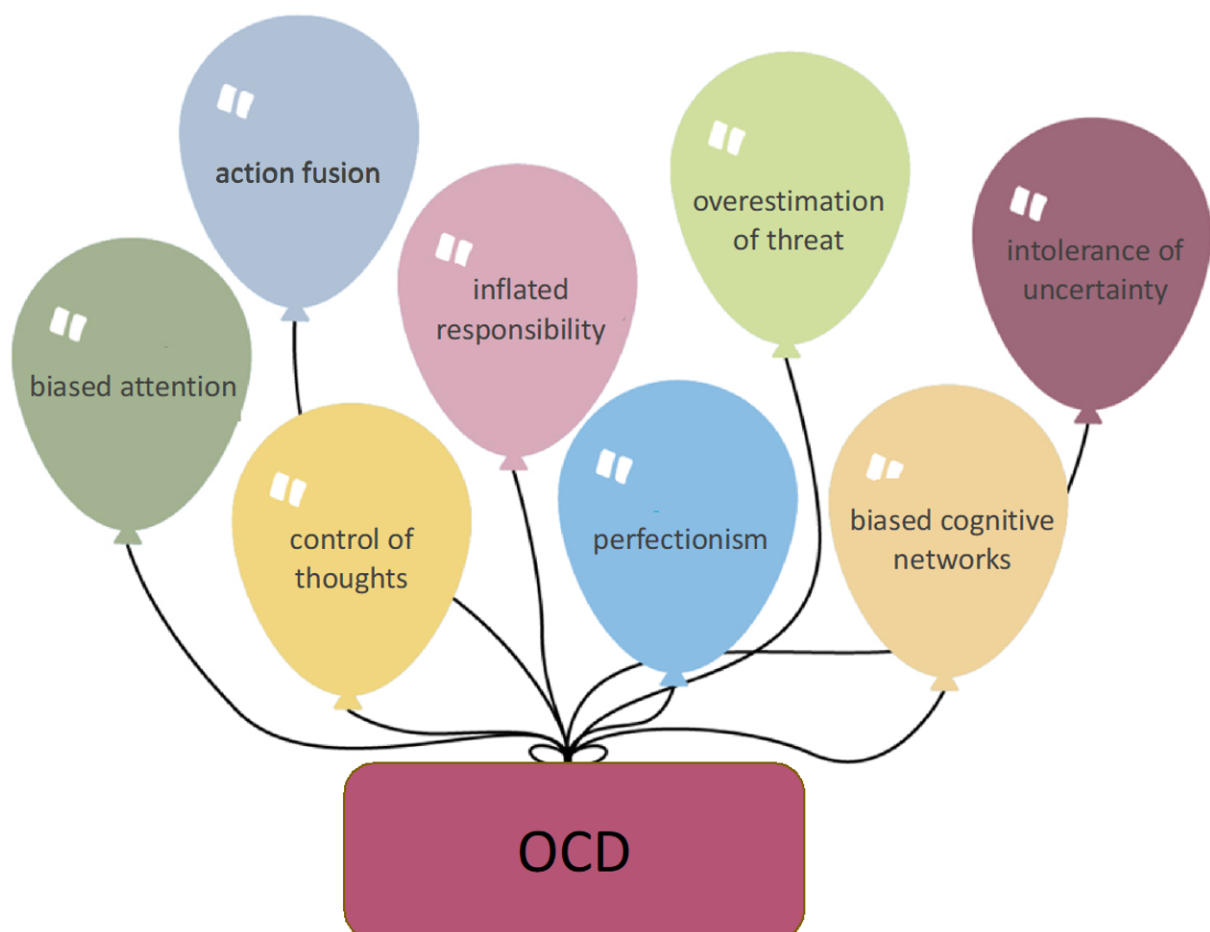


Introduction

- ▶ Metacognition:
 - **Cognition** = derived from the Latin word for “**thinking**”
 - **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:
 - They are referred to as “**cognitive biases**” for the rest of the presentation
 - Cognitive biases contribute to the development and maintenance of mental disorders
 - The MCT-OCD addresses the cognitive biases that are relevant to obsessive-compulsive disorder (OCD)

Cognitive biases in OCD



Group rules

- ▶ Please be on time so that we can start together.
- ▶ Participants and therapists agree to keep all personal information discussed in the group confidential: Everything that is discussed within the group, stays in the group!
- ▶ Everyone has the right to talk or to remain silent. Everyone can decide for himself/herself if and when they want to say something, and how much they would like to share.
- ▶ Please treat each other with respect and respect the opinions of others! If you want to criticize, focus on the specific behavior or point of discussion, not on the individual.
- ▶ Please listen and let others finish!
- ▶ Please speak in the first person! (“I” instead of “one”).
- ▶ Don’t be afraid to make mistakes. Mistakes are welcome in the group because we can learn from them!
- ▶ If someone can’t attend a meeting due to other obligations or has to leave early, please tell the therapists before the meeting!
- ▶ In case of a crisis or open questions, please talk to the therapists after the session (or sooner, if necessary)!