

Psychosocial therapies for psychoses and bipolar disorders

METACOGNITIVE TRAINING (MCT)

Metacognition can be translated as "thinking about thinking" or words to that effect. The training program comprises eight modules targeting common cognitive errors and problem solving biases amongst participating patients in an entertaining manner. These errors and biases may on their own or in combination culminate in the establishment of false beliefs to the point of delusions. The units aim to raise the patient's awareness of these distortions and to prompt him to critically reflect on and change his current repertoire of problem solving.

Among the problematic thinking styles recognized in the literature as potential contributors to the development of delusions are:

- an increased self-serving bias (module 1)
- a jumping to conclusions bias (modules 2 and 7)
- a bias against disconfirmatory evidence (module 3)
- deficits in social empathy (modules 4 and 6)
- over-confidence in memory errors (module 5)
- depressive cognitive patterns (module 8)

The treatment modules are presented twice a week in the course of group intervention. Participation is appropriate for patients who are either currently suffering from, or previously suffered from a psychosis and are being treated for at least two or three additional weeks on an in-patient or out-patient basis in a clinic (a training cycle lasts four weeks), and are (at least partially) distanced from their delusions. Severely psychotic patients are not suited to this group intervention.

Text: Steffen Moritz

Source: Qualitätshandbuch des Arbeitsbereichs Psychosen der Klinik für Psychiatrie und Psychotherapie des Universitätskrankenhaus Hamburg-Eppendorf.