

# Metacognitive Behaviour Therapy

# Teaching aims:

- Introduction to main principles underpinning Meta cognitive therapy.
- Be able to identify what distinguishes meta cognitive therapy from standard cognitive behaviour therapy.
- To experience some meta cognitive treatment strategies

# MCT

Does everyone have negative thoughts?

Does everyone believe there negative thoughts sometimes?

What is it that controls thoughts and determines whether one can dismiss them or whether one sinks into prolonged and deeper distress?

# MCT

- Not what you think but how you think which determines the consequences.



Lea Suzuki / The Chronicle

# The meta cognitive approach

- Cognitive attentional syndrome
- Sustained verbal thinking and dwelling in the form of rumination and worry
- Attentional bias

# Traditional CBT

- Meanings
- Aims at changing thought content “ I am worthless”
- What is your evidence?

# MCT

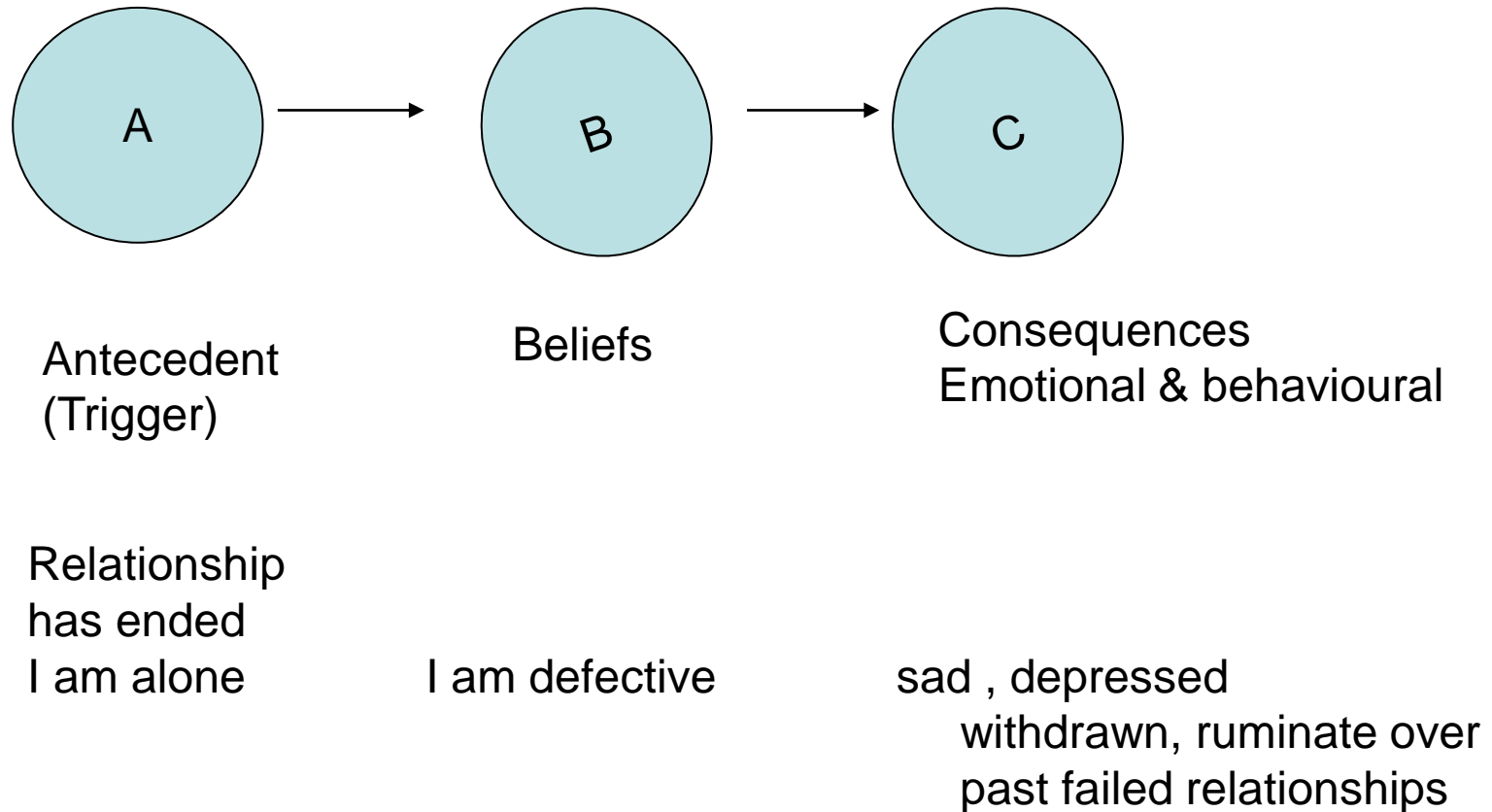
- “ I am worthless”
- What is the point in evaluating your worth?



# MCT

- Study of metacognition emerged from developmental psychology
- Describes range of interrelated factors comprised of :
- Knowledge( theories about thinking)
- Experiences ( appraisals of thoughts& feelings, tip of the tongue)
- Strategies ( control or alter thinking)

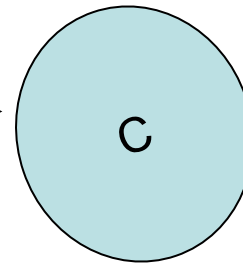
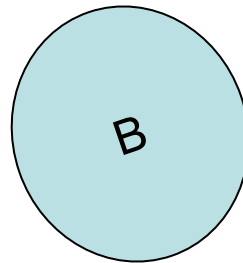
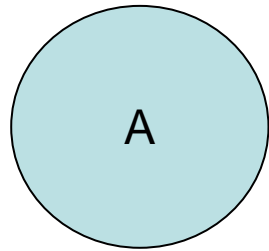
# ABC model



I am alone

I am defective

sad ,  
depressed  
withdrawn, ruminate over  
past failed relationships



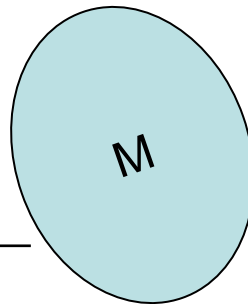
Antecedent  
(Trigger)

Beliefs

Consequences  
Emotional & behavioural

Ruminate  
Focus on emotion

**CAS**



**Meta beliefs**



If I analyse  
past relationships I  
Will be able to work  
out what I do wrong

# Aims of MCT

- To modify thinking processes
- Develop new ways of controlling attention
- Develop new ways of relating to negative thoughts and beliefs
- By modifying metacognitive beliefs that give rise to unhelpful thinking patterns
- Promoting detached mindfulness

# Detached mindfulness

- A state of awareness of internal events, without responding to them with sustained evaluation , attempts to control or suppress them, or respond to them behaviourally. It is exemplified by strategies such as deciding not to worry in response to an intrusive thought, but instead allowing the thought to occupy its own mental space without further action or interpretation in the knowledge that it is merely an event in the mind. ( Wells, 2005)

- Exercise one : Dialogue
- What happens to most of your everyday thoughts?

# Treatment Techniques

## Attention training

### Aims to:

- interrupt the negative thinking pattern people become locked into.
- Strengthen ability to focus externally

# ATT

Attention is multifaceted:

Selectivity

Switching

Parallel processing

Capacity



# Exercise 2

- Read worksheet
- Try the ATT

# Exercise: The tiger



# Metaphors

- Clouds
- Recalcitrant child
- Train

# Evidence base

Generalised anxiety disorder

PTSD

OCD

Depression

# References:

- Well D, 2009, Metacognitive therapy for anxiety and depression. The Guilford Press.London.