

Welcome to MCT-OCD

METACOGNITIVE TRAINING FOR OBSESSIVE-COMPULSIVE DISORDER

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What does "metacognition" mean?

???

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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

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



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- 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

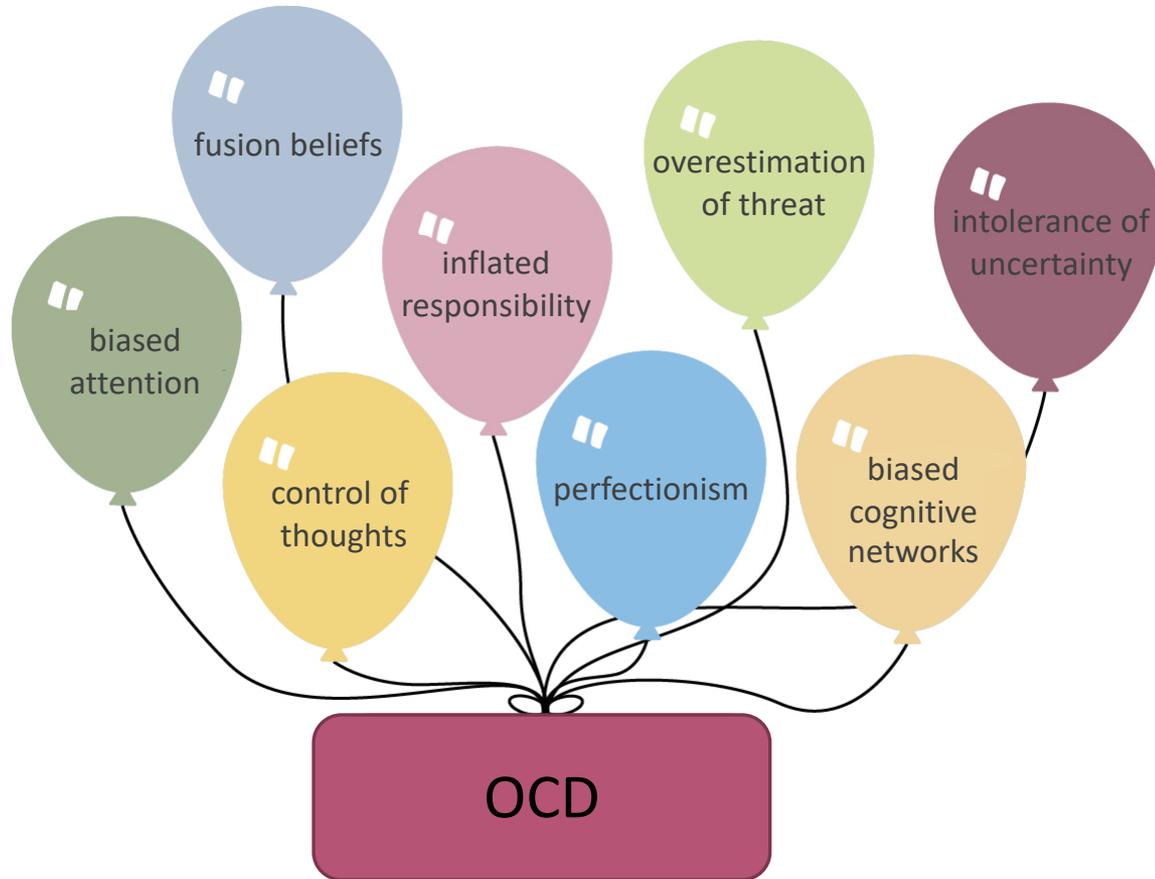
What homework
did you do?

Where did
problems occur?

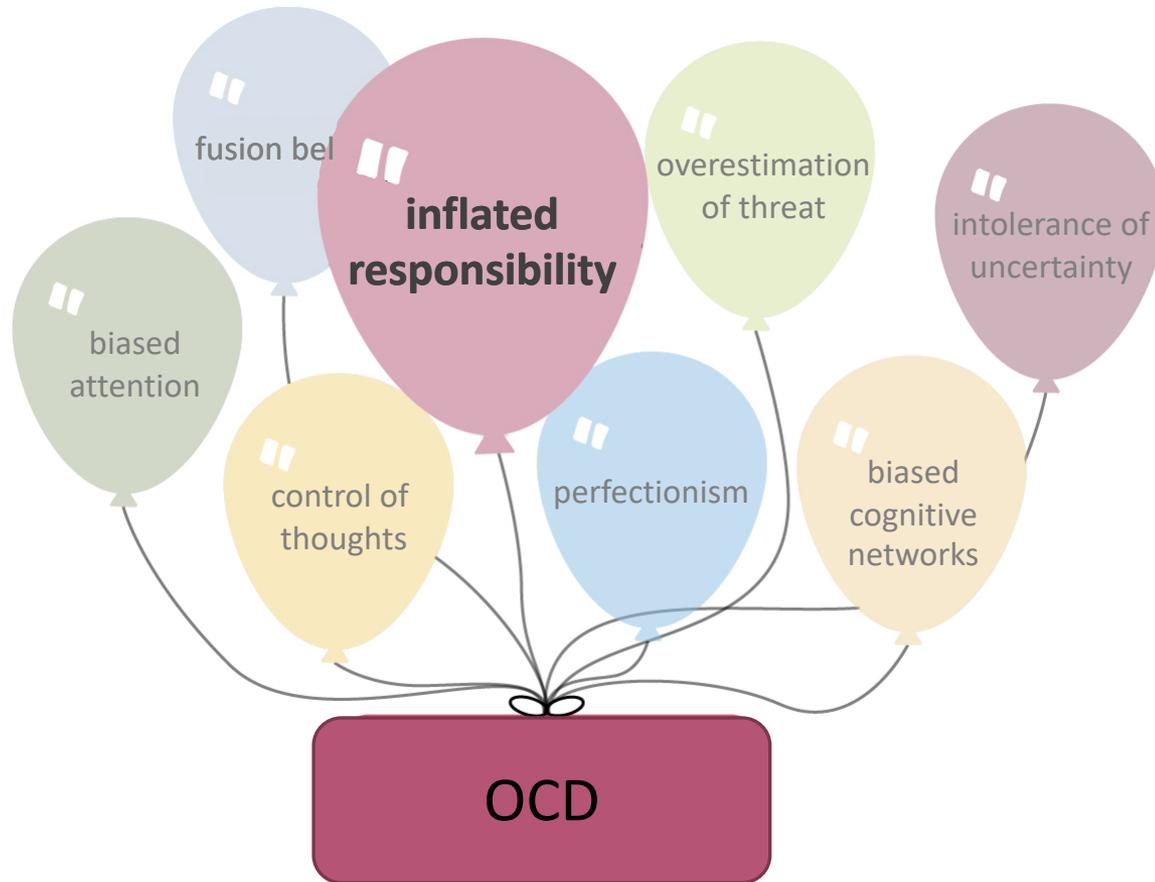
What worked
very well?



Cognitive biases in OCD



Module 7: inflated responsibility



Inflated responsibility

In many people with OCD, the sense of responsibility is significantly inflated.



Inflated responsibility

In many people with OCD, the sense of responsibility is significantly inflated.

Do you know the feeling of quickly feeling responsible and guilty for everything?



Inflated responsibility

- Inappropriately taking responsibility for negative events beyond one's own influence

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Can you think of any examples of your own?

Examples

- The child fell down while playing and scraped his knee

"This is all my fault, I should have been more careful not to let them fall down"

Examples

- The child fell down while playing and scraped his knee
- The husband comes home early with a severe cold

"This is all my fault, I should have been more careful not to let them fall down"

"Oh no, I should have taken better care to make sure everything was nice and germ-free, he probably caught it from me"

Examples

- The child fell down while playing and scraped his knee
- The husband comes home early with a severe cold
- A pedestrian slips next to you in the snow slush and breaks a leg

"This is all my fault, I should have been more careful not to let them fall down"

"Oh no, I should have taken better care to make sure everything was nice and germ-free, he probably caught it from me"

"I should have paid more attention and caught him"

Double standards

- People with OCD often have "**double standards**":



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 - They often hold themselves to higher moral standards than others



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 - ...her child fell down?
 - ...her husband has a cold?



Double standards – why?

- Critically question your standards of evaluation: Does the same apply to others as to yourself?



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- If not, why do you, of all people, need to be judged particularly harshly?



Double standards – why?

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- If not, why do you, of all people, need to be judged particularly harshly?
- Why do you have more responsibility than others?



Exercise: Change in perspective

Imagine your car is broken into and the radio is stolen



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When you have an inflated sense of responsibility, what goes through your mind?



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When you have an inflated sense of responsibility, what goes through your mind?

Now imagine that a good friend tells you that his car has been broken into and the radio was stolen



Exercise: Change in perspective

Imagine your car is broken into and the radio is stolen

When you have an inflated sense of responsibility, what goes through your mind?

Now imagine that a good friend tells you that his car has been broken into and the radio was stolen

What do you tell him?



Be a friend for yourself

How harsh would you be to yourself?

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How harsh would you be to yourself?

What advice would you give to a friend in a similar situation?

Be a friend for yourself

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What advice would you give to a friend in a similar situation?

- You would probably comfort him

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- You would probably comfort him
- Explain reasons for why he is not responsible for the incident

Be a friend for yourself

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What advice would you give to a friend in a similar situation?

- You would probably comfort him
- Explain reasons for why he is not responsible for the incident
- Tell him that mistakes or mishaps are often forgivable

Be a friend for yourself

How harsh would you be to yourself?

What advice would you give to a friend in a similar situation?

- You would probably comfort him
- Explain reasons for why he is not responsible for the incident
- Tell him that mistakes or mishaps are often forgivable
- **Try saying to yourself what you would tell a good friend in a similar situation**

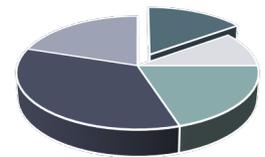


Attribution

- Events rarely have only one cause

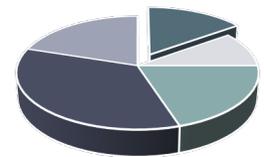
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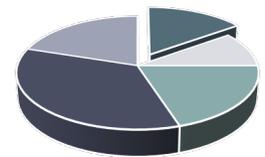
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What do you think are the possible causes of the following situation?



Example: Wait staff

You have been working as a server in a restaurant since May and you lose your job in October



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... myself?



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... **myself?**

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... myself?

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- I miscalculated the bill once
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- The boss's son wants a job, and I was unlucky to have been chosen to be let go
- Colleague is a single parent and needs the job more urgently

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... unexpected external circumstances or coincidences?

- End of temp position
- I have been the last one being hired so I might be the first who needs to leave

Causes ...

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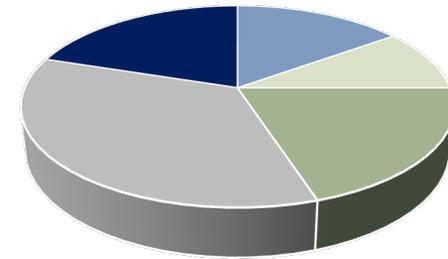
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- Myself
- Colleague is a single parent
- Son of boss seeks job
- End of temp position
- Last one being hired

What does this have to do with OCD?

- People with an inflated sense of responsibility

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- People with an inflated sense of responsibility
 - Look for the causes predominantly within themselves

What does this have to do with OCD?

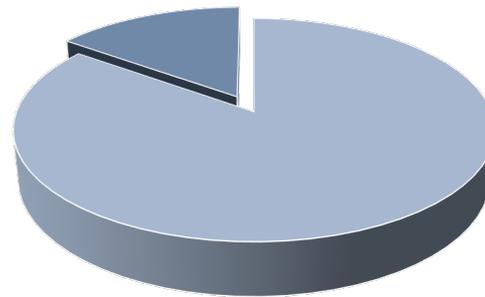
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 - Ruminates about their own (alleged) misconduct

What does this have to do with OCD?

- People with an inflated sense of responsibility
 - Look for the causes predominantly within themselves
 - Stuck on these causes and excludes other possible causes
 - Ruminates about their own (alleged) misconduct
 - Are unable to consider additional causes



■ Myself ■ Other causes

Multiple causes = less responsibility

- Consciously take a different approach. Using a pie chart, consider:

Multiple causes = less responsibility

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 - How much is due to other possible causes, such as other people, external situations, or chance?

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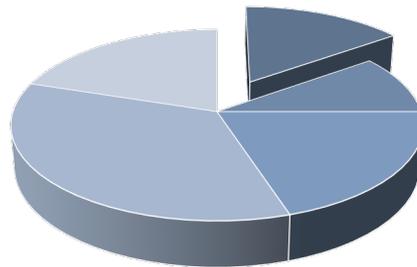
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■ Myself ■ Others 1 ■ Others 2 ■ Situation 1 ■ Situation 2

Multiple causes = less responsibility

Always consider a more balanced explanation that involves *multiple* possible causes (others, circumstances, chance, self, etc.). Example wait staff job:



Multiple causes = less responsibility

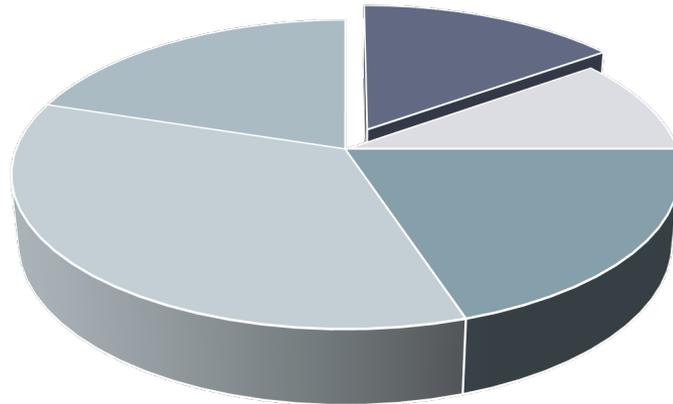
Always consider a more balanced explanation that involves *multiple* possible causes (others, circumstances, chance, self, etc.). Example wait staff job:

"It was stressful during peak dining hours and we were short staffed for the number of tables. That overwhelmed me as a new employee, so I sometimes miscalculated or dropped something. When the season ended, the boss had to lay people off and I was the last one hired. Also, the boss' son is looking for a job. Laying off my co-worker would have been even more of a bummer because she's a single mom."



Exercise: shared responsibility

Can you think of a personal example where you found it difficult to see the different shares of responsibility?



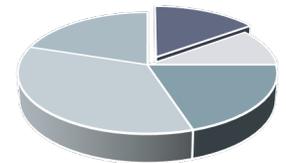
Exercise: shared responsibility

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When you think about it, what causes can you think of that are responsible for your friend's misfortune?

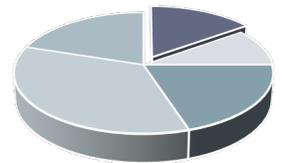


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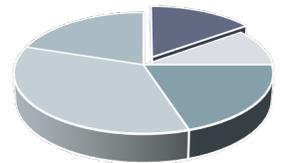
Remember to take into account others, the situation and chance



Exercise: shared responsibility

Causes for your friend to vomit?

... other people?

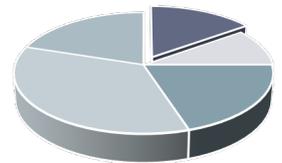


Exercise: shared responsibility

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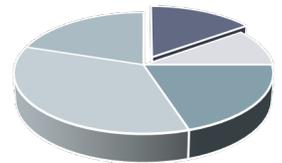
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Exercise: shared responsibility

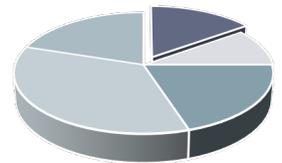
Causes for your friend to vomit?

... other people?

... unexpected external circumstances or coincidences?

... myself?

What could be a balanced explanation for the example here?



Example: Balanced explanation

"It was my idea to go to this restaurant, but I have been there many times before and nothing has ever happened. My friend was okay with it, neither he nor I could have known that there was something wrong with the food. If the lunch really was the trigger, then the restaurant bears most of the responsibility. However, it is also possible that he got a virus that was not related to the food at all. He may have also eaten something else in the evening that could have caused the nausea."

Consequences of one-sided explanations

What are the negative consequences of one-sided or biased explanations for negative events?

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 - ... sometimes to lower self-worth in the long term (see Module 4 for a supplement on self-worth)

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- In addition, one-sided explanations often do not reflect the complexity of individual situations

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- One-sided explanations, especially when they relate to oneself, lead ...
 - ... to bad mood in the short term
 - ... sometimes to lower self-worth in the long term (see Module 4 for a supplement on self-worth)
- In addition, one-sided explanations often do not reflect the complexity of individual situations
 - Usually there is rarely only one explanation for the outcome of a situation

Accurate responsibility

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 - But to do so accurately and fairly
- Those who attribute too much responsibility to themselves become anxious, overcautious and begin to avoid situations
 - This contributes to OCD symptoms
- In many cases it can also be related to fusion beliefs (see Module 4)

Accurate responsibility

- When you notice yourself becoming overcautious, feeling excessively or inappropriately guilty, or overblaming yourself:

Accurate responsibility

- When you notice yourself becoming overcautious, feeling excessively or inappropriately guilty, or overblaming yourself:
 - Reconsider whether you are engaging in an inflated sense of responsibility and correct accordingly

Accurate responsibility

- When you notice yourself becoming overcautious, feeling excessively or inappropriately guilty, or overblaming yourself:
 - Reconsider whether you are engaging in an inflated sense of responsibility and correct accordingly
- Learn to delegate responsibility and do not absorb others' share of responsibility

Learning Objectives

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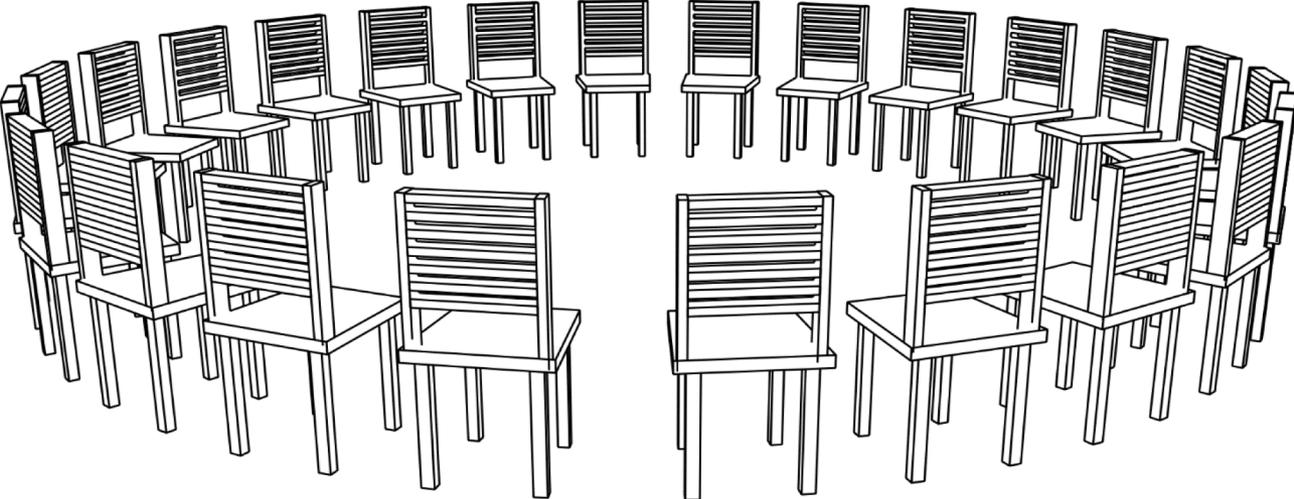
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- What would you say to a friend? Don't be stricter with yourself than with others!

Learning Objectives

- Many people with OCD overestimate their own responsibility for events
- Usually several factors are involved in the occurrence of events or situations
- Always consider the influence of as many factors involved as possible (others, situations/chance, yourself)
- What would you say to a friend? Don't be stricter with yourself than with others!
- Don't take responsibility away from others, but let them experience it for themselves (e.g., trust children to do something)

Closing round

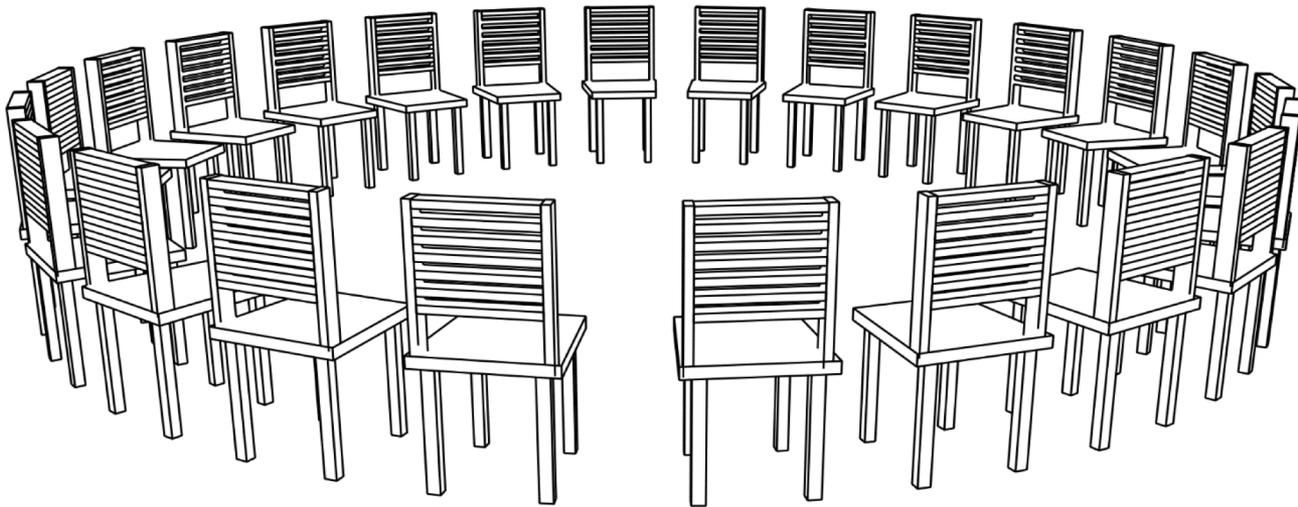
What have I learned today?

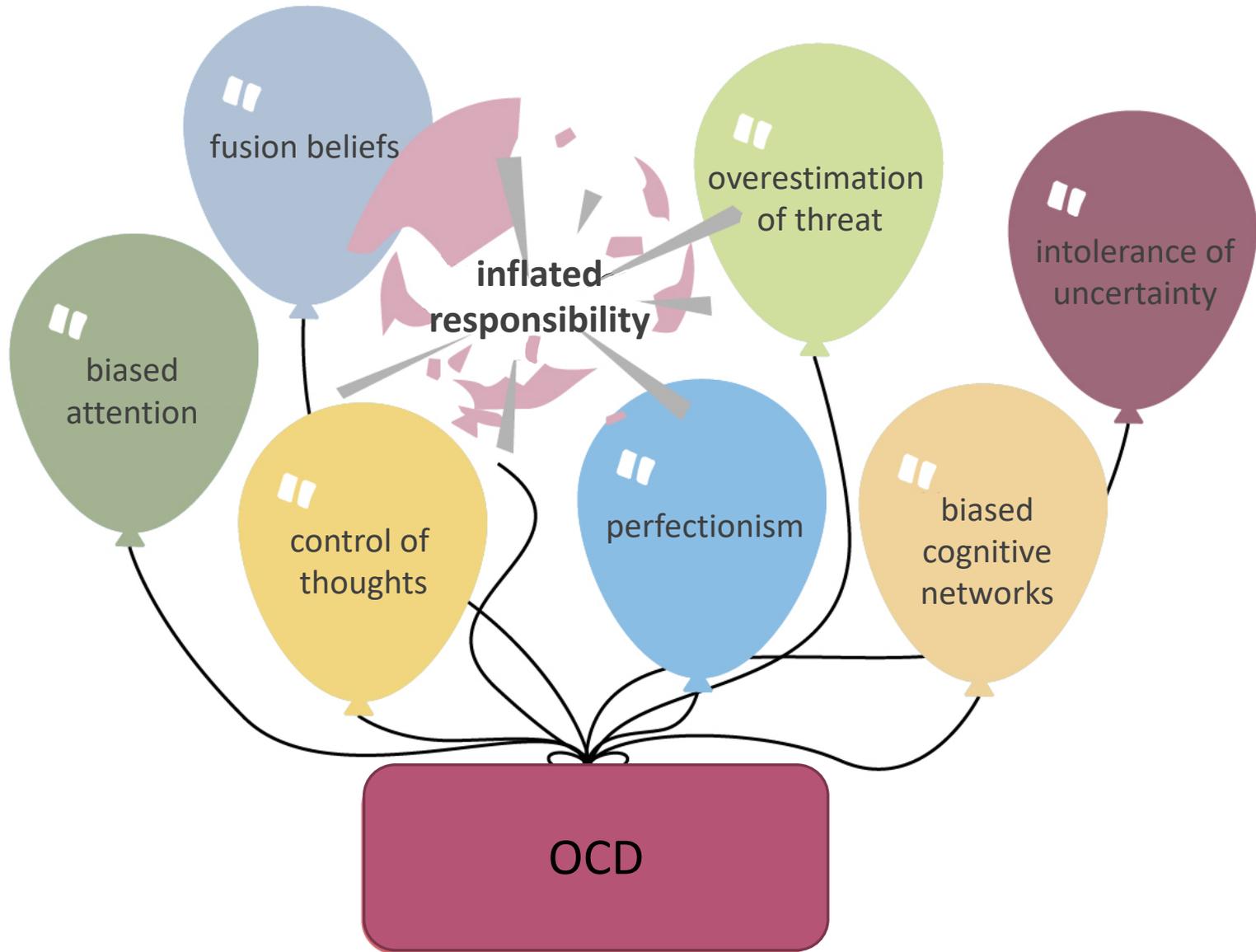


Closing round

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 7: INFLATED RESPONSIBILITY

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| TheDigitalWay | pixabay | Auto | CC | Auto |
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