchen knife"*
- *"I could push someone onto the road"*
- *"I could touch a child inappropriately"*

Aggressive obsessions

Do you know of any examples of aggressive obsessions?

- *"I could stab my partner with a kitchen knife"*
- *"I could push someone onto the road"*
- *"I could touch a child inappropriately"*
- *"I could run someone over with my car!"*

Thoughts = Actions?

Do aggressive obsessions lead to aggressive actions?

Thoughts = Actions?

Do aggressive obsessions lead to aggressive actions?

No! Aggressive actions do not necessarily follow aggressive obsessions!

Thoughts = Actions?

Do aggressive obsessions lead to aggressive actions?

No! Aggressive actions do not necessarily follow aggressive obsessions!

- When driving a car, sometimes people think:
"If I steer into oncoming traffic right now, I would create a bad accident."



Thoughts = Actions?

Do aggressive obsessions lead to aggressive actions?

No! Aggressive actions do not necessarily follow aggressive obsessions!

- When driving a car, sometimes people think:
"If I steer into oncoming traffic right now, I would create a bad accident."
- Very few put this into action



Thoughts = Actions?

Do aggressive obsessions lead to aggressive actions?

No! Aggressive actions do not necessarily follow aggressive obsessions!

- When driving a car, sometimes people think:
"If I steer into oncoming traffic right now, I would create a bad accident."
- Very few put this into action
- The media frequently confronts us with disturbing pictures



Thoughts = Actions?

Do aggressive obsessions lead to aggressive actions?

No! Aggressive actions do not necessarily follow aggressive obsessions!

- When driving a car, sometimes people think:
"If I steer into oncoming traffic right now, I would create a bad accident."
- Very few put this into action
- The media frequently confronts us with disturbing pictures
 - Mental images or thoughts do not necessarily signal true intent ↔ It only reflects their processing



Thoughts = Actions?

- Some authors create brutal scenes in their minds and write them down in their novels



Thoughts = Actions?

- Some authors create brutal scenes in their minds and write them down in their novels

Do they commit murders more often than other people because of it?



Thoughts = Actions?

- Some authors create brutal scenes in their minds and write them down in their novels

Do they commit murders more often than other people because of it?

So why do we have mental images and thoughts that we don't want to have? Why do images flare up in our minds that we don't want to have?



Thoughts = Actions?

- Some authors create brutal scenes in their minds and write them down in their novels

Do they commit murders more often than other people because of it?

So why do we have mental images and thoughts that we don't want to have? Why do images flare up in our minds that we don't want to have?

- Fully controlling one's thoughts is not possible and suppression of thoughts intensifies the suppressed thought (see module 5)



Thoughts = Actions?

- Some authors create brutal scenes in their minds and write them down in their novels

Do they commit murders more often than other people because of it?

So why do we have mental images and thoughts that we don't want to have? Why do images flare up in our minds that we don't want to have?

- Fully controlling one's thoughts is not possible and suppression of thoughts intensifies the suppressed thought (see module 5)
- Our cognitions (thoughts) are associatively linked together, so that having one thought may activate other related thoughts (see module 8)

Thoughts = Actions?

- Some authors create brutal scenes in their minds and write them down in their novels



Thoughts = Actions?

- Some authors create brutal scenes in their minds and write them down in their novels

Do they commit murders more often than other people because of it?

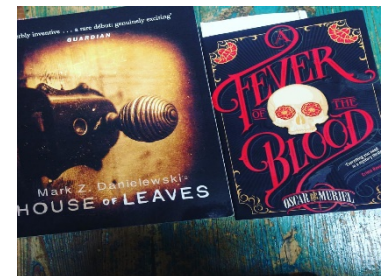


Thoughts = Actions?

- Some authors create brutal scenes in their minds and write them down in their novels

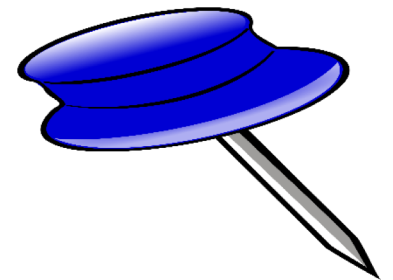
Do they commit murders more often than other people because of it?

→ No!



What can you do?

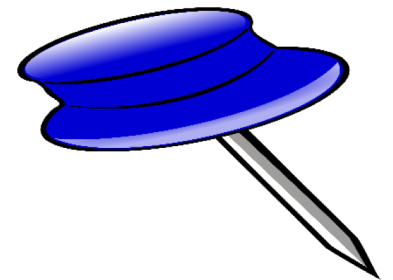
It is important to remember:



What can you do?

It is important to remember:

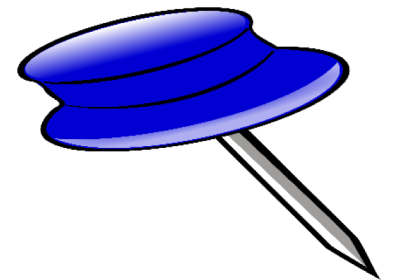
- There is **no** connection between my thoughts and unrelated events



What can you do?

It is important to remember:

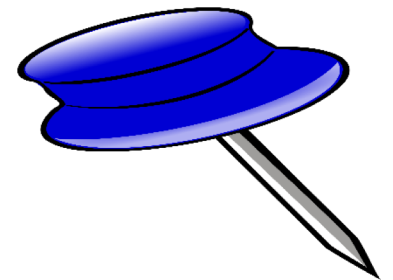
- There is **no** connection between my thoughts and unrelated events
- *"I know that these are fusion beliefs: it's a symptom of OCD!"*



What can you do?

It is important to remember:

- There is **no** connection between my thoughts and unrelated events
- *"I know that these are fusion beliefs: it's a symptom of OCD!"*
- *"As hard as I try, I **cannot** completely influence **unrelated** situations through my thoughts and actions."*



...Disenchanted thoughts

...Disenchanted thoughts

- Many people with OCD actually know that their obsessions and compulsions cannot have a magical influence on external events

...Disenchanted thoughts

- Many people with OCD actually know that their obsessions and compulsions cannot have a magical influence on external events
- But often a certain doubt remains

...Disenchanted thoughts

- Many people with OCD actually know that their obsessions and compulsions cannot have a magical influence on external events
- But often a certain doubt remains
- OCD is sometimes a master of illusion, but not a fortune teller!



Distancing strategy

What can you do as soon as a fusion belief or an "aggressive" obsession arises?

Distancing strategy

What can you do as soon as a fusion belief or an "aggressive" obsession arises?

- Recognize the thought and label it as a thought (vs. reality or truth)

Supplement: Self-worth

Self-worth: What is it?

- The value that a person attaches to themselves

Self-worth: What is it?

- The value that a person attaches to themselves
- Subjective appraisal of one's self

Self-worth: What is it?

- The value that a person attaches to themselves
- Subjective appraisal of one's self
- It is not about how others think of you; rather, it is about how you think of yourself

Consequences of low self-worth

- People with OCD often suffer from low self-worth because they often think that "something is wrong" with them, they are "going crazy", which leads to self-stigmatization

Consequences of low self-worth

- People with OCD often suffer from low self-worth because they often think that "something is wrong" with them, they are "going crazy", which leads to self-stigmatization
- Low self-worth can lead to psychological problems such as:

Consequences of low self-worth

- People with OCD often suffer from low self-worth because they often think that "something is wrong" with them, they are "going crazy", which leads to self-stigmatization
- Low self-worth can lead to psychological problems such as:
 - Insecurity, being overly inhibited

Consequences of low self-worth

- People with OCD often suffer from low self-worth because they often think that "something is wrong" with them, they are "going crazy", which leads to self-stigmatization
- Low self-worth can lead to psychological problems such as:
 - Insecurity, being overly inhibited
 - Anxiety

Consequences of low self-worth

- People with OCD often suffer from low self-worth because they often think that "something is wrong" with them, they are "going crazy", which leads to self-stigmatization
- Low self-worth can lead to psychological problems such as:
 - Insecurity, being overly inhibited
 - Anxiety
 - Depressive symptoms

Consequences of low self-worth

- People with OCD often suffer from low self-worth because they often think that "something is wrong" with them, they are "going crazy", which leads to self-stigmatization
- Low self-worth can lead to psychological problems such as:
 - Insecurity, being overly inhibited
 - Anxiety
 - Depressive symptoms
 - Loneliness

Sources of self-worth

- Self-worth is not constant, rather it can vary across different activities (see picture of shelf below)



Sources of self-worth

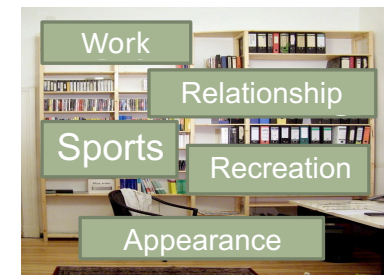
- Self-worth is not constant, rather it can vary across different activities (see picture of shelf below)
- The crucial point is whether we pay attention to only our weaknesses ("empty shelves") or also our strengths and abilities ("full shelves")



Sources of self-worth

- Self-worth is not constant, rather it can vary across different activities (see picture of shelf below)
- The crucial point is whether we pay attention to only our weaknesses ("empty shelves") or also our strengths and abilities ("full shelves")

What shelf have you not looked in for a long time?



Sources of self-worth

- Self-worth is not constant, rather it can vary across different activities (see picture of shelf below)
- The crucial point is whether we pay attention to only our weaknesses ("empty shelves") or also our strengths and abilities ("full shelves")

What shelf have you not looked in for a long time?

What hidden treasures can you discover there?



Remembering your strengths

- Ask your friends or family what your strengths are and what they appreciate you for

Remembering your strengths

- Ask your friends or family what your strengths are and what they appreciate you for
- Think of concrete situations in which you did something well and perhaps received compliments for it – these can also be small things

Remembering your strengths

- Ask your friends or family what your strengths are and what they appreciate you for
- Think of concrete situations in which you did something well and perhaps received compliments for it – these can also be small things

What do you like about yourself?

Remembering your strengths

- Ask your friends or family what your strengths are and what they appreciate you for
- Think of concrete situations in which you did something well and perhaps received compliments for it – these can also be small things

What do you like about yourself?

What are you good at?

Remembering your strengths

- Ask your friends or family what your strengths are and what they appreciate you for
- Think of concrete situations in which you did something well and perhaps received compliments for it – these can also be small things

What do you like about yourself?

What are you good at?

Think of a strength!

Learning Objectives

- Identify fusion beliefs as an OCD symptom!

Learning Objectives

- Identify fusion beliefs as an OCD symptom!
- You cannot influence unrelated situations or objects with your thoughts or actions. Try it out!

Learning Objectives

- Identify fusion beliefs as an OCD symptom!
- You cannot influence unrelated situations or objects with your thoughts or actions. Try it out!
- Aggressive obsessions do not necessarily lead to aggressive actions

Learning Objectives

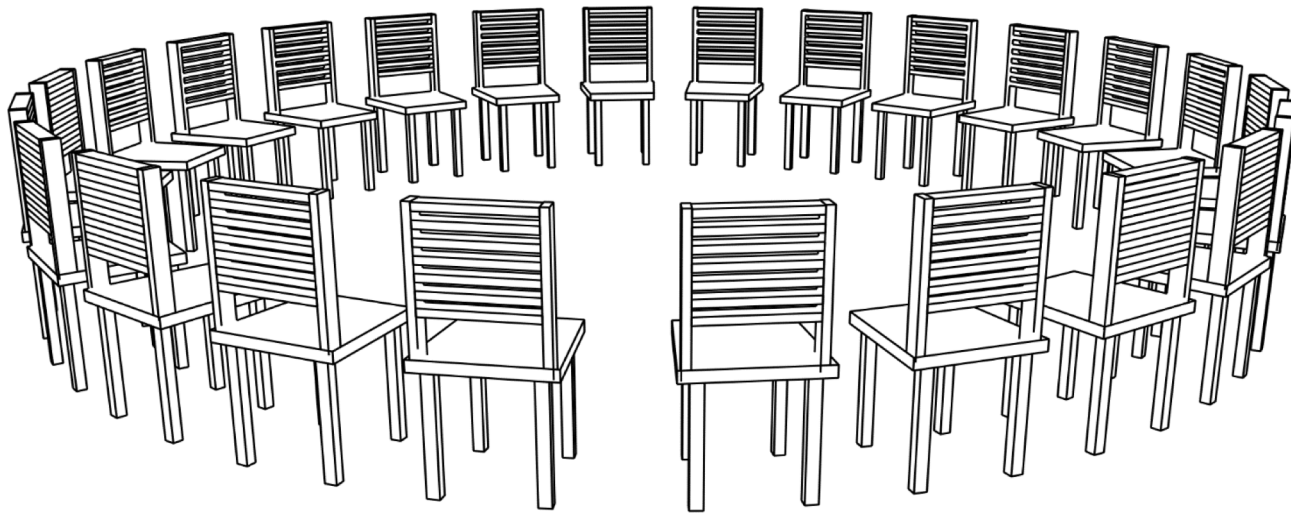
- Identify fusion beliefs as an OCD symptom!
- You cannot influence unrelated situations or objects with your thoughts or actions. Try it out!
- Aggressive obsessions do not necessarily lead to aggressive actions
- To boost your self-worth, it helps to focus on your strengths – the fuller parts on the shelf

Learning Objectives

- Identify fusion beliefs as an OCD symptom!
- You cannot influence unrelated situations or objects with your thoughts or actions. Try it out!
- Aggressive obsessions do not necessarily lead to aggressive actions
- To boost your self-worth, it helps to focus on your strengths – the fuller parts on the shelf
 - For example, ask your friends or family what your strengths are and what they appreciate you for

Closing round

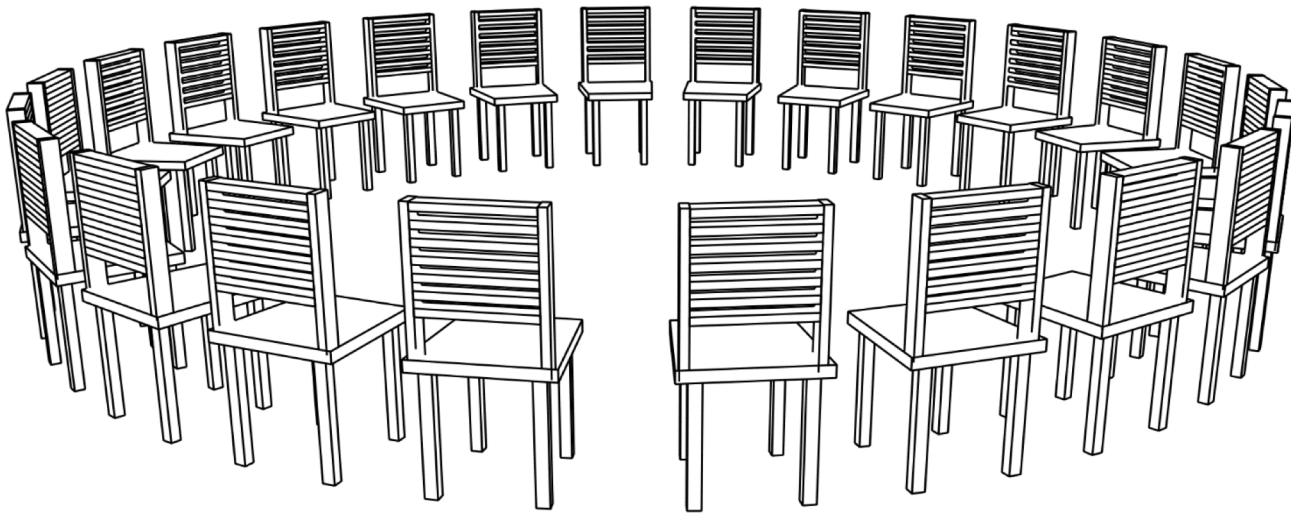
What have I learned today?

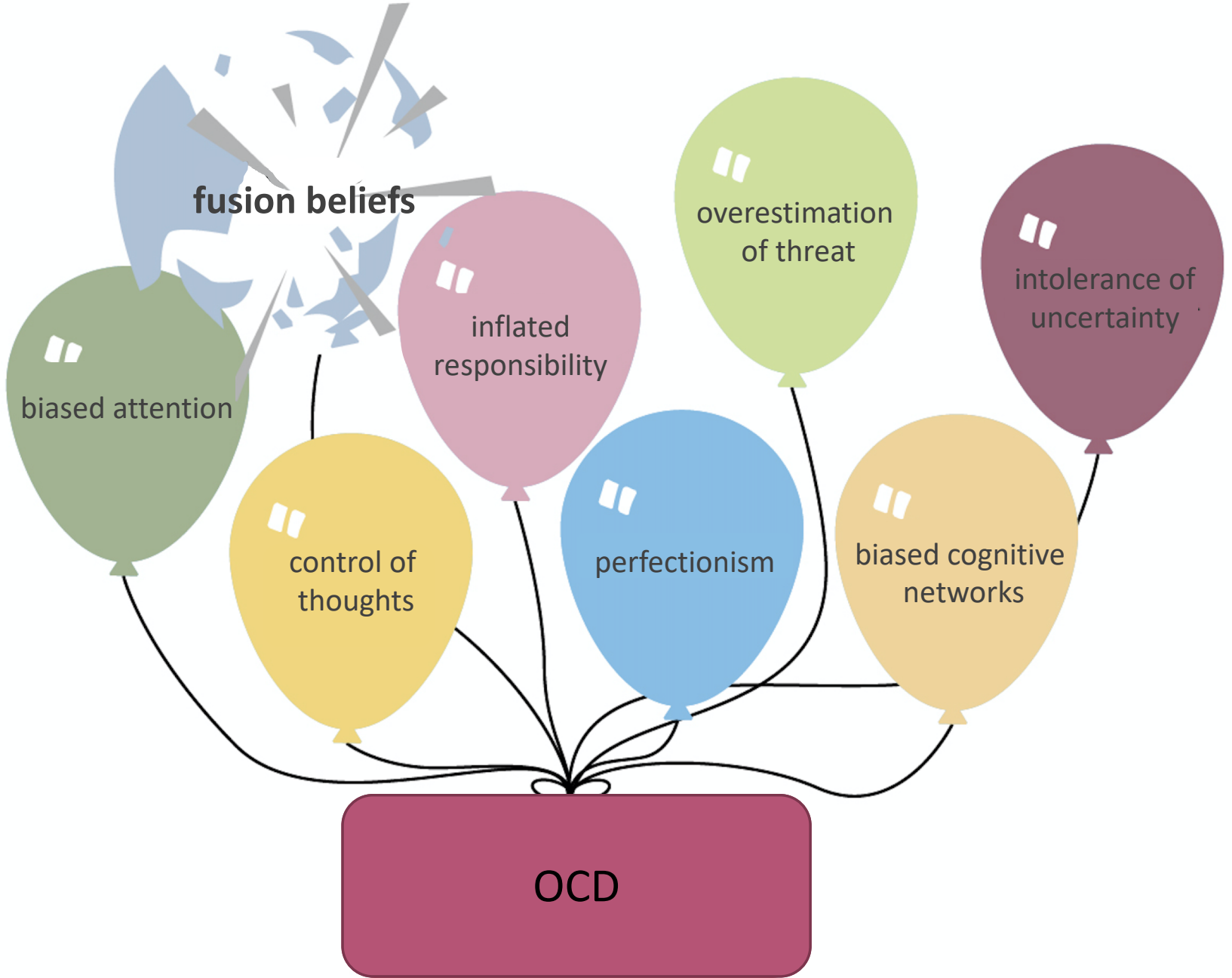


Closing round

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 4: FUSION BELIEFS

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
ptitnauge	Openclipart	Magic wand and hat – chapeau et baguette magique	CC	Zauberhut
mazeo	Openclipart	Job Interview	CC	Unterhaltung
benoit Petit	Openclipart	Brain activity - Métacognition	CC	Kopf

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
isahia658	Openclipart	QuestionMark Icon	CC	Fragezeichen
Fitz Crittle Photography	Flickr	the sunrise drew them in	PP	Ballons
Arvin61r58	Openclipart	Frown Smiley	CC	Trauriger Smiley
Bodle Strain	flickr	-	PP	Mann am Zaun

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
ImagineCup	flickr	Imagine Cup 2012 - Day 4 Finalist Presentations	PP	Denken
Dominiquechappard	openclipart	AI Happy	CC	Strichmännchen 1
Images Money	flickr	Pile of Euro Notes	PP	Euronoten
nicubunu	openclipart	Stick figure : male	CC	Strichmännchen 2

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	Headeache Lady	CC	Kopfschmerz/ Konzentration
netalljoy	openclipart	classic car	CC	Auto
Lousie McLaren	flickr	Currently reading...	PP	Bücher
nicubunu	openclipart	pin	CC	Pin

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 ask 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
Marco Verch	flickr	Crystal Ball and hand	PP	Glaskugel
photofree.ga	openclipart	Circle of Chairs 2 nd perspective	CC	Stuhlkreis
Steve Wilson	flickr	Neues Regal	CC	Bücherregal