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)!

The use of the pictures in this module has been kindly permitted by artists and copyright holders, respectively. For details (artist, title), please refer to the end of this presentation.

Metacognitive Training (MCT)

???

Metacognitive Training (MCT)

meta →

derived from Greek, means "about"

Metacognitive Training (MCT)

meta →

derived from Greek, means "about"

cognition →

derived from Latin, means "thinking"

Metacognitive Training (MCT)

meta →

derived from Greek, means "about"

cognition →

derived from Latin, means "thinking"

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., often devaluing oneself).

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

Your partner blasts you for having forgotten a minor task.

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

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

Your partner blasts you for having forgotten a minor task.

Possible thoughts

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

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

Your partner blasts you for having forgotten a minor task.

Possible thoughts

"Goddamn it! I do everything around here and now I'm getting told off for something like that!"

"Wow, someone is having a bad day. I'm not the actual target, but the scapegoat."

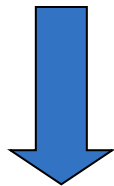"I'm a disappointment to everyone. I'm never going to have a happy relationship."

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

Your partner blasts you for having forgotten a minor task.

Possible thoughts

"Goddamn it! I do everything around here and now I'm getting told off for something like that!"

"Wow, someone is having a bad day. I'm not the actual target, but the scapegoat."

"I'm a disappointment to everyone. I'm never going to have a happy relationship."

What are possible emotions that come up with these thoughts?

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

Your partner blasts you for having forgotten a minor task.

Possible thoughts

"Goddamn it! I do everything around here and now I'm getting told off for something like that!"

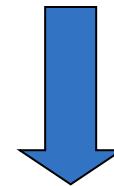"Wow, someone is having a bad day. I'm not the actual target, but the scapegoat."

"I'm a disappointment to everyone. I'm never going to have a happy relationship."
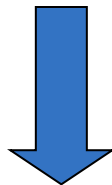
Possible emotions

angry

relaxed

sad

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

Your partner blasts you for having forgotten a minor task.

Possible thoughts

"Goddamn it! I do everything around here and now I'm getting told off for something like that!"

"Wow, someone is having a bad day. I'm not the actual target, but the scapegoat."

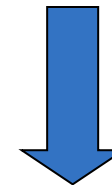"I'm a disappointment to everyone. I'm never going to have a happy relationship."

Possible emotions

angry

relaxed

sad

What possible behavioral reactions could result from each case?

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

Your partner blasts you for having forgotten a minor task.

Possible thoughts

| "Goddamn it! I do everything around here and now I'm getting told off for something like that!" | "Wow, someone is having a bad day. I'm not the actual target, but the scapegoat." | "I'm a disappointment to everyone. I'm never going to have a happy relationship." |

Possible emotions

| angry | relaxed | sad |
| yell, fight and insult | stay calm, ask what the matter is | cry and ruminate |

Welcome to

Training module:

Self-esteem

10/13

What is self-esteem?

"European Money" by Images_of_Money

What is self-esteem?

= how people assess *their own* value.

- Entirely subjective assessment of oneself

- Based on opinions one has about oneself (→ changeable)

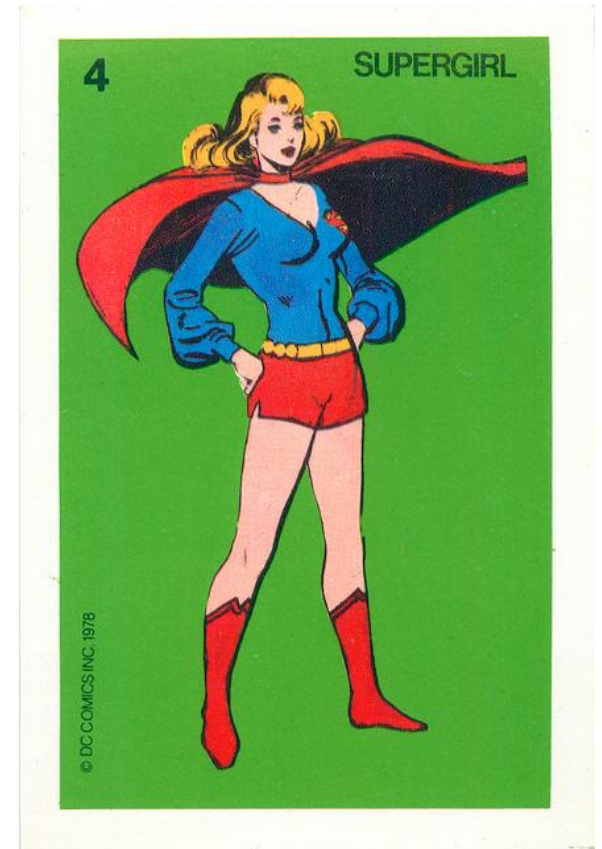- Does not necessarily have anything to do with how other people see the person

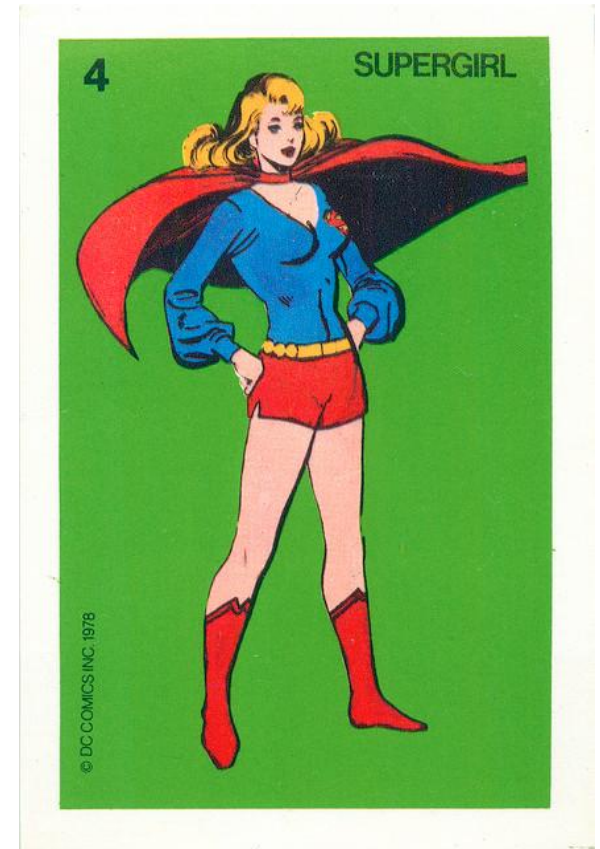# How do you identify a person with healthy self-esteem?

Directly visible features

- Voice: ???

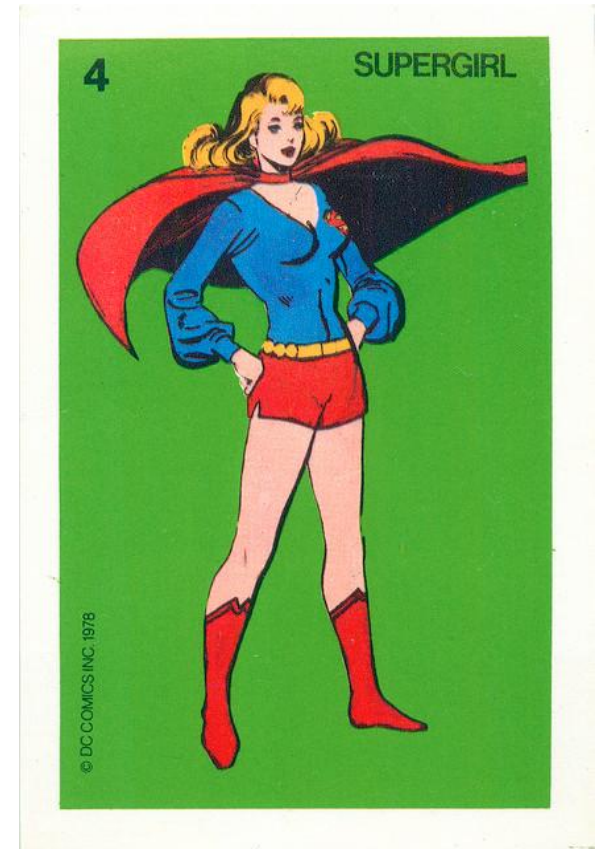- Facial expressions: ???

- Posture: ???

Directly visible features

- Voice: clear, appropriate level of loudness

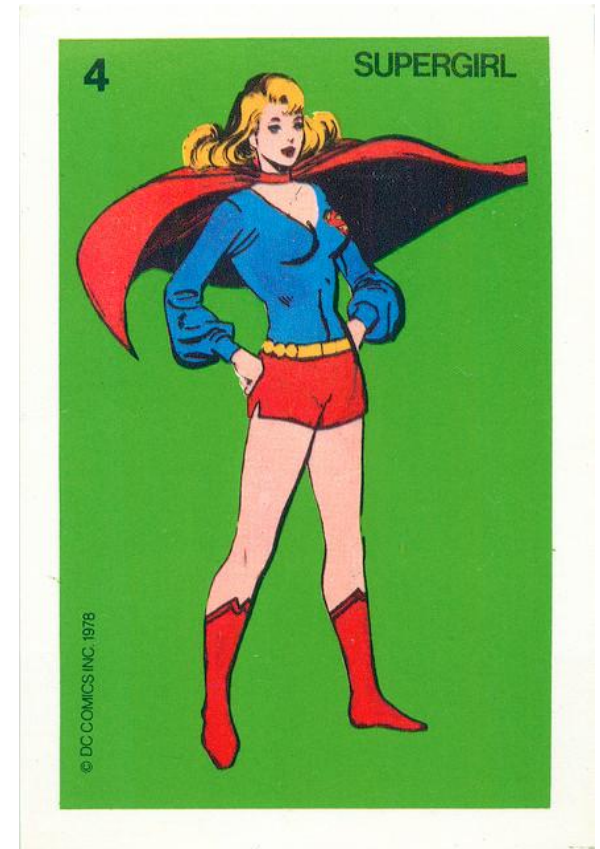- Facial expressions: ???

- Posture: ???
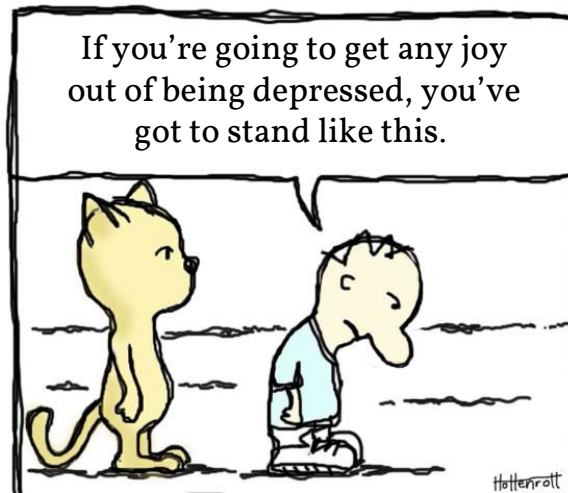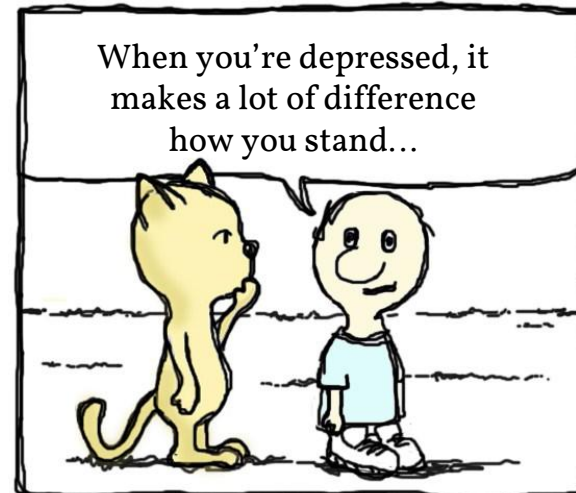
Directly visible features

- Voice: clear, appropriate level of loudness

- Facial expressions: eye contact

- Posture: ???

Directly visible features

- Voice: clear, appropriate level of loudness

- Facial expressions: eye contact

- Posture: upright

Directly visible features

- Look for these directly visible features on yourself (posture, facial expressions/gestures).

Directly visible features

- Look for these directly visible features on yourself (posture, facial expressions/gestures).

- Observe your feelings and thoughts when, for example, you stand up straight.

Directly visible features

- Look for these directly visible features on yourself (posture, facial expressions/gestures).

- Observe your feelings and thoughts when, for example, you stand up straight.

- Try an experiment: Do your feelings change if you spend a whole day smiling…

„who says squirrels dont smile" by Dawn Huczek

- Facial expression affects perceived emotion:

  → *A happy face can put you in a good mood*

Directly visible features

- Facial expression affects perceived emotion:

  → *A happy face can put you in a good mood*

- Study (Strack et al., 1988): Test persons were asked to rate cartoons on funniness, while at the same time holding a pen with either their lips or teeth.

Directly visible features

- Facial expression affects perceived emotion:

  → *A happy face can put you in a good mood*

- Study (Strack et al., 1988): Test persons were asked to rate cartoons on funniness, while at the same time holding a pen with either their lips or teeth.

  → *They rated cartoons as funnier when they held the pen between their teeth: The subjects had to smile (unconsciously) to hold the pen.*

„who says squirrels dont smile" by Dawn Huczek

Directly visible features

- Facial expression affects perceived emotion:

  → *A happy face can put you in a good mood*

- Study (Strack et al., 1988): Test persons were asked to rate cartoons on funniness, while at the same time holding a pen with either their lips or teeth.

  → *They rated cartoons as funnier when they held the pen between their teeth: The subjects had to smile (unconsciously) to hold the pen.*
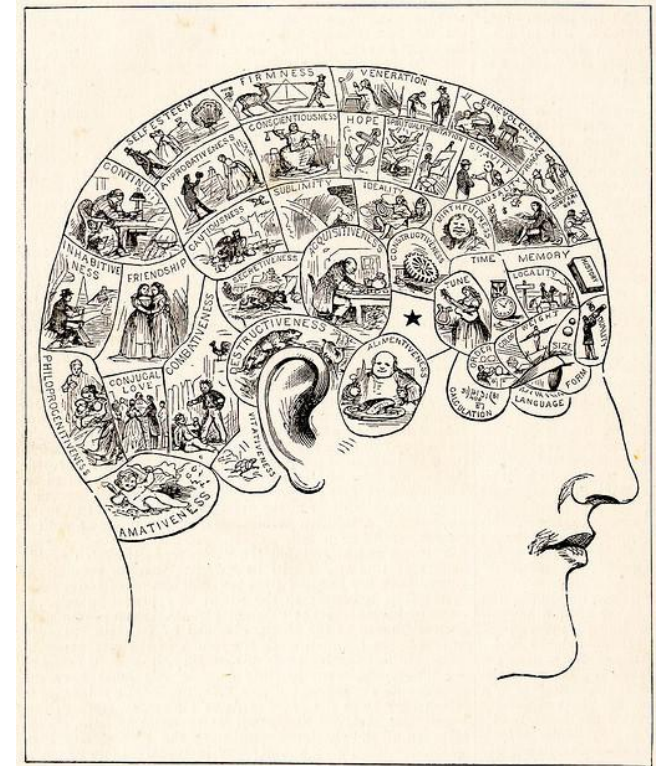
- Frowning often makes people find something hilarious less funny. People with depression often chronically tense the "frown muscles" on their forehead; as soon as the depression ceases, their forehead muscles relax.
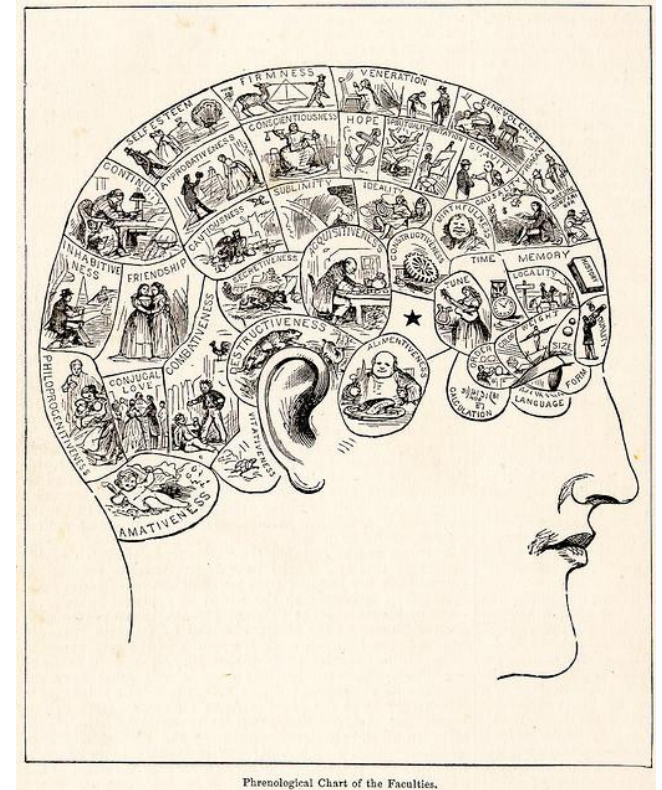
Not directly visible features

???

Phrenological Chart of the Faculties.

Not directly visible features

- Trust in own abilities

- Acceptance of mistakes or failures (without putting oneself down)

- Willingness to learn (even from mistakes)

- Positive attitude toward oneself, e.g., giving oneself credit for an achievement

Phrenological Chart of the Faculties.

Self-esteem and attitude toward yourself and others

	Very high	Medium	Very low
Attitude toward your own strengths/ weaknesses	???	???	???
Attitude toward others	???	???	???

Self-esteem and attitude toward yourself and others

	Very high	Medium	Very low
Attitude toward your own strengths/ weaknesses	One-sided: • over-emphasizing strengths, ignoring weaknesses • no critical examination • danger of having an inflated ego 😕	???	???
Attitude toward others		???	???

Self-esteem and attitude toward yourself and others

	Very high	Medium	Very low
Attitude toward your own strengths/ weaknesses	One-sided: • over-emphasizing strengths, ignoring weaknesses • no critical examination • danger of having an inflated ego	???	One-sided: • over-emphasizing weaknesses, ignoring strengths • self-doubts, putting oneself down
Attitude toward others	😕	???	😕

Self-esteem and attitude toward yourself and others

	Very high	Medium	Very low
Attitude toward your own strengths/ weaknesses **Attitude toward others**	One-sided: • over-emphasizing strengths, ignoring weaknesses • no critical examination • danger of having an inflated ego 🙁	Balanced: • "two-sided" recognition of own strengths and weaknesses • both self-criticism and self-praise 🙂	One-sided: • over-emphasizing weaknesses, ignoring strengths • self-doubts, putting oneself down 🙁

Why do we do this?

Many [but not all!] people with BPD have low self-esteem and a "self-devaluing" disposition.

Sources of self-esteem

- No one has a fixed amount of self-esteem; it can vary in the different areas of one's life.

"Regal" by Clemens Burkert

Sources of self-esteem

- No one has a fixed amount of self-esteem; it can vary in the different areas of one's life.

- It is crucial whether we look only at our flaws (*the empty shelves*) or at our strengths and abilities as well (*the filled shelves*).

"Regal" by Clemens Burkert

- … tend to always look only at the empty "loser-shelf"

Loser!

People with low self-esteem…

- … tend to always look only at the empty "loser-shelf"

- … barely distinguish between behavior and person (something fails = loser)

Loser!

"Regal" by Clemens Burkert
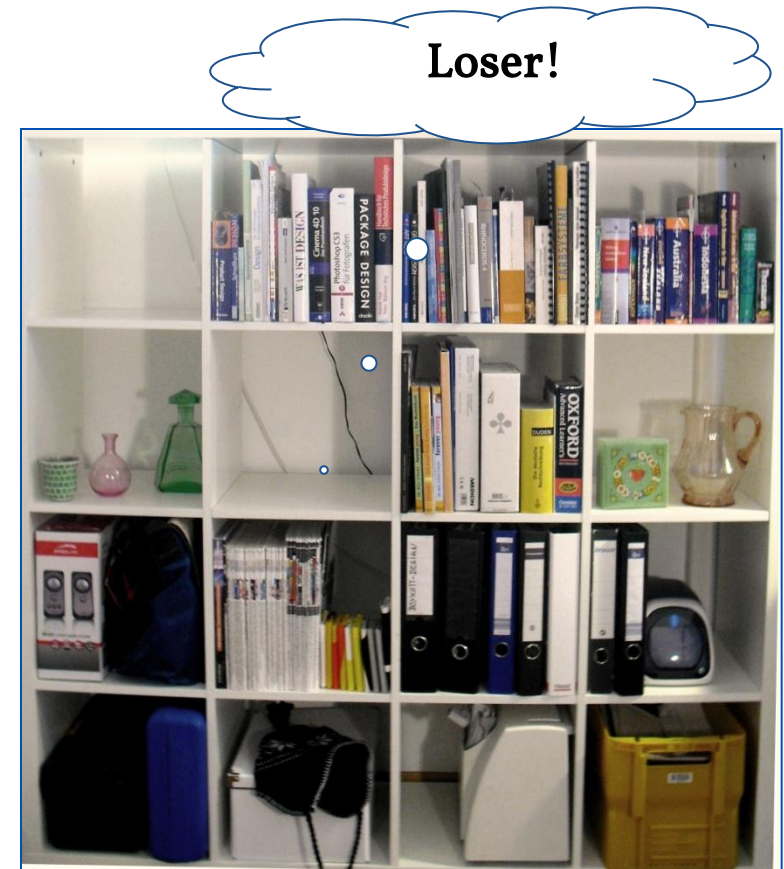
Do not omit things…

Good listener; hardly ever forgets birthdays; enjoys being there for others; loyal…

Learned the "wrong" profession; company went bankrupt; currently unemployed…

Satisfied with body height, with hands, dissatisfied with weight…

relationships

sports

job

leisure

appearance

hobbies

Can't catch a ball; can't throw very far; loves to dance…

Good at decorating; like cooking for others…

Reliable choir member; has a good ear for rhythm…

"Regal" by Clemens Burkert

"Regal" by Clemens Burkert

"The inner critic"

???

"The inner critic"

= constant self-criticism

Examples: ???

"Der innere Kritiker" by Lisa Schilling

"The inner critic"

= constant self-criticism

Examples:

- "You look absolutely terrible today, once again!"

- "No one really likes you."

- "Because you picked your daughter up from school late, you are a bad mother."

- "Because you weren't able to work out the last relationship, you are going to be lonely forever."

- "You made a mistake at work; you're a total loser."

- "You are not worthy of love."

"Der innere Kritiker" by Lisa Schilling

"The inner critic"

= constant self-criticism

Examples:

- "You look absolutely terrible today, once again!"

- "No one really likes you."

- "Because you picked your daughter up from school late, you are a bad mother."

- "Because you weren't able to work out the last relationship, you are going to be lonely forever."

- "You made a mistake at work; you're a total loser."

- "You are not worthy of love."

→ *Often your worst enemy is you!*

"Der innere Kritiker" by Lisa Schilling

"The inner critic"

- Function of self-criticism: ???

"Der innere Kritiker" by Lisa Schilling

"The inner critic"

- Function of self-criticism: The more severely we criticize ourselves, the less cause there is for others to do it.

"The inner critic"

- Function of self-criticism: The more severely we criticize ourselves, the less cause there is for others to do it.

- Self-criticism is often associated with "all-or-nothing thinking" or "black-and-white thinking": *The inner critic is very strict: There are no shades of gray!*

"Der innere Kritiker" by Lisa Schilling

Imagine you are playing a game. According to the rules, you are a valuable person only if you always have exactly 100 cents on you. If you have just one cent less in your pocket, you are a worthless and inferior human being.

All-or-nothing thinking
The 100 cents game

Imagine you are playing a game. According to the rules, you are a valuable person only if you always have exactly 100 cents on you. If you have just one cent less in your pocket, you are a worthless and inferior human being.

What are the consequences of such a game? How would you behave?

All-or-nothing thinking
The 100 cents game

Imagine you are playing a game. According to the rules, you are a valuable person only if you always have exactly 100 cents on you. If you have just one cent less in your pocket, you are a worthless and inferior human being.

What are the consequences of such a game? How would you behave?

- You become obsessed with always carrying exactly 100 cents.
- If you have less than 100 cents on you, you feel worthless.
- Even if you do have the 100 cents, you can't relax, because you are always afraid of losing a cent.

The 100 cents stand for what you demand of yourself:

- If something is not perfect (you have less than 100 cents), you feel worthless and inferior.

- If you do well, you are afraid of failing next time.

→ This "all-or-nothing thinking" completely controls your feelings and your behavior!

"The inner critic"
How can I deal with it?

I. Observe what the inner critic says, and question his statements!

   Do they really match the facts? Ask those close to you whether they agree!

"Der innere Kritiker" by Lisa Schilling

1. Observe what the inner critic says, and question his statements!
   Do they really match the facts? Ask those close to you whether they agree!

2. Consciously stop and tell the critic: "Shut up" (or "Get lost," etc.). This stopping helps the "good" thoughts to come to the forefront.

"Der innere Kritiker" by Lisa Schilling

"The inner critic"
How can I deal with it?

1. Observe what the inner critic says, and question his statements!
   Do they really match the facts? Ask those close to you whether they agree!

2. Consciously stop and tell the critic: "Shut up" (or "Get lost," etc.). This stopping helps the "good" thoughts to come to the forefront.

3. Displace the critic to the outside and confront him with an opponent who is a "match" for him. *How would this opponent respond to the critic's nagging?*

"Der innere Kritiker" by Lisa Schilling

Does suppressing negative thoughts help ???

Try it!

Do not think of an elephant for the next minute!

Suppression of negative thoughts
Does it work? No!

- Most of you probably immediately thought of an elephant and/or of something that has to do with an elephant (e.g., zoo, safari, Africa, etc.)

Suppression of negative thoughts
Does it work? No!

- Most of you probably immediately thought of an elephant and/or of something that has to do with an elephant (e.g., zoo, safari, Africa, etc.)

- This effect gets even stronger if you try deliberately to suppress upsetting thoughts such as self-reproaches ("loser," etc.).

- These thoughts can sometimes become so strong and vivid that they seem strange, like someone else's thoughts.

„Addo Elephant National Park" by exfordy

Suppression of negative thoughts
What would be a more helpful way?

Event	Problematic evaluation
You have recurrent negative thoughts (e.g., "You're a failure," "Loser," "Wow, are you stupid!").	"I must not think these negative thoughts!" or "Stop it already!" *…but that doesn't work!*

Alternative way?

Suppression of negative thoughts
What would be a more helpful way?

Event	Problematic evaluation
You have recurrent negative thoughts (e.g., "You're a failure," "Loser," "Wow, are you stupid!").	"I must not think these negative thoughts!" or "Stop it already!" *…but that doesn't work!*

Alternative way?

- Question your thoughts to find out whether they are justified.

- Distract yourself by doing something enjoyable!

When you are distressed by strong negative thoughts, do not try to actively suppress them (this will only encourage them). Instead, observe the inner events without intervening.

→ Like a visitor at the zoo who is observing a dangerous animal from a safe distance.

These thoughts will almost automatically calm down!

Are thoughts controllable?

Are thoughts controllable?

Most of our thoughts are controllable, but it is important to allow them a certain life of their own.

Examples: ???

Are thoughts controllable?

Most of our thoughts are controllable, but it is important to allow them a certain life of their own.

Examples:

Positive: Sudden inspirations; using a foreign word that you didn't know existed in your vocabulary.

Are thoughts controllable?

Most of our thoughts are controllable, but it is important to allow them a certain life of their own.

Examples:

Positive: Sudden inspirations; using a foreign word that you didn't know existed in your vocabulary.

Negative: Blackouts during exams; "Freudian slips" (e.g., saying "congratulations" instead of "condolences" at a funeral service).

Are thoughts controllable?

Most of our thoughts are controllable, but it is important to allow them a certain life of their own.

Examples:

Positive: Sudden inspirations; using a foreign word that you didn't know existed in your vocabulary.

Negative: Blackouts during exams; "Freudian slips" (e.g., saying "congratulations" instead of "condolences" at a funeral service).

Normal: Slips of the tongue; when you try to be perfect, mistakes often slip in.

Learning objectives:

Transfer to everyday life

Learning objectives:

➢ Self-esteem consists of a lot of different areas of life.

➔ *Don't just look at the "empty shelves."*

Transfer to everyday life

Learning objectives:

➢ Self-esteem consists of a lot of different areas of life.

→ *Don't just look at the "empty shelves."*

➢ Hear what your "inner critic" says but do not believe and question it!

Transfer to everyday life

Learning objectives:

➢ Self-esteem consists of a lot of different areas of life.

→ *Don't just look at the "empty shelves."*

➢ Hear what your "inner critic" says but do not believe and question it!

➢ Thought suppression does not help, but makes negative thoughts grow even stronger.

Further questions?

???

Thank you for your attention!

Name Photographer/Artist Name Fotograf/Künstler/	Source/ Quelle	Picture Name/ Name des Bildes	CC = used with corresponding creative commons license; PP = used with personal permission of artist CC = genutzt unter creative commons Lizenz, PP = verwendet mit persönlicher Zustimmung des Künstlers	Description/Kurzbeschreibung
Images_of_Money	flickr	European Money	CC	Money/ Geldschein
andertoons	flickr	Superman Card Game by Whitman (1978) – Superboy	CC	Superman Card / Superman Karte
andertoons	flickr	Superman Card Game by Whitman (1978) – Supergirl	CC	Supergirl Card / Supergirl Karte
Dawn Huczek	flickr	who says squirrels dont smile	CC	Smiling squirrel / Lachendes Eichhörnchen
ankaatje	flickr	Untitled	CC	
	flickr			Smiley
shawnchin	flickr	self portrait	CC	
Clemens Burkert	flickr	Regal	CC	Shelf / Regal
Lisa Schilling		Der innere Kritiker		Man in the head / Mann im Kopf
exfordy	flickr	Addo Elephant National Park	CC	Elephant / Elefant
Tarnishedrose	flickr	:: Coulrophobia VII ::	CC	Fear of clowns/Angst vor Clown
furryscaly	flickr	Fierce	CC	Tiger
Ell brown	flickr	South Walsham Inner Broad - Boat steering wheel - on board Primrose	CC	Steuerrad

Name Photographer/Artist Name Fotograf/Künstler/	Source/ Quelle	Picture Name/ Name des Bildes	CC = used with corresponding creative commons license; PP = used with personal permission of artist CC = genutzt unter creative commons Lizenz, PP = verwendet mit persönlicher Zustimmung des Künstlers	Description/Kurzbeschreibung
jeffmcneil	flickr	Weightlifting Mouse	CC	Weightlifting Mouse / Gewichtheber-Maus
Friedrich Althausen	http://friedrichalthausen.de/?page_id=411	Schriftart: "Vollkorn"	Open-Font-Lizenz	Vollkorn-Schrift