

Welcome to MCT-OCD

METACOGNITIVE TRAINING FOR OBSESSIVE-COMPULSIVE DISORDER

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What does "metacognition" mean?

???

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Meta = derived from the Greek word for “**about**”

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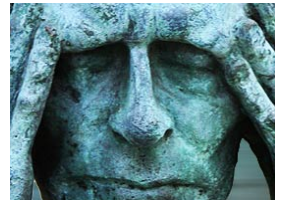
Meta = derived from the Greek word for “**about**”

Metacognition = thinking about thinking



Metacognitive Training

Human thinking is prone to thinking traps, which are found in many mental disorders:



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- The MCT-OCD addresses the cognitive biases that are relevant to obsessive-compulsive disorder (OCD)

Homework

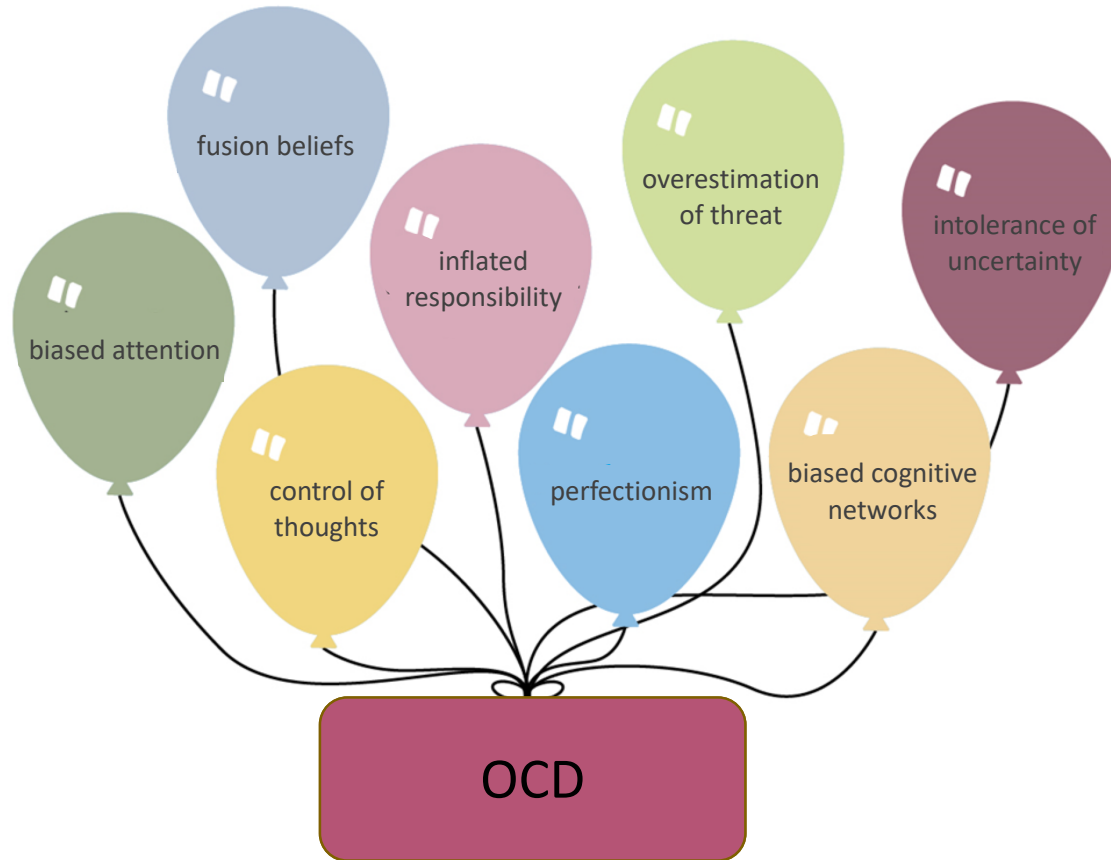
What homework
did you do?

Where did
problems occur?

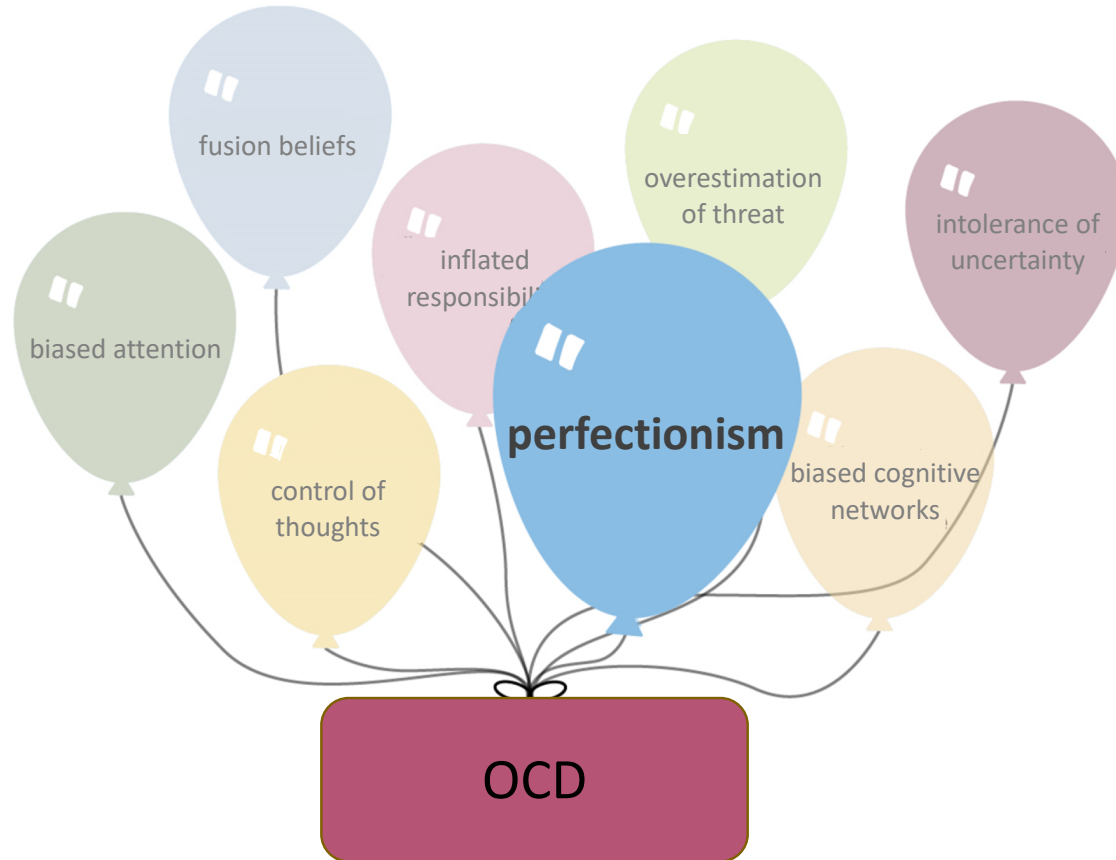
What worked
very well?



Cognitive biases in OCD



Module 2: Perfectionism



Thought exercise

A short thought exercise to get you started

Thought exercise

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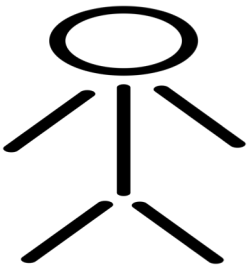
Now imagine two different reactions from his coach



Thought exercise

*"This shouldn't happen!"
"You can't make a mistake in
a situation like this!"
"You'll never make it."*

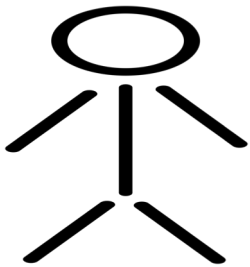
Coach A



Thought exercise

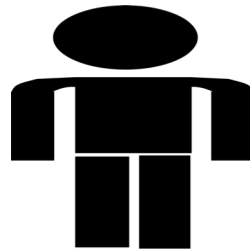
*"This shouldn't happen!"
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Coach A



*"This can happen!"
"Your serves in practice were
great, so we know you can do it!"
"Let's see what you can do to
stay calm."*

Coach B



Thought exercise

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What are the effects of either reaction?



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What are the effects of either reaction?

How does this example relate to perfectionism?



What is perfectionism?

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What is perfectionism?

Belief that in order to be a good and valuable person, you need to be perfect and/or do everything perfectly

100

What is perfectionism?

Belief that in order to be a good and valuable person, you need to be perfect and/or do everything perfectly

and

A large, stylized red number '100' is positioned in the bottom right corner of the slide. The number is written in a bold, cursive-like font. Below the number, there are two thick, horizontal red lines that serve as a double underline.

What is perfectionism?

Belief that in order to be a good and valuable person, you need to be perfect and/or do everything perfectly

and

Belief that even the smallest mistakes can lead to serious consequences and therefore are not allowed to happen

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What is perfectionism?

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Belief that even the smallest mistakes can lead to serious consequences and therefore are not allowed to happen

Have you felt like this?

100

Perfectionistic thoughts

Involve rigid or absolute rules, with little to no room for deviation

„I should always...“



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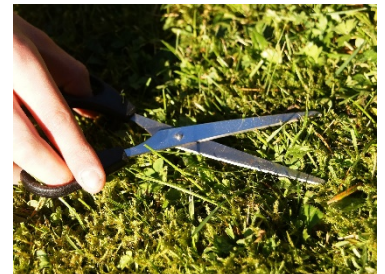
Scientific studies:

- Perfectionism is high in people with OCD, and can contribute to the development and maintenance of OCD



Examples

- I should always be well prepared for everything



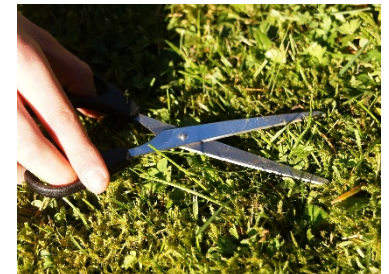
Examples

- I should always be well prepared for everything
- I should always be a perfect host



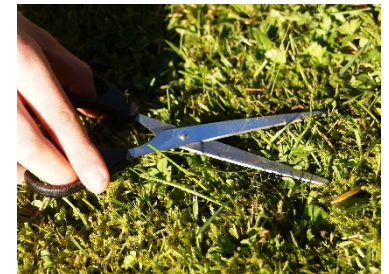
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- I should always be well prepared for everything
- I should always be a perfect host
- My apartment has to always look spotless



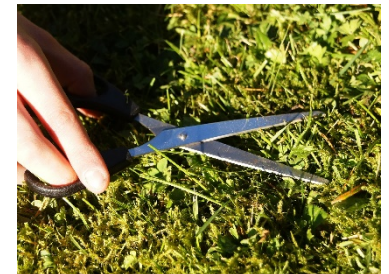
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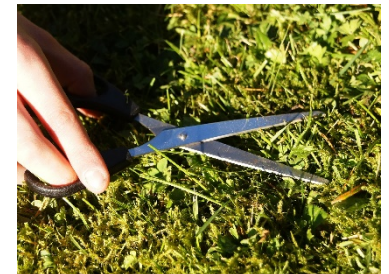
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- My apartment has to always look spotless
- I should never make mistakes
- I should never forget anything
- I should always put in maximum effort for everything



What is normal?

We conducted a survey with 100 people:

Percentage	
84	I think it is very important to be considered intelligent by others.
67	I am often afraid to say something wrong and make others think I am stupid.
65	I have a guilty conscience, even with conflicts a long time ago.
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These people did not suffer from OCD or other mental disorders

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Costs and benefits of "setting the bar high"

Setting high standards for yourself have benefits and costs. Which ones?

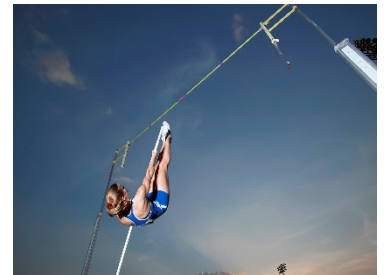
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Benefits: ???

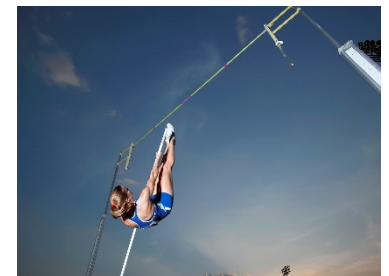
Benefits of high standards

- Having high standards for yourself can motivate you to achieve goals



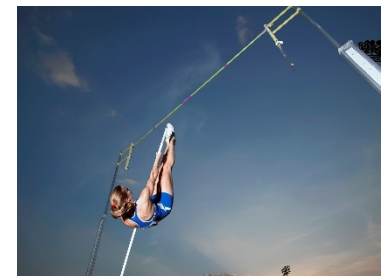
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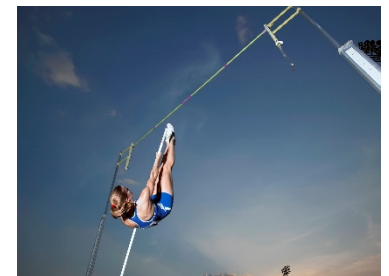
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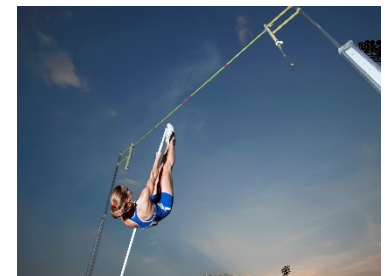
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"I have the simplest tastes. I am always satisfied with the best." - Oscar Wilde

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- You will never be satisfied because you can always be better, more beautiful, reach higher, or go further. This is associated with a lot of misery



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- In the long term, our performance diminishes if we are constantly overtaxed

Finding the right balance

Aim: Use your own potential as well as acknowledge and accept your limits!



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Use a fair measure with realistic demands!



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- Achieving goals without "going too far" (e.g., overspending, total exhaustion, or complete frustration)



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Use a fair measure with realistic demands!

- Achieving goals without "going too far" (e.g., overspending, total exhaustion, or complete frustration)
- That does **not** mean to not set any goals at all anymore, but rather to set **achievable goals**



Perfectionism in everyday life

**Are you impaired by excessive perfectionism in your daily life?
And if so, how?**

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**Are you impaired by excessive perfectionism in your daily life?
And if so, how?**

What benefits could come from being less perfectionistic? In other words, why is it important to be less perfectionistic?

What exactly do you need to do (even small steps at the beginning) to achieve this?

A perfect life?



What do David Beckham, Justin Timberlake and Cameron Diaz have in common?

A perfect life?



What do David Beckham, Justin Timberlake and Cameron Diaz have in common?

All three are famous, rich, attractive, successful...

...and all suffer from OCD

- British soccer star David Beckham is open about his compulsive ordering, which clearly hinders him in his daily life (including loss of time and interpersonal problems)

...and all suffer from OCD

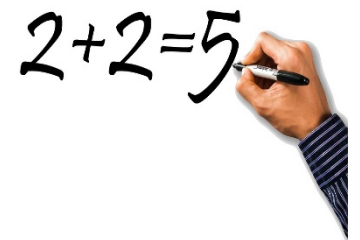
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- The actress Cameron Diaz is, according to her, affected by washing compulsions. In Hollywood she is known for her fears of germs and diseases, carries out washing compulsions and avoids touching certain things (e.g., door handles)

Low tolerance for failure

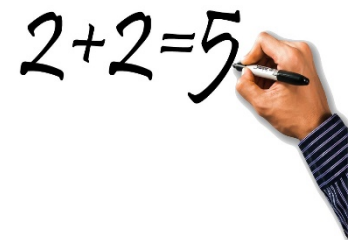
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Low tolerance for failure

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Turn on the TV!

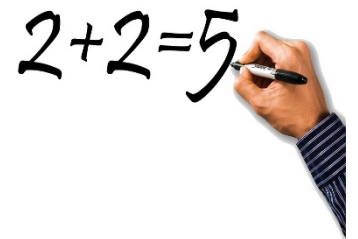


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See how imperfect many popular and successful celebrities and public figures actually are!



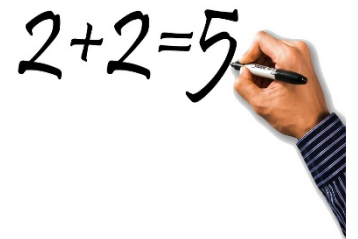
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Can you think of an example?



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Low tolerance for failure

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- Owen Wilson: The popular actor cheated on a test in 10th grade and was subsequently expelled from an elite private school
- Albert Einstein: The world-famous physicist and Nobel Prize winner, had dyslexia

Immorality in moral role models

Everyone makes mistakes and to err is human



Immorality in moral role models

Everyone makes mistakes and to err is human

Even moral role models make mistakes



Perfect = desirable?

Quotes:

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“Our little mistakes and the little weaknesses are what make us lovable.”

(Johann Wolfgang von Goethe)

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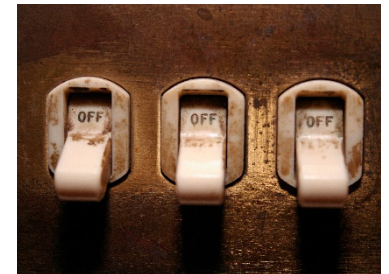
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„Our failure is more instructive than our success.”

(Henry Ford)

What can I do about it?

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- **Acceptance:** Try to also accept incomplete or imperfect aspects of yourself and consider the consequences
 - Would the consequences be as negative and catastrophic as you predict?

Exercise

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- Make intentional spelling mistakes in an e-mail or text message
- Call someone by the wrong name
- Intentionally use a foreign word incorrectly
- Do not clean up before you have people over
- Be late for an appointment







Supplement: Stigma

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If you consider people who suffer from some but not all the symptoms of these disorders, the numbers are much higher.

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- A mental illness should not be regarded as a weakness, but rather as an expression of particular sensitivity
- Heritage: Genes play a role in many illnesses
- Environment: Stressful or traumatic experiences can also have a negative impact on our mental health, and increase the likelihood of mental illness in people with or without a predisposition for a mental illness

Remember...

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 - A mental illness should not be regarded as a weakness, but rather as an expression of particular sensitivity
 - Heritage: Genes play a role in many illnesses
 - Environment: Stressful or traumatic experiences can also have a negative impact on our mental health, and increase the likelihood of mental illness in people with or without a predisposition for a mental illness
- Usually many factors are likely involved in the development of mental illness

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- This often occurs automatically, without much conscious awareness
- Stigma may lead individuals to be devalued and/or alienated

What is stigma and what is self-stigma?

- Stigma = greek word. Literally it means: point, wound or brand
- Stigmatization occurs when people or groups are associated with negative attributes
- This often occurs automatically, without much conscious awareness
- Stigma may lead individuals to be devalued and/or alienated
- "Self-stigma" means that the stigmatized individual has internalized the stigma, or in other words, come to believe that they are actually "inferior"

What do others think of me?

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What do you worry about when telling someone that you suffer from OCD?

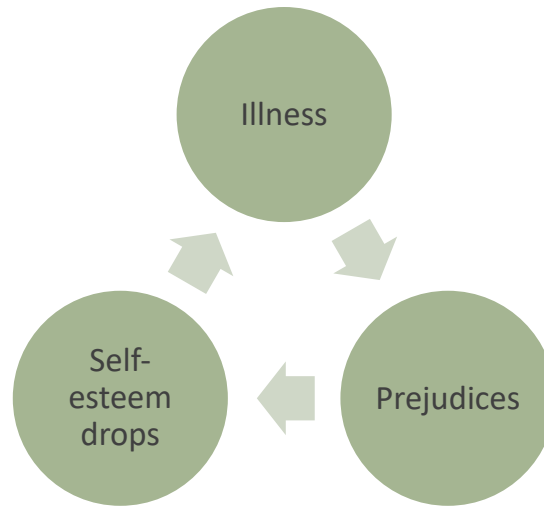
What do others think of me?

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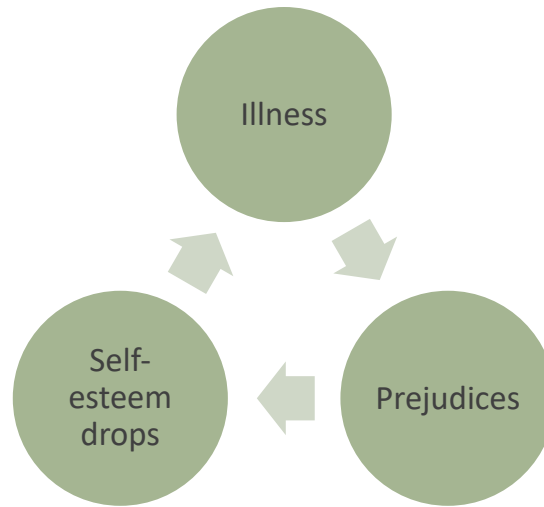
What do you worry about when telling someone that you suffer from OCD?

Whom have you told so far, if at all?

What should I do?

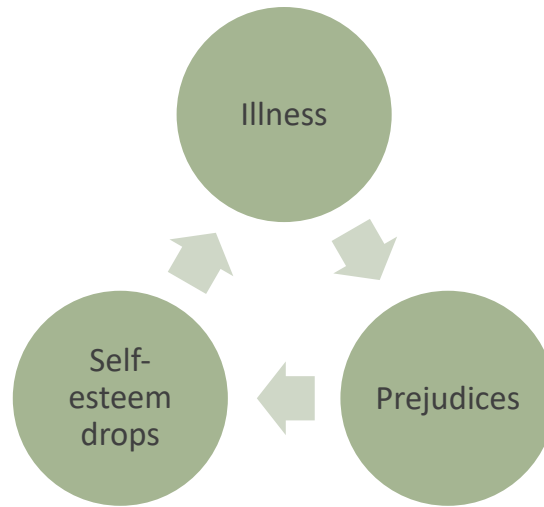


What should I do?



- OCD often causes patients to face prejudice /stigmatize themselves, which lowers self-esteem

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- OCD often causes patients to face prejudice /stigmatize themselves, which lowers self-esteem
- Educating yourself and communicating accurately about your OCD can help

Whom do I tell what?

- It is up to you whether you inform others about the diagnosis or not

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- Potentially useful to communicate with ...
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When can it be helpful or unhelpful to disclose your diagnosis?

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 - ... people you trust and whom you are most likely to gain support from
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 - ... your employer
 - ... strangers

How can I communicate my diagnosis?

- Instead of leading with an OCD diagnosis, it can be helpful to first describe to people the symptoms that may be commonplace in the population:

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- Instead of leading with an OCD diagnosis, it can be helpful to first describe to people the symptoms that may be commonplace in the population:

"Maybe you are familiar with the experience of being unsure whether you've turned the stove off? For me this is very prominent. Because I find it very difficult to live with this uncertainty, I often check before leaving the house to make sure that the stove is really turned off or that the door is closed properly. This is why I don't like to be the last to leave my apartment because that means I have to check many times, and often end up being late to things."

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- It can also help to inform your relatives and friends about how they can help you:

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- It can also help to inform your relatives and friends about how they can help you:

„Although it's hard for me, I would like to ask you not to accommodate my symptoms, as I want to continue practicing resisting my urges to check.“

- On the website of the International OCD Foundation you will find information for relatives of people with OCD (<https://iocdf.org/families/>)

Learning Objectives

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Learning Objectives

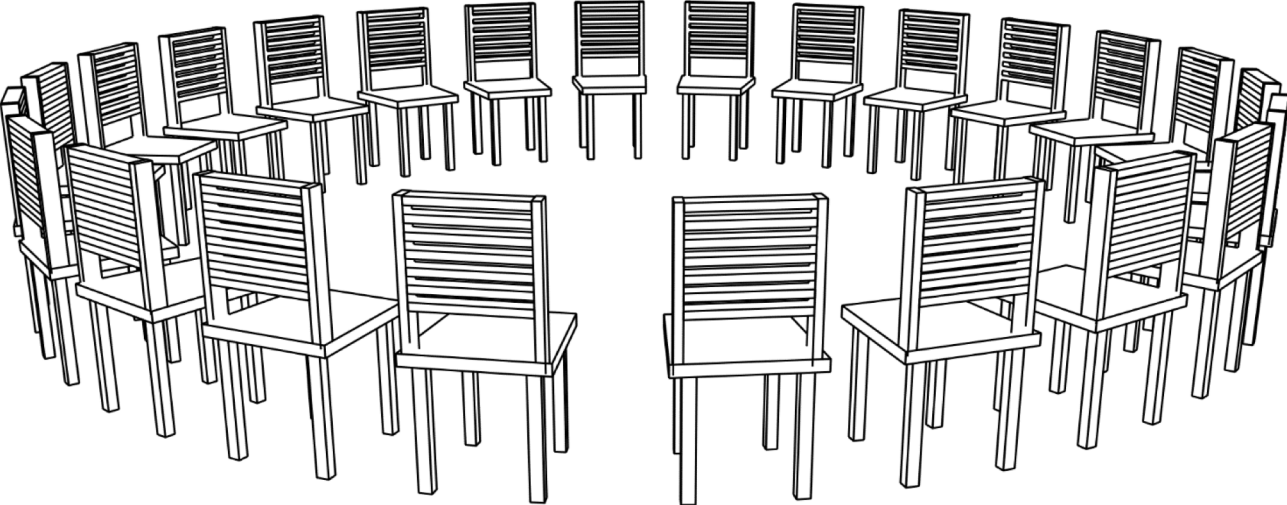
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- Informing yourself about OCD and communicating it appropriately

Learning Objectives

- Perfectionism often leads to frustration and can make your OCD worse. Be less rigid and more flexible with your expectations for yourself!
- Find the right balance and don't set the bar too high
- Mistakes are forgivable and we can learn from them
- It's our little flaws that make us human and lovable
- Informing yourself about OCD and communicating it appropriately
- If possible, involve people you trust and tell them how they can help you

Closing round

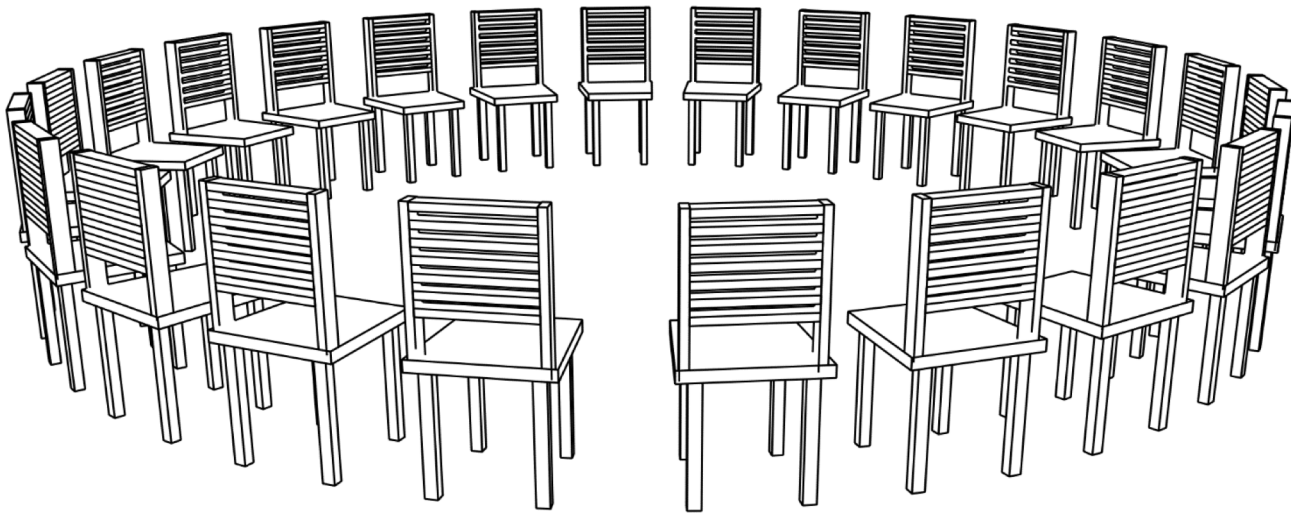
What have I learned today?

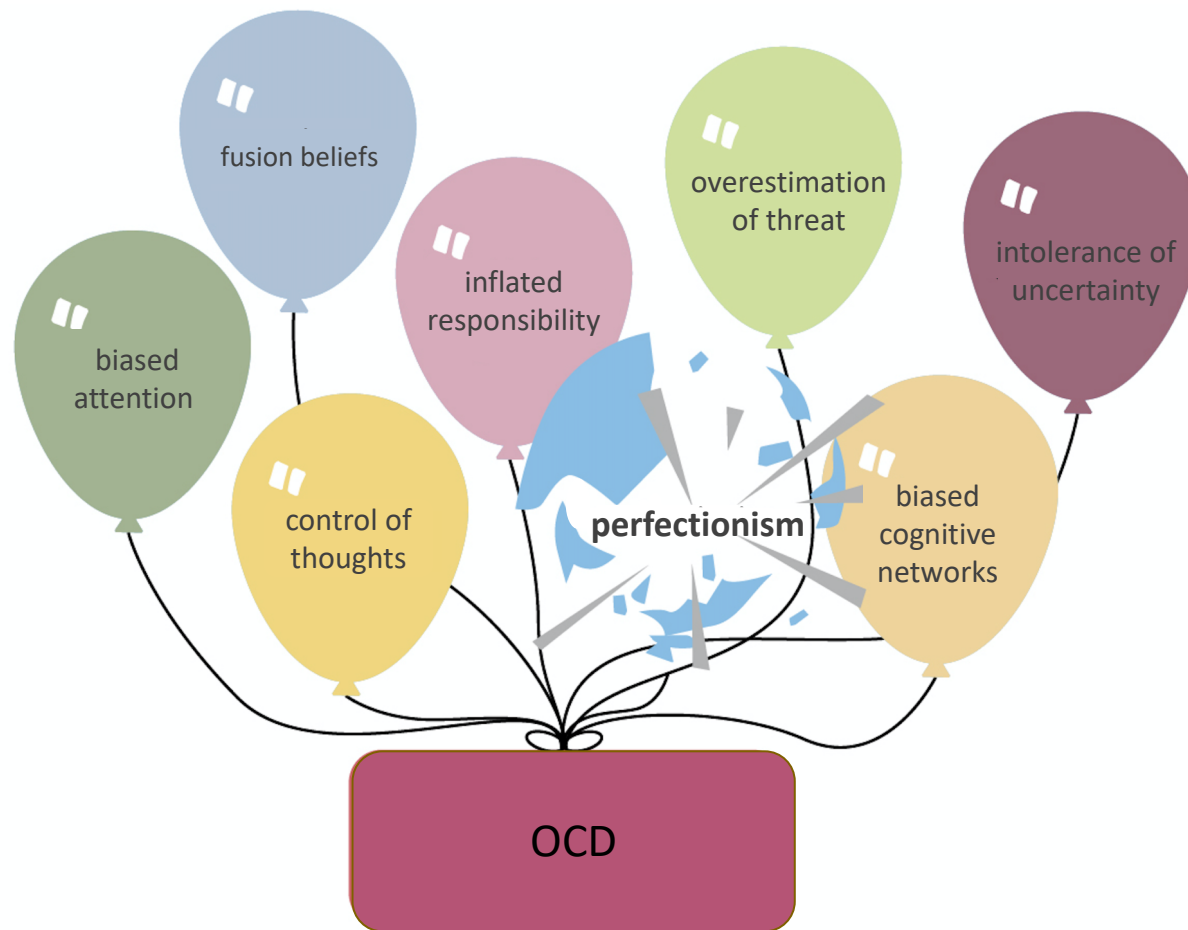


Closing round

What have I learned today?

Which of the presented strategies do I want to practice this week?





Thank you very much, that's it for today.

MODULE 2: PERFECTIONISM

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nicubunu	openclipart	stick figure : male	CC	Strichmännchen 2
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Pogrebnoj- Alexandroff	wikimedia	fingers	PP	Zeigefinger
Monsterkoi	pixabay	rush	CC	Rasenschere
tableatney	flickr	BXP135687	PP	Hochsprung 1

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Steven Pisano	flickr	Indoor Track and Field – Jim Mitchell Invitational at the Armory	PP	Hochsprung 2
filip bossuyt	flickr	024 art	PP	Hochsprung 3
Kuhnmi	flickr	Stairs	PP	Roter Teppich

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☞	wikimedia	errare humanum est	PP	errare humanum est
Paul Cross	flickr	Old light switches	PP	Lichtschalter
wonderferret	flickr	Who is Gordon and how much ...	CC	Gordon Bleu

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