Welcome to

Metacognitive Training for Borderline Personality Disorder (B-MCT)

If there is no new participant in the group, you can skip slides 1-13 (start at slide 14)!

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Metacognitive Training (MCT)

???

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meta →

derived from Greek, means “about”

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metacognition →

“thinking about thinking”

B-MCT

Metacognitive training for BPD (B-MCT) is a therapeutic approach that deals with thoughts and thought processes.

The training is designed to …

- impart knowledge about your own thought processes and
- make you aware of typical thought distortions and how to change these

Thought distortion: unfavorable way of taking in and processing information from the environment that can lead to developing or maintaining mental problems (e.g., jumping to conclusions).

One event – many possible emotions…
What leads to the different reactions?

A pregnant woman walks past you and goes straight to the post office counter, despite the long line.

What are possible thoughts that can come up as a reaction?

One event – many possible emotions…
What leads to the different reactions?

A pregnant woman walks past you and goes straight to the post office counter, despite the long line.

Possible thoughts

response / thoughts?	response / thoughts?	response / thoughts?

One event – many possible emotions… What leads to the different reactions?

A pregnant woman walks past you and goes straight to the post office counter, despite the long line.

Possible thoughts

"What is she doing? How rude! I've been waiting here forever too and she just walks up to the counter like that!"

"Oh well, she's probably already six months pregnant and mustn't strain herself."

"I wonder if I will ever have a happy relationship and kids too."

One event – many possible emotions…
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What are possible emotions that come up with these thoughts?

One event – many possible emotions… What leads to the different reactions?

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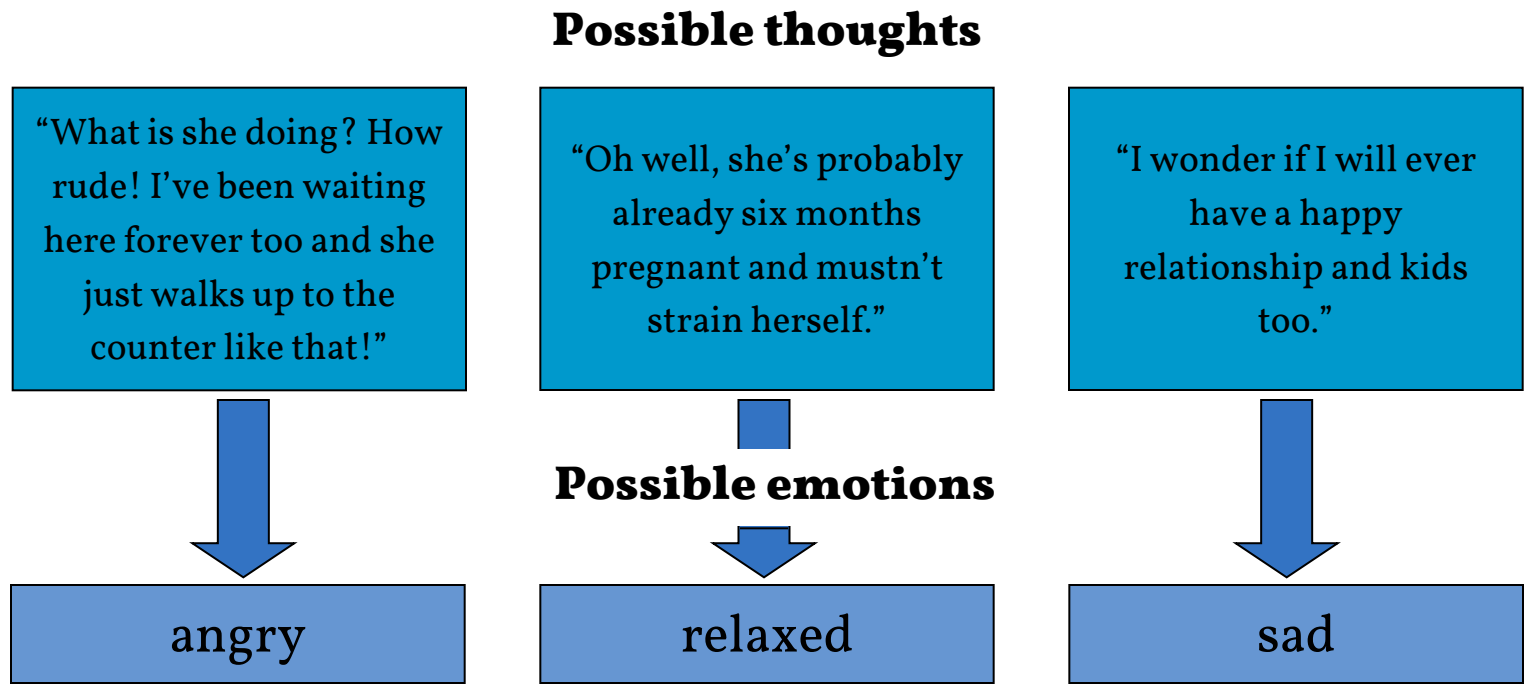
Possible thoughts

"What is she doing? How rude! I've been waiting here forever too and she just walks up to the counter like that!"	"Oh well, she's probably already six months pregnant and mustn't strain herself."	"I wonder if I will ever have a happy relationship and kids too."
↓	↓	↓
angry	relaxed	sad

Possible emotions

One event – many possible emotions… What leads to the different reactions?

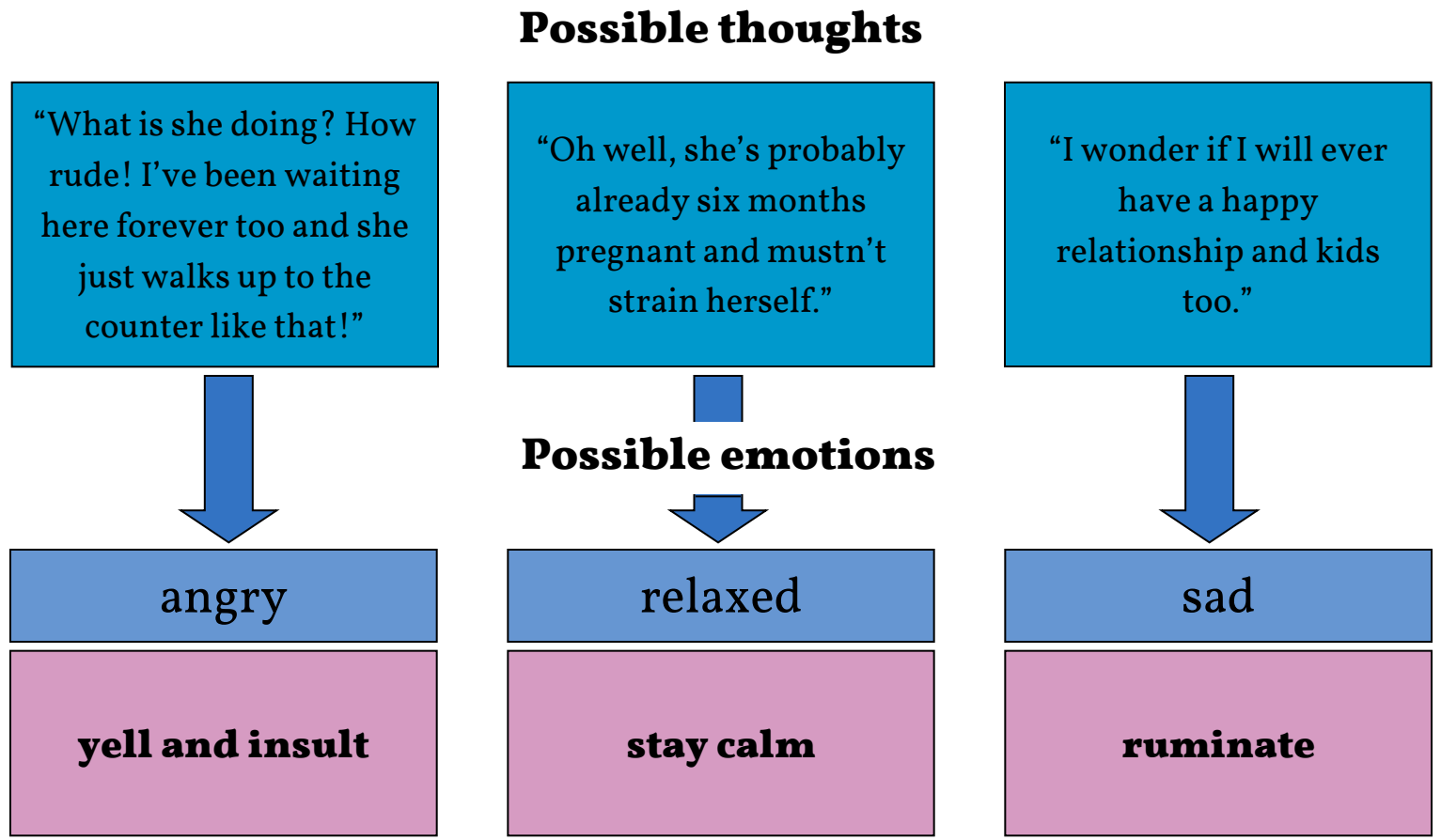
A pregnant woman walks past you and goes straight to the post office counter, despite the long line.



What possible behavioral reactions could result from each case?

One event – many possible emotions… What leads to the different reactions?

A pregnant woman walks past you and goes straight to the post office counter, despite the long line.



Welcome to

Training module:

Drawing Conclusions

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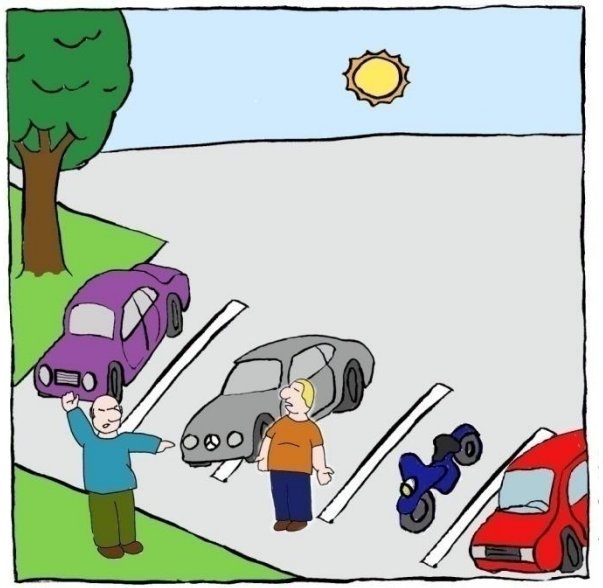
Demonstration

- In the following, you will be shown a series of 3 pictures, along with several interpretations.
- The pictures will be shown in reverse order (i.e., the last event first) .
- The interpretations are to be rated and re-rated on their plausibility after each picture.

Please assess the plausibility – can you decide already?



3

(1) The men are fighting over a parking spot in the shade.

(2) The man is rightly telling the other man off for occupying two spots with his car.

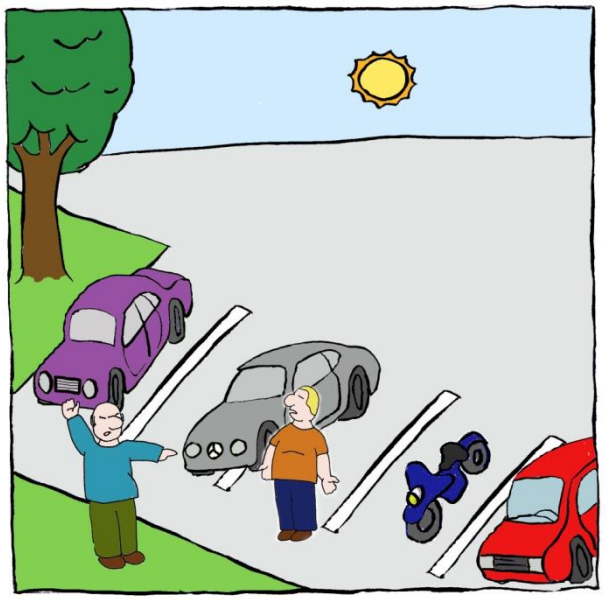
(3) The driver of the gray Mercedes is undeservedly being criticized.

(4) The two men are disagreeing about a car deal.

drawn by Janne Hottenrott

Please assess the plausibility – can you decide already?

2



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drawn by Janne Hottenrott

Please assess the plausibility again

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drawn by Janne Hottenrott

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Jumping to conclusions

We realize: Deciding after seeing the first picture would have led to a false conclusion.

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Further examples: Videos ("Quick jugde")!

http://www.youtube.com/user/AGNeuropsychologie

Jumping to conclusions

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Own examples ???

Jumping to conclusions

- We often draw conclusions (or judge people) without knowing the “full story”.
- **Reasons/Advantages:** ???
- **Disadvantages:** ???

Jumping to conclusions

- We often draw conclusions (or judge people) without knowing the “full story”.

- **Reasons/Advantages:** saves time, gives a feeling of safety, may appear determined and competent to others (“a wrong decision is better than no decision”)

- **Disadvantages:** ???

Jumping to conclusions

- We often draw conclusions (or judge people) without knowing the “full story”.

- **Reasons/Advantages:** saves time, gives a feeling of safety, may appear determined and competent to others (“a wrong decision is better than no decision”)

- **Disadvantages:** Risk of making incorrect and dangerous decisions…

Jumping to conclusions

When do we draw conclusions without knowing the full story?

When…	Example
… we have limited access to information (no other choice)	???
… we have previous experience from which we generalize	???
… when we make a snap decision that doesn't really matter	???

Jumping to conclusions

When do we draw conclusions without knowing the full story?

When…	Example
… we have limited access to information (no other choice)	Job interview: limited ability to get to know the new workplace and new colleagues in advance
… we have previous experience from which we generalize	???
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Jumping to conclusions

When do we draw conclusions without knowing the full story?

When…	Example
… we have limited access to information (no other choice)	Job interview: limited ability to get to know the new workplace and new colleagues in advance
… we have previous experience from which we generalize	Bad experiences with a certain group of people (doctors, etc.) can cause rash generalizations (prejudice, “seen one, seen‘em all”)
… when we make a snap decision that doesn’t really matter	???

Jumping to conclusions

When do we draw conclusions without knowing the full story?

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… we have limited access to information (no other choice)	Job interview: limited ability to get to know the new workplace and new colleagues in advance
… we have previous experience from which we generalize	Bad experiences with a certain group of people (doctors, etc.) can cause rash generalizations (prejudice, “seen one, seen‘em all”)
… when we make a snap decision that doesn’t really matter	Picking a type of cake, color of socks, what to have for lunch, etc. …

Conclusions without 100% proof

Event	Possible Explanation	Justified?
Smoke is pouring out a window.	Fire?	??? – What would you do?
A man slurs his speech.	Drunkard?	???

Conclusions without 100% proof

Event	Possible Explanation	Justified?
Smoke is pouring out a window.	Fire?	Probably - saying: “No smoke without a fire!” - Call the fire department: Negligence may be worse than a false alarm.
A man slurs his speech.	Drunkard?	???

Conclusions without 100% proof

Event	Possible Explanation	Justified?
Smoke is pouring out a window.	Fire?	Probably - saying: "No smoke without a fire!" - Call the fire department: Negligence may be worse than a false alarm.
A man slurs his speech.	Drunkard?	Possibly - there are a number of other explanations (e.g., dementia, stroke). If you don't consider other explanations, you might wrong or offend the other person (e.g., by showing disgust).

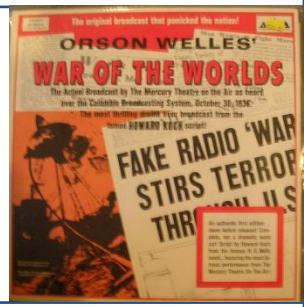
Jumping to conclusions “in action”

Domain	Example
Politics	???
Media	???
Medicine	???

Jumping to conclusions "in action"

Domain	Example
Politics	July 7th, 2005, bombings in London The police killed an innocent Brazilian man shortly after the bombing (misleading cues: dark hair color, backpack, ran away from police).
Media	???
Medicine	???

Jumping to conclusions "in action"

Domain	Example
Politics	July 7th, 2005, bombings in London The police killed an innocent Brazilian man shortly after the bombing (misleading cues: dark hair color, backpack, ran away from police).
Media	In 1938 the radio-broadcast War of the Worlds, by Orson Welles, caused a mass panic in New York, since many listeners believed that the earth really was being attacked by aliens. (False assumption: what's on the radio must be real!) 
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Jumping to conclusions "in action"

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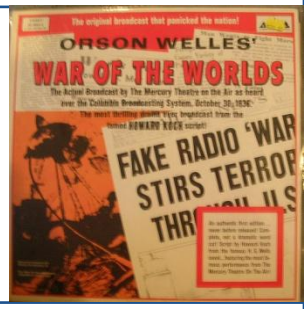
Media	In 1938 the radio-broadcast War of the Worlds, by Orson Welles, caused a mass panic in New York, since many listeners believed that the earth really was being attacked by aliens. (False assumption: what's on the radio must be real!) 
Medicine	Single symptom diagnosis? Hearing voices → hallucinations → schizophrenia? But!: Up to 15 % of the normal population say that they occasionally hear voices, even though no one is there. Or: A single seizure is sometimes mistaken for epilepsy. But: Seizures can also occur with alcohol withdrawal and high fever.

Jumping to conclusions

Forming opinions: Depending on the **consequences** we would have to face, we should aim for a happy medium between:

Jumping to conclusions

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Jumping to conclusions

Forming opinions: Depending on the **consequences** we would have to face, we should aim for a happy medium between:

- a very **hasty** decision (risk: wrong or poor decision)

  and

- being **overly accurate** (disadvantage: big time loss).

Effect on behavior

Event	Immediate evaluation	Behavior	Long-term effects
Nicole gets a call from her son's teacher who asks to meet her for a talk.	???	???	???

Effect on behavior

Event	Immediate evaluation	Behavior	Long-term effects
Nicole gets a call from her son's teacher who asks to meet her for a talk.	"My son has problems at school, he probably got in trouble for doing something bad. I failed as a mother."	???	???

Effect on behavior

Event	Immediate evaluation	Behavior	Long-term effects
Nicole gets a call from her son's teacher who asks to meet her for a talk.	"My son has problems at school, he probably got in trouble for doing something bad. I failed as a mother."	Nicole is stirred up, immediately summons her son, and clamors for an explanation.	???

Effect on behavior

Event	Immediate evaluation	Behavior	Long-term effects
Nicole gets a call from her son's teacher who asks to meet her for a talk.	"My son has problems at school, he probably got in trouble for doing something bad. I failed as a mother."	Nicole is stirred up, immediately summons her son, and clamors for an explanation.	The atmosphere at home is constantly stressed and the mutual trust between Nicole and her son is disordered.

Effect on behavior

Event	Alternative evaluation	Behavior	Long-term effects
Nicole gets a call from her son's teacher who asks to meet her for a talk.	???	???	???

Effect on behavior

Event	Alternative evaluation	Behavior	Long-term effects
Nicole gets a call from her son's teacher who asks to meet her for a talk.	"It is not obvious at all what the teacher wants to talk to me about. Maybe it's something totally different, like helping with the school's summer barbecue."	???	???

Effect on behavior

Event	Alternative evaluation	Behavior	Long-term effects
Nicole gets a call from her son's teacher who asks to meet her for a talk.	"It is not obvious at all what the teacher wants to talk to me about. Maybe it's something totally different, like helping with the school's summer barbecue."	Nicole takes her son aside and asks him what his teacher might want to talk to her about.	???

Effect on behavior

Event	Alternative evaluation	Behavior	Long-term effects
Nicole gets a call from her son's teacher who asks to meet her for a talk.	"It is not obvious at all what the teacher wants to talk to me about. Maybe it's something totally different, like helping with the school's summer barbecue."	Nicole takes her son aside and asks him what his teacher might want to talk to her about.	The atmosphere at home is more relaxed and it is easier to talk about problems openly.

Why do we do this?

- Sometimes we tend to judge something or someone too hastily and as a result also act impulsively.

Why do we do this?

- Sometimes we tend to judge something or someone too hastily and as a result also act impulsively.

- This can lead to wrong decisions or imprudent actions that will soon be regretted.

Module jumping to conclusions

The following tasks are examples:

Hasty decisions often cause mistakes or make you see
only “half the truth.”

Keep in mind: To err is human!

Exercises (I)

In the following you will be shown a series of pictures.

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Then, another detail is added.

This continues until the whole picture is revealed.

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In the following you will be shown a series of pictures.

At first you will see only one detail of the picture.

Then, another detail is added.

This continues until the whole picture is revealed.

Your task is to identify the object.

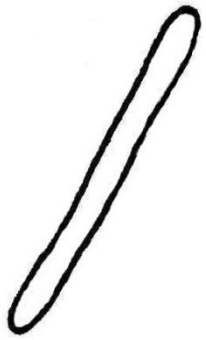
Try to avoid both hasty conclusions and prolonged decision-making. Discuss evidence for and against each alternative.

Picture 1

Several alternative interpretations are provided.
Please discuss with the group how likely you find each option and whether you feel confident enough to decide.

What might this be?

- bridge
- raft
- railway tracks
- flagpole
- stack of wood
- brush handle



How confident are you?

Do you want to decide yet?

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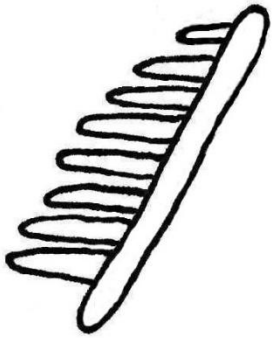

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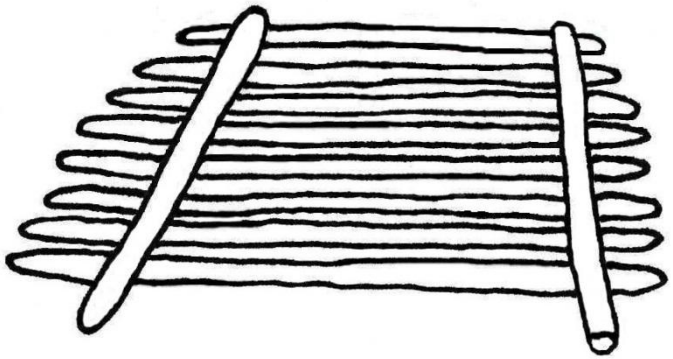

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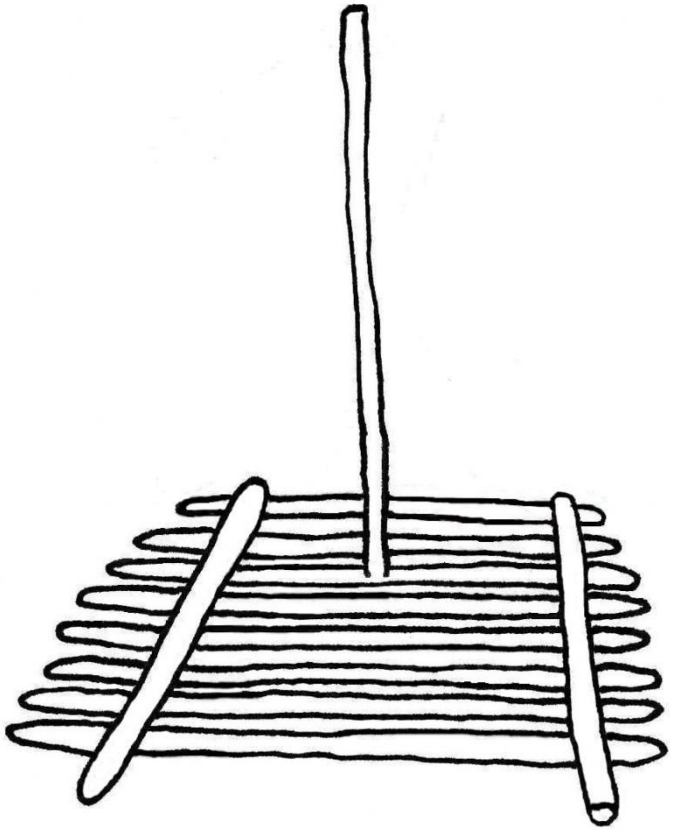

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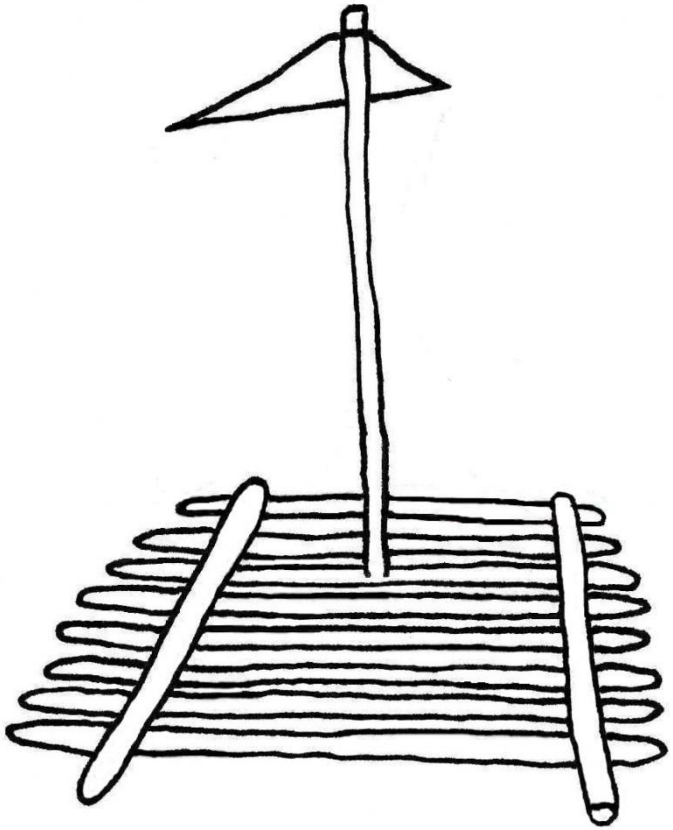

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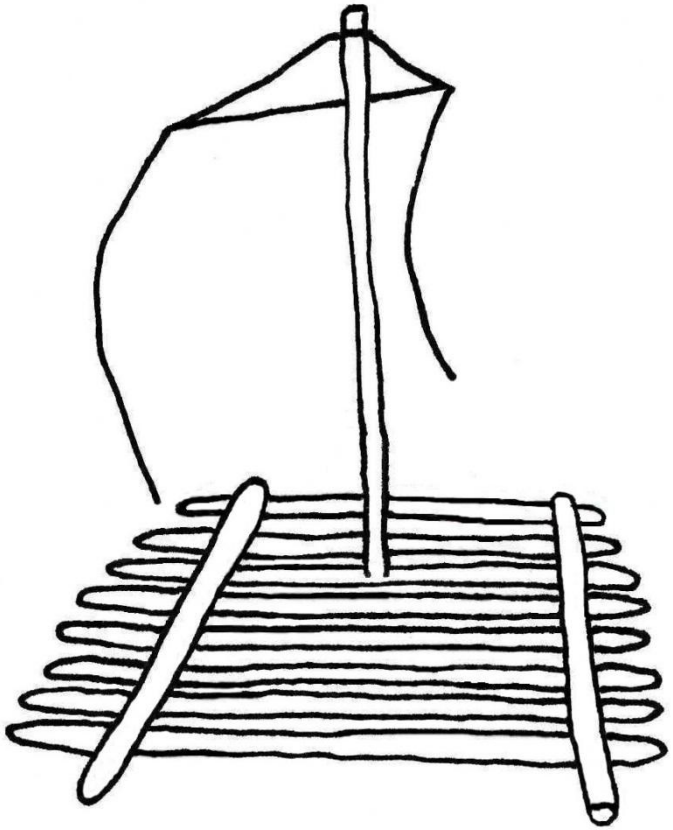

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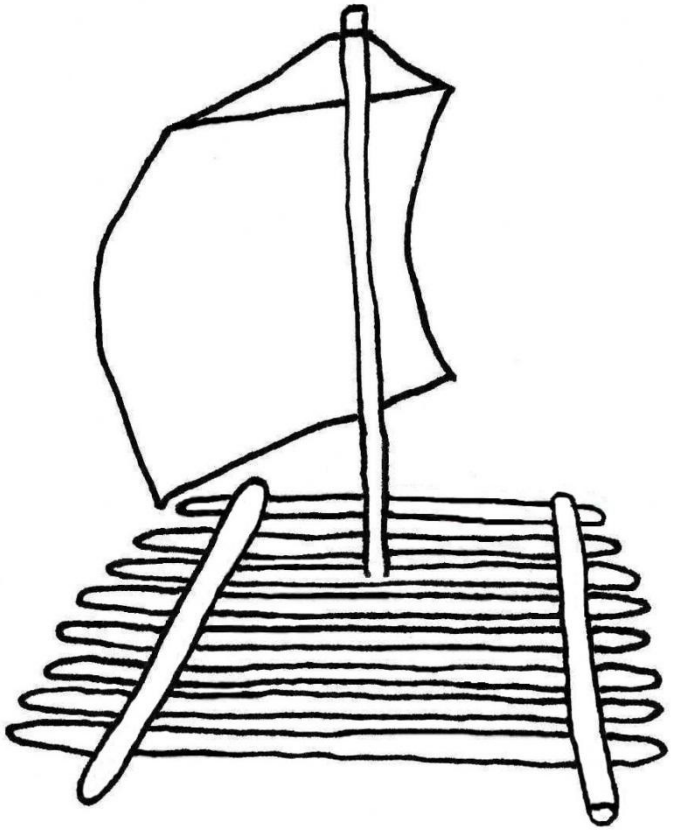

How confident are you?

Do you want to decide yet?

Picture 2

In the following task, no alternatives are provided.
You have to come up with your own ideas about the picture . Feel free to offer several alternatives. Please discuss your evaluations with the group.

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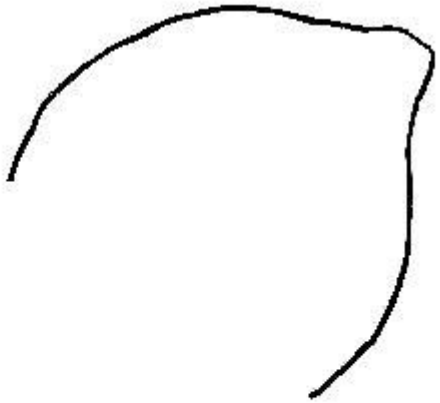

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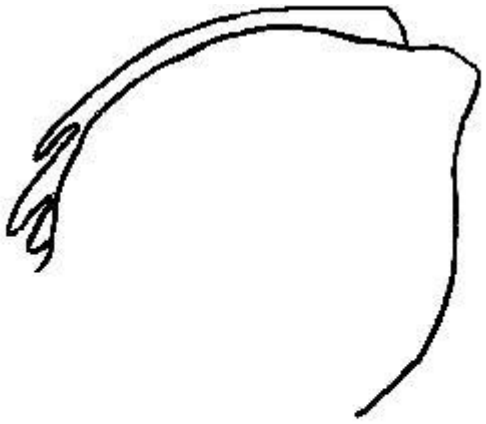

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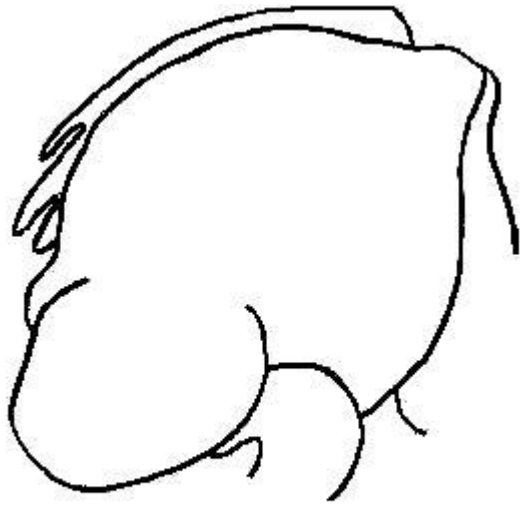

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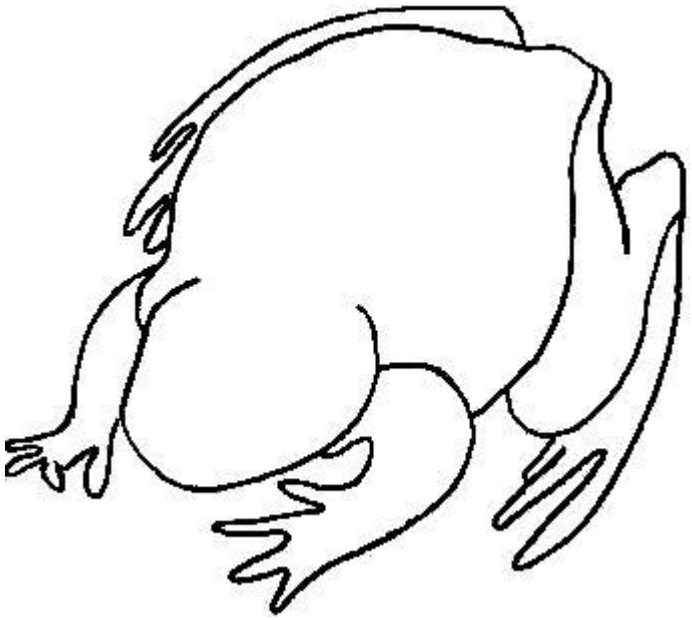

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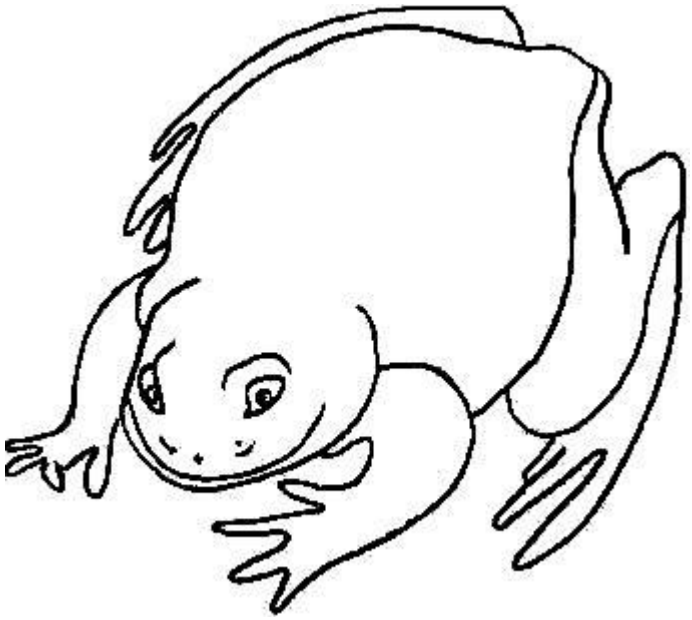

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Picture 3

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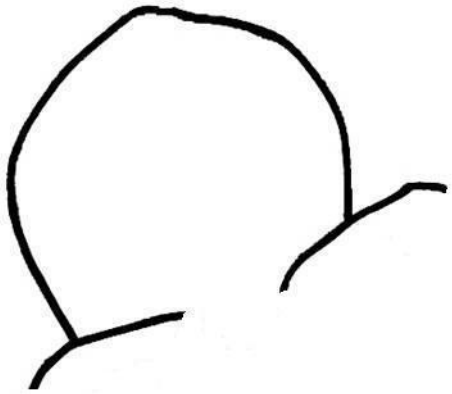

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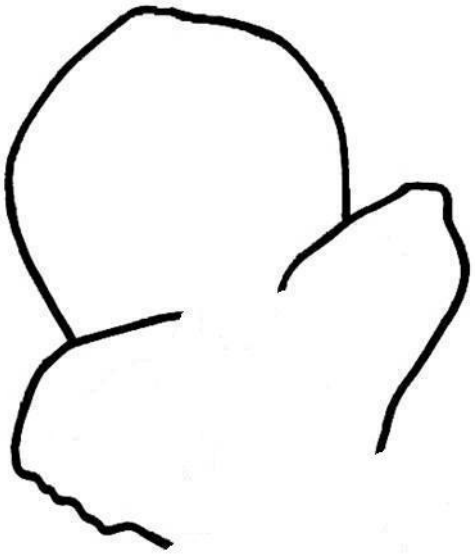

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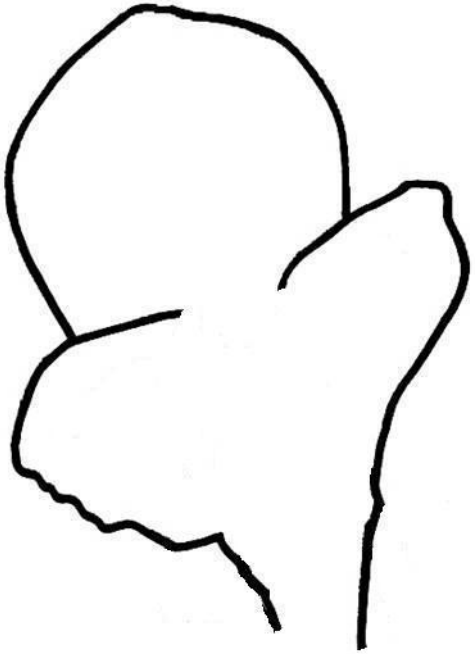

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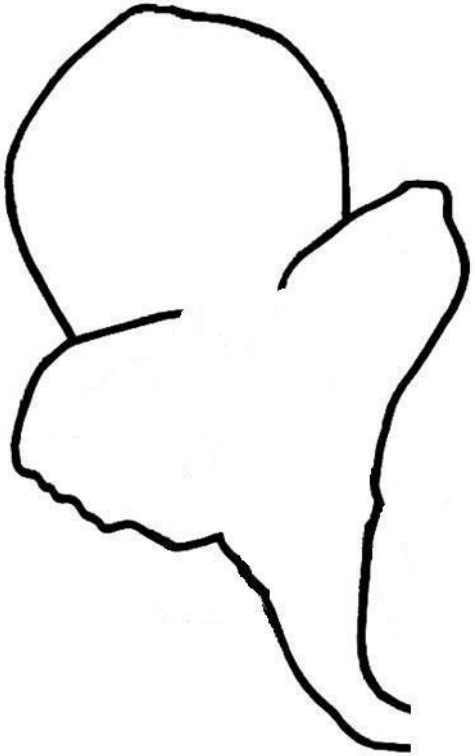

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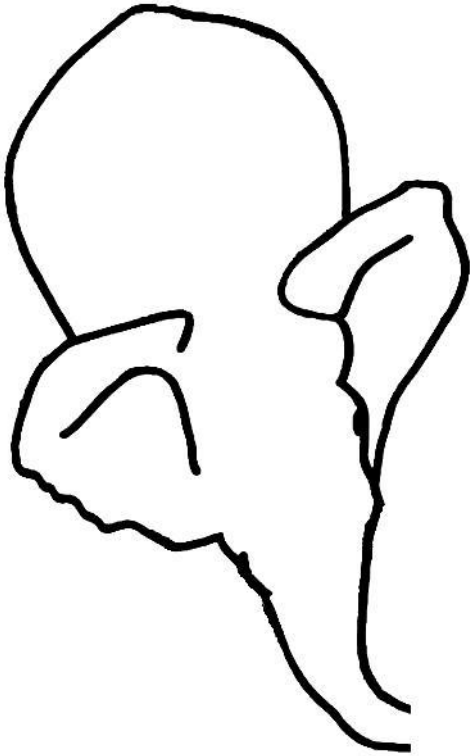

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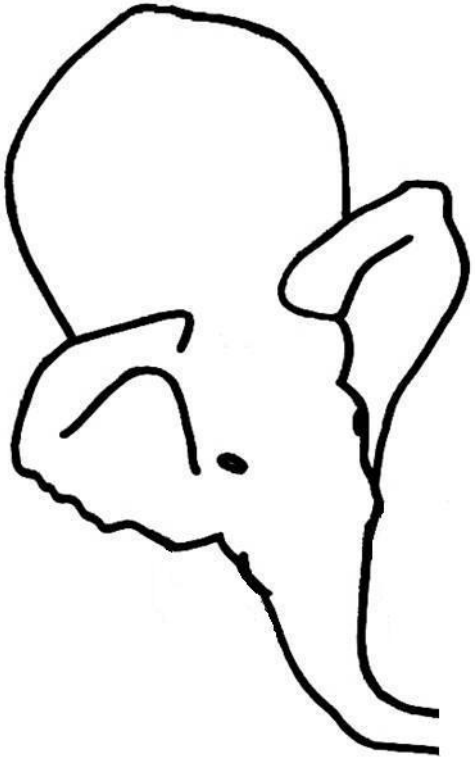

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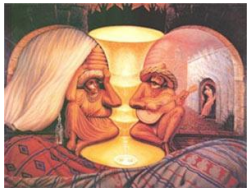
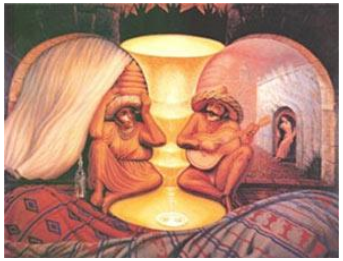
Exercises (2)

What do you see?

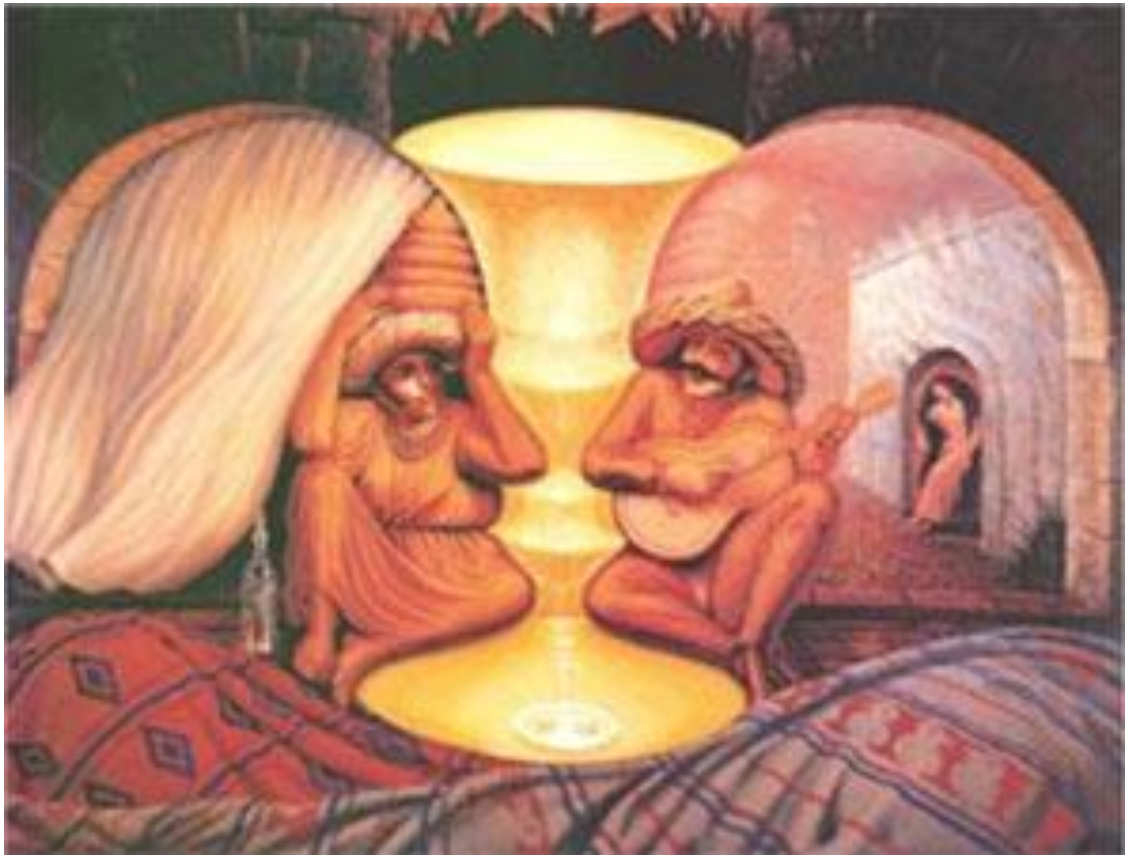


What do you see?



Old couple, goblet or…?

What do you see?



What do you see?

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Speedy decisions do not always lead to errors but sometimes tell only half the story!

Speedy decisions do not always lead to errors but sometimes tell only half the story!

Try to discover all the details/figures in the following pictures!

Woman or saxophone player?

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Madonna or harp-playing fairy?

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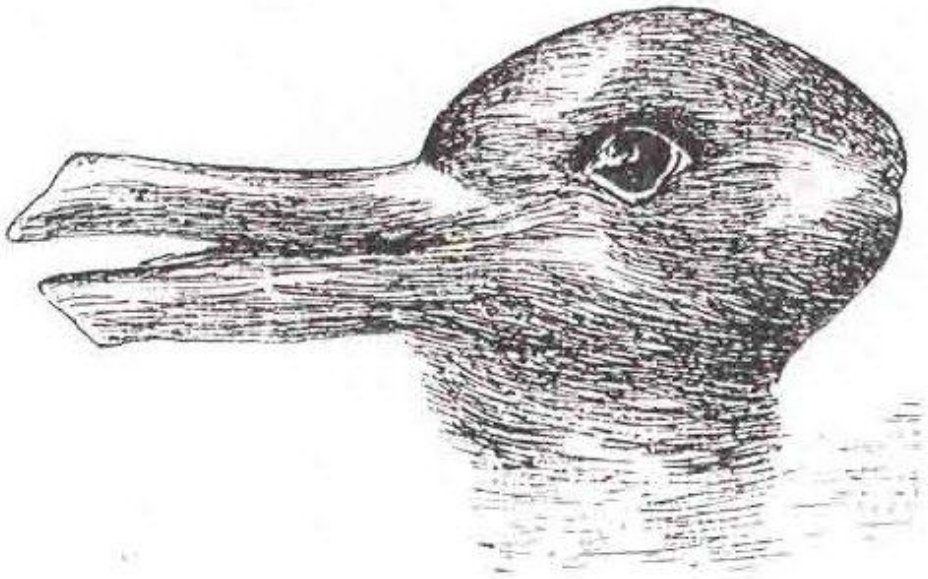
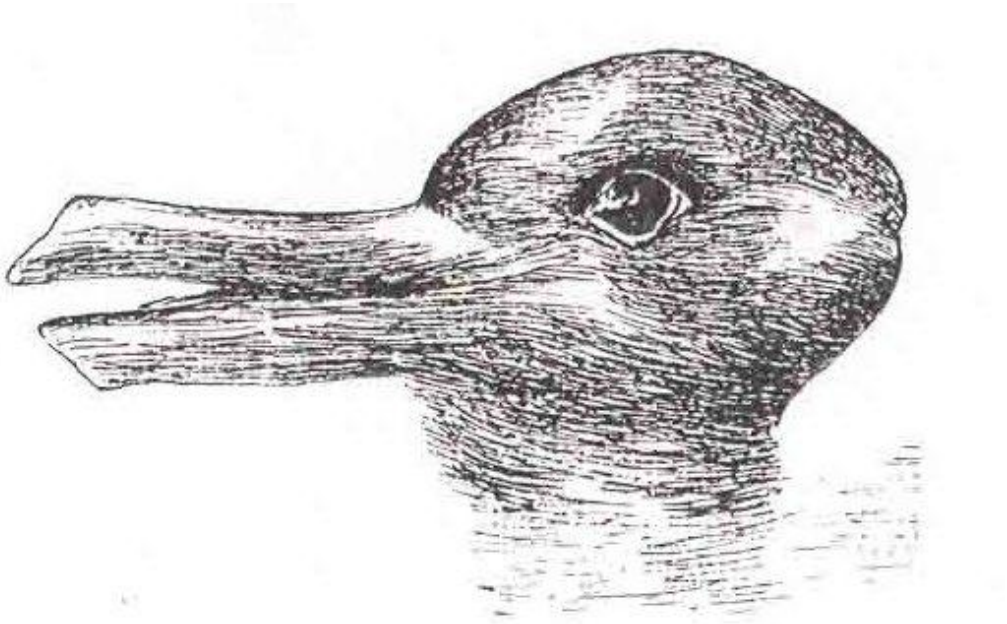
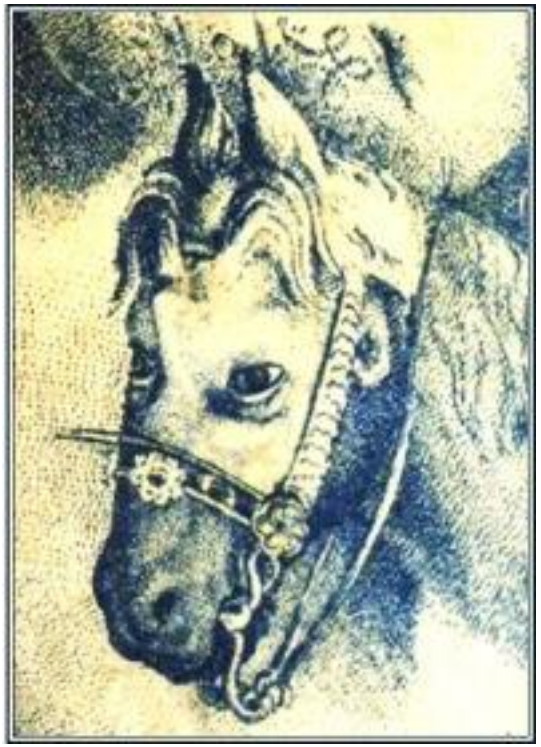
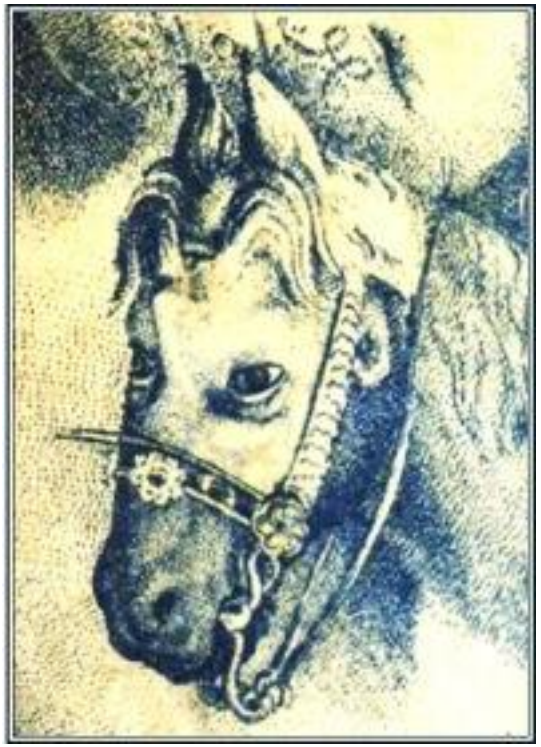
Old man or rider?



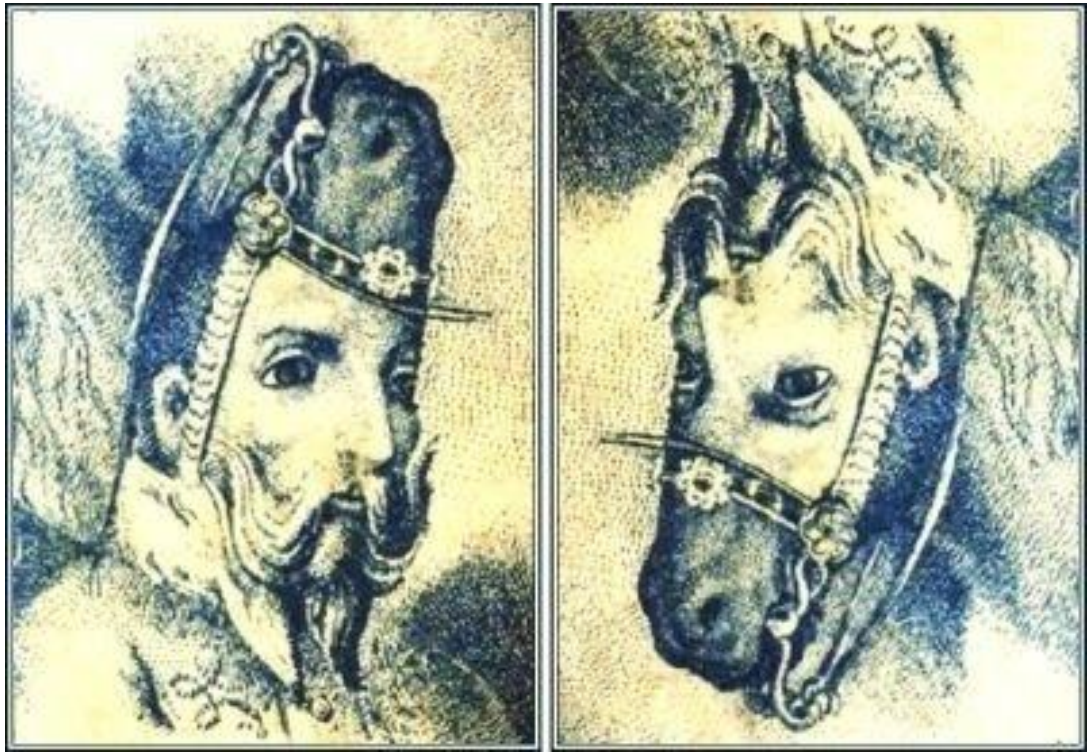


Duck or rabbit?

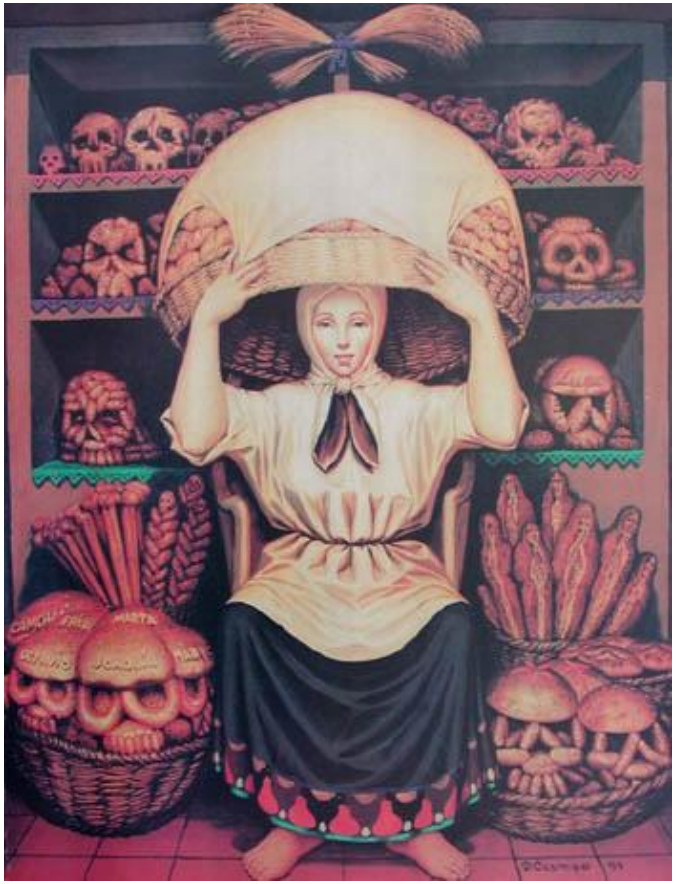




What would you see if you turned the picture upside down?



Horse or rider?



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Skull or bakery?

What do you see?

Try to discover all details!

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Exercises (3)

In the following, try to identify the correct titles of classic paintings and rule out the ones that don't fit.

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- Discuss the pros and cons of each of the titles.

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- Please also state your degree of confidence in your judgment.

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In the following, try to identify the correct titles of classic paintings and rule out the ones that don't fit.

- Discuss the pros and cons of each of the titles.
- Please also state your degree of confidence in your judgment.

Pay special attention to features that clearly rule out one interpretation.

a. Poisoning
b. Why Did I Marry Him?
c. Suicide
d. The Desperate Mother

a. Poisoning
b. Why Did I Marry Him? (Murray, approx. 1940)
c. Suicide
d. The Desperate Mother

a. The Monk

b. The Drunkard

c. The Reading Chemist

d. The Bookworm

a. The Monk

b. The Drunkard

c. The Reading Chemist (Johann Peter von Langer, 1756-1824)

d. The Bookworm

a. Good News
b. The Dead Child
c. Conscription
d. Sad Message

a. Good News
b. The Dead Child
c. Conscription
d. Sad Message (Peter Fendi, 1838)

a. The Visit
b. Absorbed in Studies
c. The Poet
d. Grandfather's Library

a. The Visit (Carl Spitzweg, 1849)
b. Absorbed in Studies
c. The Poet
d. Grandfather's Library

a. Confession of Adultery
b. Courtship
c. Announcement of a Relative‘s Death
d. The Flower Seller

a. Confession of Adultery

b. Courtship (Karl Zewy, 1855-1929)

c. Announcement of a Relative‘s Death

d. The Flower Seller

a. Facing the Beast
b. The Drunkard
c. Nightmare
d. Hunting Accident

a. Facing the Beast
b. The Drunkard
c. Nightmare
d. Hunting Accident (Carl Spitzweg, 1839)

a. The Pedicure
b. The Consultation
c. Amputation
d. The Admirer

a. The Pedicure (Edgar Degas, 1873)
b. The Consultation
c. Amputation
d. The Admirer

Learning objectives:

- Jumping to Conclusions Module -
Transfer to everyday life

Learning objectives:

- Hasty decisions often lead to mistakes or let you recognize only half the story.

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Transfer to everyday life

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- However, for events of minor importance, decisions may as well be speedy (e.g., yogurt flavor, etc.)

- Jumping to Conclusions Module -
Transfer to everyday life

Learning objectives:

- Hasty decisions often lead to mistakes or let you recognize only half the story.
- Look for as much information as possible and exchange views with others, especially when decisions are crucial or have dramatic implications.
- However, for events of minor importance, decisions may as well be speedy (e.g., yogurt flavor, etc.)
- To err is human! Bear in mind that it is possible that you are wrong.

Further questions?

???

Thank you for your attention!

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Janne Hottenrott			Produced for the MCT/Anfertigung für das MCT; © Arbeitsgruppe Neuropsychologie	parking
Arbeitsgruppe Neuropsychologie	- - -	Black and white drawings of fragmented pictures /Schwarz-weiß Zeichnungen fragmentierter Bilder	Produced for the MCT/Anfertigung für das MCT; © Arbeitsgruppe Neuropsychologie	Various motives: rocking chair, elephant etc./Verschiedene Motive: Elefant, Floß etc.
- - -	American Journal of Psychology	Mother, father, and daughter	Copyright 1961 by the Board of Trustees of the University of Illinois. Used with permission of the University of Illinois Press	Old woman, young woman, man with mustache/Alte Frau, junge Frau, Mann mit Schnurrbart
Jastrow, J.	Popular Science Monthly, 54, 299-312	The mind's eye	public domain	rabbit-duck/Hase-Ente
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