Our research group has been addressing metacognitive processes in psychosis therapeutically since the early 2000s. Through humorous exercises, individuals with psychosis should gain insight into unhelpful cognitive distortions (e.g., jumping to conclusions, overconfidence in decisions) and improve their metacognitive abilities (“thinking about thinking”).

See the links on the right for further information on our metacognitive training and individualized therapy for psychosis (MCT, MCT+), borderline personality disorder (B-MCT), depression (D-MCT), depression in later life (MCT-Silver) and obsessive-compulsive disorder (myMCT). Below is a list of articles on the training and therapeutic programs we have developed.

**Publications**


