

Metacognitive Therapy



THERAPY UNIT 2: INTRODUCTION TO THE METACOGNITIVE THERAPY PROGRAM (MCT+)

What is the Metacognitive Therapy Program?

- Meta = about
 - Cognition = thinking
- } “thinking about thinking”

In the Metacognitive Therapy Program cognitive errors are discussed that may contribute to the development of psychosis.

In several exercises, different strategies are used to alter these cognitive errors in order to prevent the reoccurrence of psychotic episodes.

Therapy Units of the MCT+



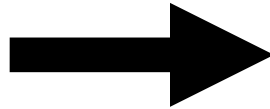
Contents that are relevant for you can be picked from the different therapy units. Which ones would you like to choose?






The yellow and the red card

When you feel insulted or threatened:

Please ask yourself the 3 questions on the yellow card




Metacognitive Training (MCT): **3 questions**
...if you feel insulted, threatened or put down...?









	1. What is the evidence? How do I know this? Real evidence, hearsay, speculation? Do I know the whole truth?
	2. Alternative views? Would people who I trust interpret the situation differently? Am I jumping to conclusions? Am I evaluating the situation fairly & objectively?
	3. Even if it's like that...am I over-reacting? Am I reacting appropriately? Will I spoil anything for the future if I over-react? Think first – then act!

When you are in a crisis, turn to _____

Please insert names on the card!



 Crisis – to whom can I turn?

Friends/relatives	 
my therapist/physician	 
Telephone counselling	 
Institutions that I trust	 

Problems/Goals

Which symptoms/problems are you currently experiencing and how much do they bother you?

Therapy Unit 2: Introduction to the Metacognitive Therapy Program

Worksheet 2.1. Problems: Please mark which of the following problems you are experiencing at the moment and how much they bother you. You can also mark how much you used to be bothered by a symptom/problem in the past.

Symptom/Problem	Degree of despair (0-100%)	
	now	formerly
<input type="checkbox"/> hearing voices or having other sensations (e.g. smells) that are not perceived by other people		
<input type="checkbox"/> feelings of being persecuted		

Which goals do you want to achieve in the therapy?

Therapy Unit 2: Introduction to the Metacognitive Therapy Program

Worksheet 2.2. Goals: Which goals would you like to achieve during the therapy?

Goal	How could you see that the goal has been achieved?
1.	

Therapy Unit 2: Introduction to the Metacognitive Therapy Program

Worksheet 2.3. Information about the Metacognitive Therapy Program

What is metacognition?

Meta = about
Cognition = thinking } = "thinking about thinking"

In the MCT+ cognitive errors are discussed that may contribute to the development of psychosis. Here you will get to know different strategies to identify and "defuse" these mind traps in order to prevent the reoccurrence of psychotic episodes.

The yellow and the red card

You can use the yellow card in situations in which you feel (for example) threatened or insulted. The red card is an emergency card with phone numbers of people and institutions you can turn to in the event of a crisis. You can carry both cards with you, for example in your wallet or bag.

What aspects of the therapy unit Introduction to the MCT+ do I find particularly useful/helpful?

When and in what specific situation do I want to apply/practice what I learned during the coming week?

What remained unclear? What do I want to ask in the next session?



→ worksheet 2.1,
2.2 & 2.3