



Metacognitive Training (MCT)

MCT 10 B – Dealing with Prejudices (Stigma)

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What do the following people have in common?

- Angela Merkel (born July 17, 1954)
- Christine Lagarde (born January 1, 1956)
- Ursula von der Leyen (born October 8, 1958)
- Hillary Clinton (born October 26, 1947)

???



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Women, in leadership positions, are all still alive ...



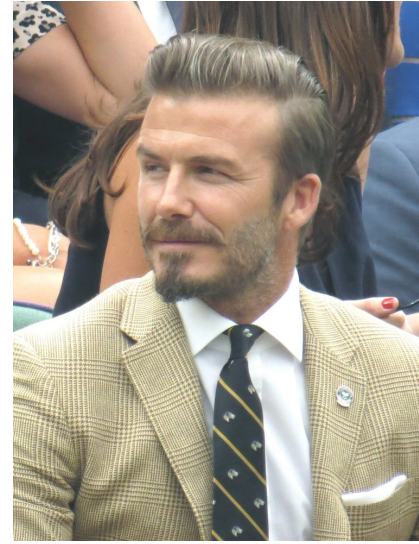
What do the following people have in common?

- Angela Merkel (born July 17, 1954) Former chancellor of Germany
- Christine Lagarde (born January 1, 1956) French politician
- Ursula von der Leyen (born October 8, 1958) European politician
- Hillary Clinton (born October 26, 1947) US politician, candidate in the 2016 presidential election



What do the following people have in common?

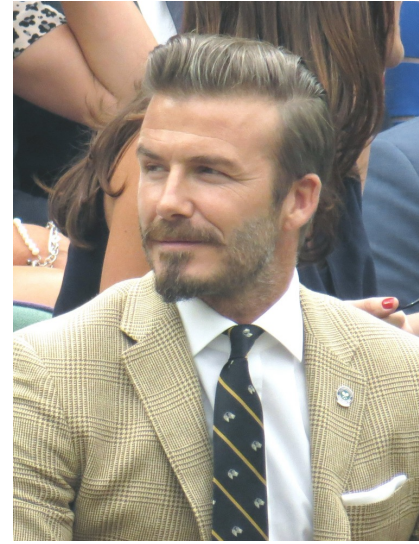
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What do the following people have in common?

Stars, famous ... and, above all, successful!
Something else?



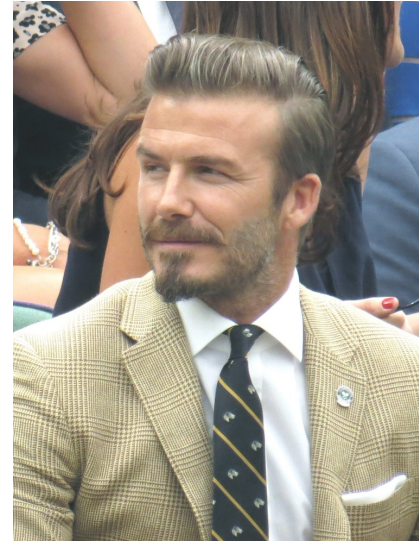


What do the following people have in common?

Stars, famous ... and, above all, successful!

Something else?

They all have (or had) a mental illness!





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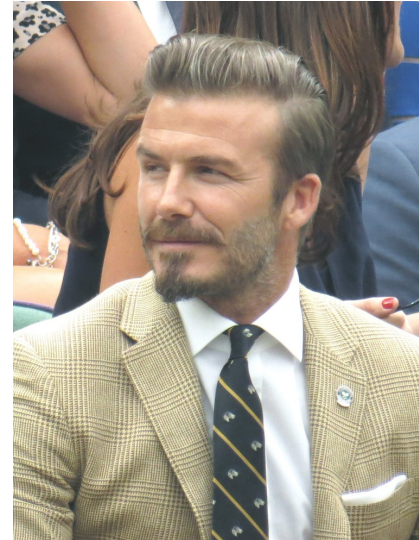
They all have (or had) a mental illness!



Depression
Angelina Jolie



Depression
J. K. Rowling



Obsessive-Compulsive Disorder
David Beckham



Schizoaffective Disorder
Brian Wilson



Famous = Happy?

<p>Angelina Jolie (1975 –)</p>	<p>Angelina Jolie is an American actress, film director, screenwriter, and film producer. She became famous through internationally renowned films such as "Lara Croft: Tomb Raider" and "Mr. & Mrs. Smith" and received three Golden Globes for her outstanding performances. She suffered from severe depression in her youth.</p>
<p>David Beckham (1975 –)</p>	<p>David Beckham is a former soccer player who is considered one of the best players in the world. Today, he is very successful not only as a model but also as a style icon. He suffers from obsessive-compulsive symptoms, which manifest, for example, in his difficulty tolerating objects in his environment being arranged asymmetrically.</p>
<p>Brian Wilson (1942 –)</p>	<p>Brian Wilson is an American musician who is considered the genius behind the Beach Boys. Wilson composed most of the band's songs and has produced many albums. He is one of the most important composers and music producers of the 20th century. Wilson has been diagnosed with schizoaffective disorder.</p>
<p>J. K. Rowling (1965 –)</p>	<p>J. K. Rowling is the successful author of the popular "Harry Potter" book series, and she also struggled with severe depression. She partly dealt with this in the exciting stories of the young wizard. The soul-stealing dementors in her books symbolize the feeling of depression.</p>



Mentally ill... still valuable?

Some famous people lead successful lives despite being mentally ill. They write songs or books, play leading roles in films, or simply inspire others with their achievements in sports.

Question:

Does their mental illness diminish the value of their work (films, songs, books, etc.)?

NO!

Their mental illness has no influence on their value!





First conclusion

- Being mentally ill does not mean you are unable to do meaningful and valuable things.
- Mental illness can inspire as well as inhibit creativity.
- Some celebrities with mental health problems still manage to be successful at what they do!
- For example, it is not possible to tell from a movie or song whether an actor or singer is mentally ill.
- The same is true of appearances: You cannot tell whether or not someone has a mental problem based on how they look.





You are more than your diagnosis!

You have values, skills and ideas! Try to keep these in mind and think about how you could develop them even more in your everyday life.

- Where would you like to invest more time and energy?
- What can be fun, meaningful, and boost your self-esteem?

You are all of these things too! Don't allow yourself to be defined by your mental illness and, very importantly, don't let it define you:

Don't do that to yourself either!



Exercise

Think about the important goals, ideas, or values you have lost sight of that you could pick up again. These can be seemingly small things. Some of these goals may require you to be mentally better, but many other values and goals can be fulfilled or achieved despite or even because of your mental disorder, such as understanding people experiencing psychological distress, which is at times difficult to imagine for people who are not affected.

- What goals, ideas, and values are important to you?
- How can you ensure that these take up more space in your life again?

Would you like to share this with the group?





Example: What could I pay more attention to? What is important to me?

(1) Areas of life/values	(2) Current status	(3) Goal	(4) Plan to meet goal
What areas of life and values are important to me?	How much am I currently aligning my life with this value? 1 (not observed) – 5 (central)	What would it look like if I based my behavior on this value?	What could I change to help me move closer to my goal (start with small steps)?
Respecting nature	2	Eat less meat; buy more organic food; prefer products with less packaging	Separate waste better; use a reusable shopping bag (jute bag)
Kindness towards others but also self-care	3	Actively helping neighbors; sympathizing with those experiencing injustice in the world; assuming the best in others and myself; giving advice and comforting those affected with mental illness in internet forums	I notice that I pay more attention to the well-being of others than to my own, so I want to try to praise myself more and do something good for myself



Homework

In your follow-up booklet, you will find a table in which you can enter your personal values, ideas, and goals!





Is it “normal” to have mental problems?

How many people are mentally ill?

What do you think?



Is it “normal” to have mental problems?

How many people are mentally ill?

A representative study* using data from Germany found the following:

Proportion of the people, who were mentally ill within the last year	27.7%
Anxiety disorders (the most common mental disorder, e.g., social phobia)	15.3%
Affective disorders (e.g., depression)	9.3%
Psychosis (all forms of psychosis, e.g., schizophrenia)	2.6%
Percentage of subgroup who were diagnosed with multiple mental disorders in this timeframe	44%

If you consider people who suffer from individual symptoms of mental disorders without showing the full picture, the numbers are much higher.

* Quelle: <https://doi.org/10.1007/s00115-013-3961-y>



Is it “normal” to have mental problems?

How many people in Canada are mentally ill?

Proportion of people who were mentally ill within the last year	20%
Depression (the most common mental disorder)	8%
Schizophrenia/psychosis	1-2%

If you consider people who suffer from individual symptoms of mental disorders without showing the full picture, the numbers are much higher.



Special beliefs are not so uncommon ...

Frequency of psychotic experiences in the population

- Symptoms of psychosis (e.g., delusions) have long been considered rare and a sign of a serious mental illness.
- We know now that (attenuated) psychosis-like experiences in the population are widespread.
- Unlike people with a diagnosis of psychosis, these experiences do not usually lead to challenges in everyday life.



Special beliefs are not so uncommon ...

Frequency of psychotic experiences in the population*

What do you think? How often were the following symptoms/experiences endorsed by individuals from the general population?

Questions:	Approved answers
Have you ever had the feeling that other people can read your mind?	???
Did you ever think people can communicate telepathically?	???
Have you ever felt things around you are unreal, as if everything is part of an experiment?	???
Have you ever had the feeling that things in magazines or on television had been written particularly for you?	???
Have you ever had the feeling that you are being persecuted in any way?	???
Do you occasionally hear voices when no one is there?	???

* Sources: Emmanuelle R. Peters (Instrument: PDI), Steffen Moritz (Instrument: KSF)



Special beliefs are not so uncommon ...

Frequency of psychotic experiences in the population*

What do you think? How often were the following symptoms/experiences endorsed by individuals from the general population?

Questions:	Approved answers
Have you ever had the feeling that other people can read your mind?	33%
Did you ever think people can communicate telepathically?	???
Have you ever felt things around you are unreal, as if everything is part of an experiment?	???
Have you ever had the feeling that things in magazines or on television had been written particularly for you?	???
Have you ever had the feeling that you are being persecuted in any way?	???
Do you occasionally hear voices when no one is there?	???

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What do you think? How often were the following symptoms/experiences endorsed by individuals from the general population?

Questions:	Approved answers
Have you ever had the feeling that other people can read your mind?	33%
Did you ever think people can communicate telepathically?	61%
Have you ever felt things around you are unreal, as if everything is part of an experiment?	???
Have you ever had the feeling that things in magazines or on television had been written particularly for you?	???
Have you ever had the feeling that you are being persecuted in any way?	???
Do you occasionally hear voices when no one is there?	???

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Did you ever think people can communicate telepathically?	61%
Have you ever felt things around you are unreal, as if everything is part of an experiment?	26%
Have you ever had the feeling that things in magazines or on television had been written particularly for you?	???
Have you ever had the feeling that you are being persecuted in any way?	???
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Did you ever think people can communicate telepathically?	61%
Have you ever felt things around you are unreal, as if everything is part of an experiment?	26%
Have you ever had the feeling that things in magazines or on television had been written particularly for you?	16%
Have you ever had the feeling that you are being persecuted in any way?	???
Do you occasionally hear voices when no one is there?	???

* Sources: Emmanuelle R. Peters (Instrument: PDI), Steffen Moritz (Instrument: KSF)



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Did you ever think people can communicate telepathically?	61%
Have you ever felt things around you are unreal, as if everything is part of an experiment?	26%
Have you ever had the feeling that things in magazines or on television had been written particularly for you?	16%
Have you ever had the feeling that you are being persecuted in any way?	19%
Do you occasionally hear voices when no one is there?	???

* Sources: Emmanuelle R. Peters (Instrument: PDI), Steffen Moritz (Instrument: KSF)



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Frequency of psychotic experiences in the population*

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Have you ever had the feeling that you are being persecuted in any way?	19%
Do you occasionally hear voices when no one is there?	15%

* Sources: Emmanuelle R. Peters (Instrument: PDI), Steffen Moritz (Instrument: KSF)



Mental illness ≠ weakness!

No one is *immune* to mental crises!

More than one in four people suffer from a mental disorder in the course of a year.

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: Traumatic negative 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.





What is stigma and what is self-stigma?

???



What is stigma and what is self-stigma?

- Stigma is a Greek word. Literally, it means: point, wound, or brand.
- Stigmatization occurs when people or groups are associated with negative attributes.
- This is done without a critical reality check.
- Stigma may lead individuals to be devalued and/or segregated.
- Stigma can occur in the case of certain diseases (e.g., HIV), visible disabilities, or mental illnesses, such as psychosis.
- "Self-stigma" means that the affected people have internalized the stigma, which they experienced from outside, so strongly that they consider themselves to be "inferior."



The stigma of psychosis

Common but false assumptions that some people hold about individuals who experience psychosis:

- They are dangerous and unpredictable
- They have multiple personalities (psychosis)
- They are not intelligent
- Psychosis is a permanent condition





The stigma of psychosis

Justified? NO!

dangerous and unpredictable?

People with psychosis are more likely to be victims of abuse and violence than offenders.

However:

- If they are offenders, newspapers may be more likely to report it because it makes better headlines: the method the crime is carried out may be more peculiar or less well understood (e.g., a mentally ill person assaulted the German politicians Lafontaine and Schäuble).
- The strategy of lawyers to justify acts of violence with claims of mental illness (true or not) occasionally reinforces this impression.



The stigma of psychosis

Justified? NO!

- Multiple personalities:

The translation of the word "schizophrenia" from Greek often leads to the misunderstanding that those affected have a "split personality." However, that disorder has nothing to do with the characteristics of psychosis/schizophrenia and has been renamed dissociative identity disorder (people with this disorder report different, clearly distinguishable identities).



The stigma of psychosis

Justified? NO!

- Not intelligent?

The formation of mental disorders is not related to intelligence. Just as with the general population, many people who experience psychosis can have above average intelligence.



The stigma of psychosis

Justified? NO!

- Permanent condition?

The disease is chronic in only a third of cases. With the right treatment, many patients are able to lead productive and fulfilling lives.



Why are we doing this?

Many people diagnosed with "schizophrenia" or "psychosis" (but not all!) may experience discrimination if their diagnosis arouses incorrect assumptions or associations.

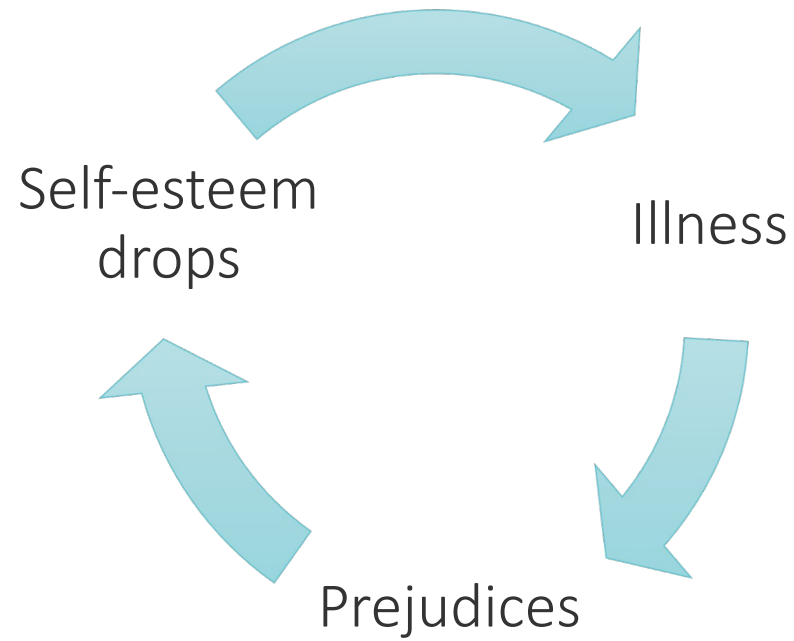
In order to reduce stigma, common stereotypes about people with schizophrenia or psychosis must be identified and corrected or addressed.

Relevant: If you take a closer look, every person has qualities that make them unique. Many prejudices or stereotypes are based on one aspect of a person's identity. These prejudices or stereotypes can lead us to mistreat people who do not deserve to be judged negatively.

Mental illness is only one part aspect of a person's identity.



Consequences of stigmatization



The terms psychosis and schizophrenia give rise to misconceptions in many people.



Should I tell others about my illness, and if so, how?

Do you need to tell others that you are diagnosed with psychosis?

- A diagnosis of psychosis or schizophrenia (like any other mental illness) is not notifiable, that is, it does not have to be disclosed.

It is up to you whether you inform others about the diagnosis.





Should I tell others about my illness, and if so, how?

Do you need to tell others that you are diagnosed with psychosis?

- It can be important for you to talk to a person you trust about your illness;
- Often, significant others spot the early signs of an emerging psychotic phase earlier than the patients themselves.





How can I communicate my illness?

Explain your symptoms rather than sharing the diagnosis.

- Especially if you do not know people very well, it is often advisable to describe your symptoms rather than to share the (ambiguous) name of your diagnosis (schizophrenia, psychosis).
- To be able to explain your illness to others, you need to become an expert in it yourself!



How can I communicate about my illness?

The main symptoms of psychosis and schizophrenia:

???



How can I communicate about my illness?

The main symptoms of psychosis and schizophrenia:

- Hallucinations
- Delusions
- Other (nonspecific) symptoms such as depression (this can also occur in other disorders)



How can I communicate about my illness?

- **Hallucinate:** To hear, see, feel, or taste things that are not there (e.g., hearing offensive voices)

How can I describe my symptom to others?

"It is comparable to thinking of a catchy tune but stronger, so you think it is real. Or, it's like hearing the phone ringing when you are impatiently waiting for someone to call but there is no one on the phone."



How can I communicate about my illness?

- **Delusions:** False beliefs that are not true (e.g., that you were chosen to save the world or are being pursued by the Secret Service)

How can I describe my symptoms to others?

"Almost everyone has days when you have the strong feeling that the whole world is watching you (bad hair day; pimples on your face), especially when you don't feel good in your skin. This was much stronger for me. When I was ill, I was 100% sure that certain people were targeting me, watching and following me. But now I see things differently."



How can I communicate about my illness?

- **Other (nonspecific) symptoms:** For example depression, communication disorder, or attentional difficulties

How can I describe my symptom to others?

"Everyone has times when they are very sad, can't get themselves to do anything, and withdraw. This sadness can last for weeks, and nothing that can cheer you up. I didn't just feel sad; I felt completely hopeless and worthless. You think at that moment that it won't stop and that it's always been like that."



Become an expert!

Inform yourself about the topic of psychosis. This is the best way to correct other people's misconceptions with facts.



Transfer to everyday life

Learning Objectives:

- To prevent prejudice and stigma, it is important to communicate well about your illness to other people.
- Mental disorders are common.
- You are not obliged to disclose your illness to others.
- It can be helpful and also important to tell people you trust about your diagnosis, for general support and to help prevent relapse.
- Sometimes, others may hold inaccurate beliefs about an illness. Explaining your symptoms (of psychosis) can be more helpful than sharing a possibly misunderstood diagnosis. Become an expert on your diagnosis!
- Stigmatization means that negative characteristics are attributed to people or groups without critical examination of what is and is not true.
- You are not your diagnosis! It is just one of the many characteristics you have as a person.



What does this have to do with psychosis?

Many people with psychosis (but not all!) have to struggle with prejudice. To prevent prejudice, it can be helpful to explain the disease to other people.

Example: Due to a psychotic phase, Lisa spent the last few weeks in the hospital. So far, she has told almost no one about her illness, and so she has become more and more withdrawn from others.

Background: In the past, Lisa had negative experiences with speaking openly about her psychosis. After she told her last boss about her illness, she was soon transferred. Therefore, she is afraid that her friends will think she is *crazy* and will turn their backs on her.

However: During her current hospitalization, Lisa participated in MCT, as well as other therapies and activities, and she decided to stop hiding from her good friends. Almost all of them responded reasonably to Lisa's description of her symptoms. One of them even reported own experiences of feeling persecuted and threatened.



Thank you for your attention!

for trainers:

Please hand out worksheets. Introduce our app COGITO (download free of charge).



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DonkeyHotey	Flickr	Stop Sign	CC	stop sign/Stoppschild
Vic	Flickr	Deciding Which Door to Choose 2	CC	deciding which door to choose/Entscheidung zwischen zwei Türen

Informationen zu den Erkrankungen der Prominenten:

http://www.focus.de/kultur/vermishtes/depression-reich-beruehmt-depressiv_aid_971503.html

<http://www.spiegel.de/spiegel/kulturspiegel/d-16352599.html>

<http://www.dailymail.co.uk/news/article-3111278/Beach-Boys-singer-Brian-Wilson-misdiagnosed-paranoid-schizophrenic-drugged-weeks-end-therapist-stars-new-documentary-claims.html>

<http://www.rp-online.de/panorama/leute/david-beckham-leidet-unter-zwangsstoerungen-aid-1.2042116>