

Hello,

Below you will find information about Metacognitive Training for Psychosis (MCT), which is recommended in several guidelines for the treatment of psychosis. This treatment is designed for all patients who are experiencing psychosis or psychotic symptoms.



What does MCT mean?

- MCT stands for metacognitive training.
- Meta is the Greek word for over or beyond; cognition is the Latin word for thinking. Put together, the word metacognition means “thinking about thinking.”
- MCT takes a bird’s-eye view on our thinking.

What is the program about?

- In ten group sessions, various unhelpful thinking styles (e.g., jumping to conclusions) are addressed in a playful way. These thinking styles can promote interpersonal conflict as well as psychological crises and psychotic symptoms.
- The aim of MCT is to raise awareness of these thinking styles and change them to increase well-being and prevent new crises.
- Improving mood and self-esteem is also addressed in some of the modules.

Will it actually help me?

- MCT has proven effective in reducing psychotic symptoms in over 40 studies.
- MCT is recommended by the German Societies of Psychology and Psychiatry as well as in other guidelines for the treatment of psychosis.

If you are interested in participating in an MCT group, please speak to your doctor or therapist!