

Overview of MCT modules

Hello,

Here you will find a summary of the contents of the ten modules of Metacognitive Training for Psychosis (MCT). This will give you an initial overview of MCT and help you recall what you have already learned about it.



Module 1: Attribution style

This module is about how people explain their successes and failures in everyday situations. We often only blame a single cause for events in our lives—for example, other people or ourselves. In this module, we learn to consider several possibilities.

Module 2: Jumping to conclusions I

This module is about how we sometimes jump to conclusions without first gathering sufficient information. In this module, we learn to consider all the available information before we form a judgment.

Module 3: Flexibility

This module is about how difficult it can be to rethink and change an initial assessment. We learn how to be better at taking contradictory information into account and how to remain flexible in our thinking.

Module 4: Empathy I

This module is about improving our understanding of the actions of others. We are shown how to recognize emotions and learn that facial expressions alone are often not enough to make reliable judgments.

Module 5: Memory

This module is about how our memory can play tricks on us without us realizing it. We learn to critically examine our memories and not to blindly trust that they are accurate.

The remaining modules are on the next page.

Overview of MCT modules

Module 6: Empathy II

This module is about how we can put ourselves in other people's shoes and understand their perspective. We learn how to deal with uncertainties and not to draw firm conclusions too quickly, especially when important information is missing.

Module 7: Jumping to conclusions II

This module is about how we are sometimes too quick to believe in hypotheses and jump to conclusions. We learn to consider all the evidence, not just particular pieces of information.

Module 8: Mood

This module is about how negative thoughts can have an unfavorable effect on mood. We learn to recognize one-sided depressive evaluations and develop strategies to lift our mood.

Module 9: Self-esteem

This module is about how we can strengthen our self-esteem. We learn to develop realistic perspectives to improve our self-image and increase our emotional well-being.

Module 10: Dealing with prejudice (stigma)

This module is about how prejudice and stigma can affect our lives. We learn that many prejudices against people with psychosis are unjustified and how we can best counter them.

You can find more detailed summaries of the individual modules and tasks you can transfer into everyday life in the MCT homework sheets. Please also use the free MCT app called COGITO: www.uke.de/cogito_app. If you have any questions, please contact the MCT trainers or your attending doctors or hospital staff.