

Metakognitiv terapi

LOS den 24 jan 2019

V/ Dr. Pia Callesen



Landsorganisationen
for sociale tilbud



Ræk hånden op hvis du nogensinde
har været vildt lykkelig eller forelsket!





**Hvorfor lider over 400.000
mennesker i Danmark af angst?**

Nye boller på suppen





Der findes et helt marked
der sælger hjælp til
regulering og ro



Medfølende tanker

HeartMath

Afspændings - og Åndedrætsøvelser

Meditationer

“Lykke”-piller

Mindfulness

Kognitiv eksponering

Meditationer

Klassiske terapier

Visualiseringer

Betablokkere



A man with short reddish hair and a beard is lying in a white hammock, smiling. A young girl with short brown hair is sitting in the hammock next to him, looking down at something in her hands. A large, brindle-colored dog with a white patch on its chest is standing on the grass in front of the hammock, looking towards the camera. The background is a lush green garden with trees and various plants. The scene is bathed in warm, golden light, suggesting late afternoon or early morning.

“Doing nothing is
doing everything”

- Adrian Wells

Årsagen til angst og depression er for meget tankehåndtering!

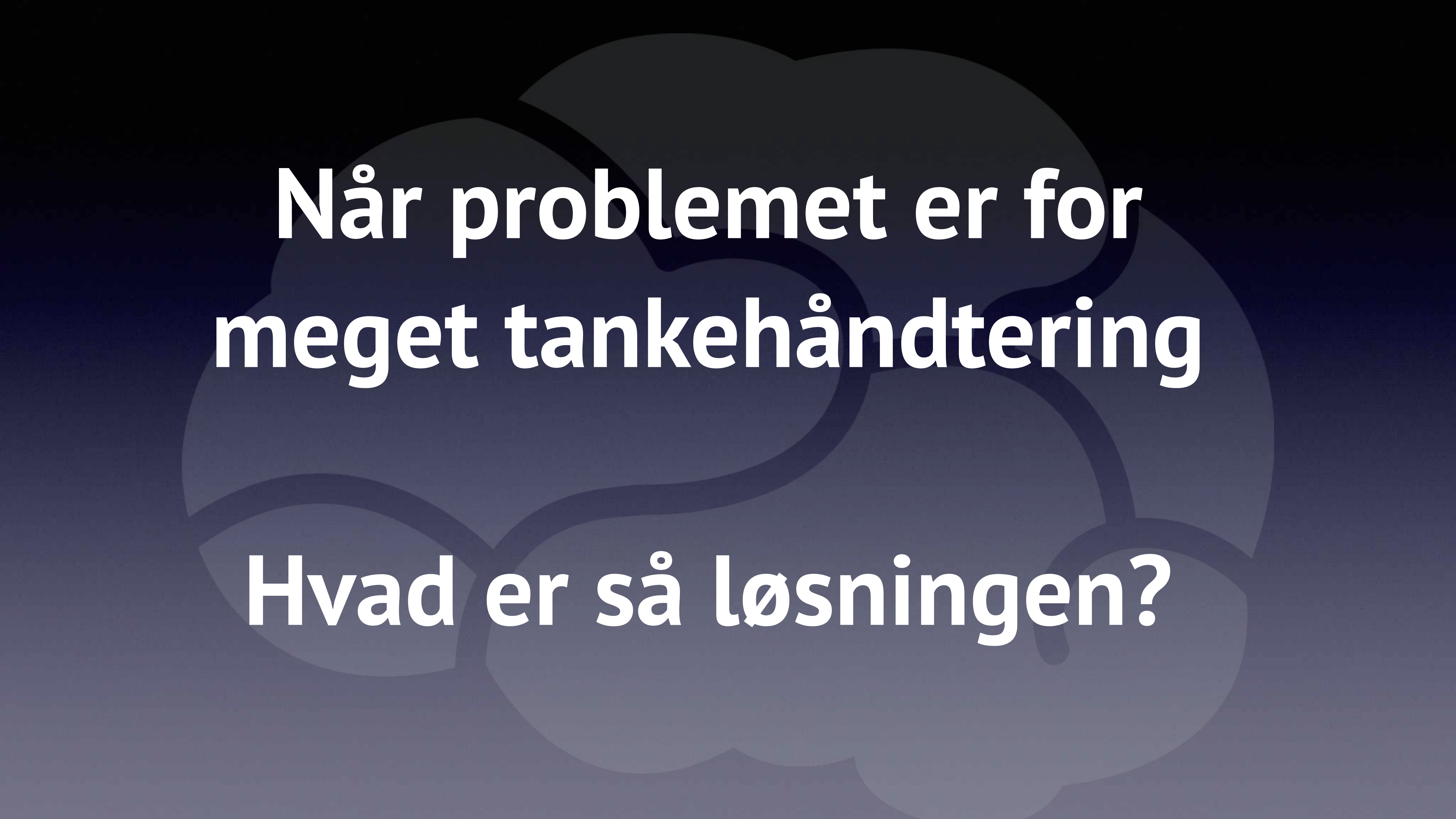
Trussels-
monitorering

Grublerier

Anden dysfunktionel coping

Bekymringer

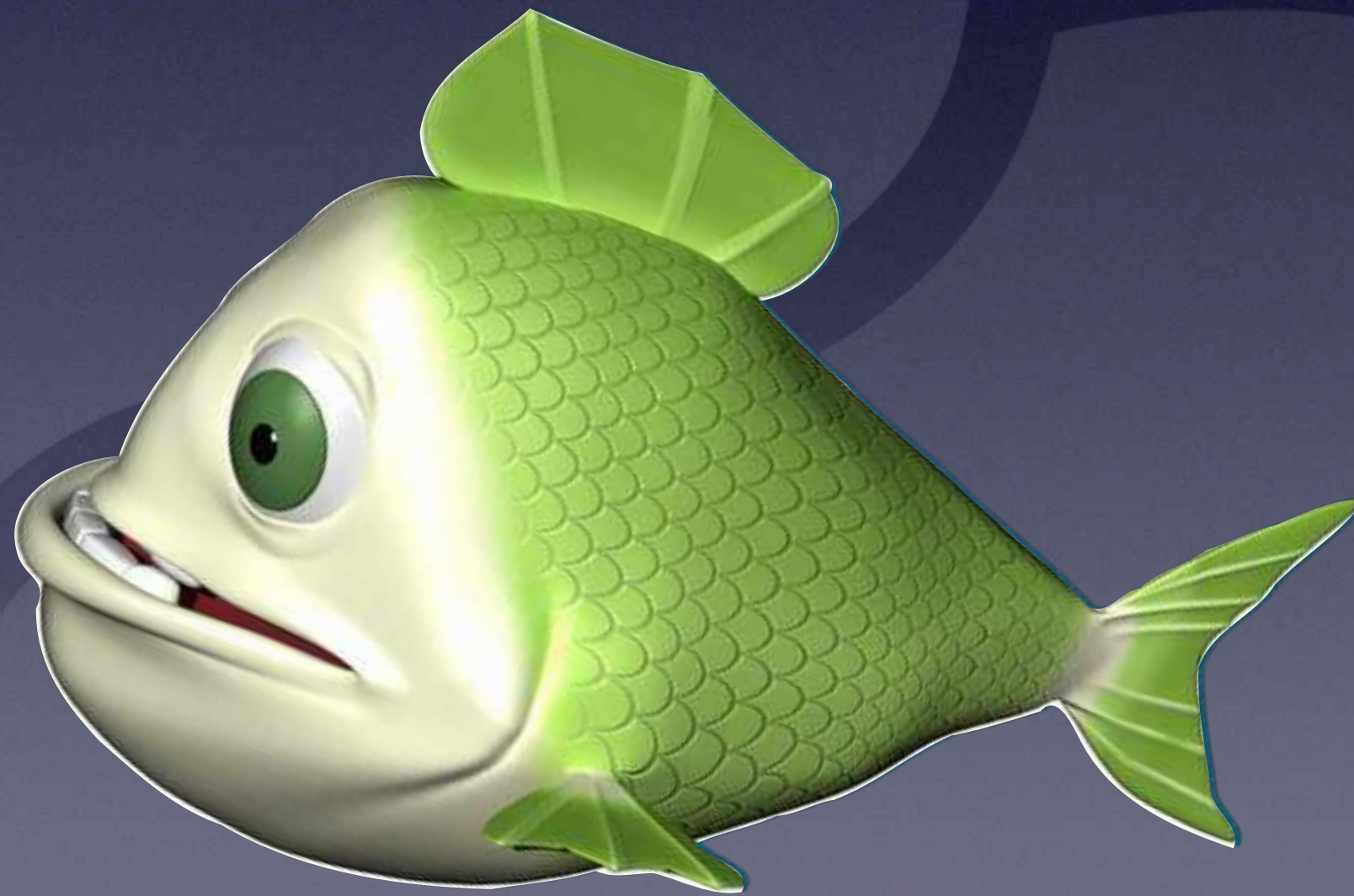


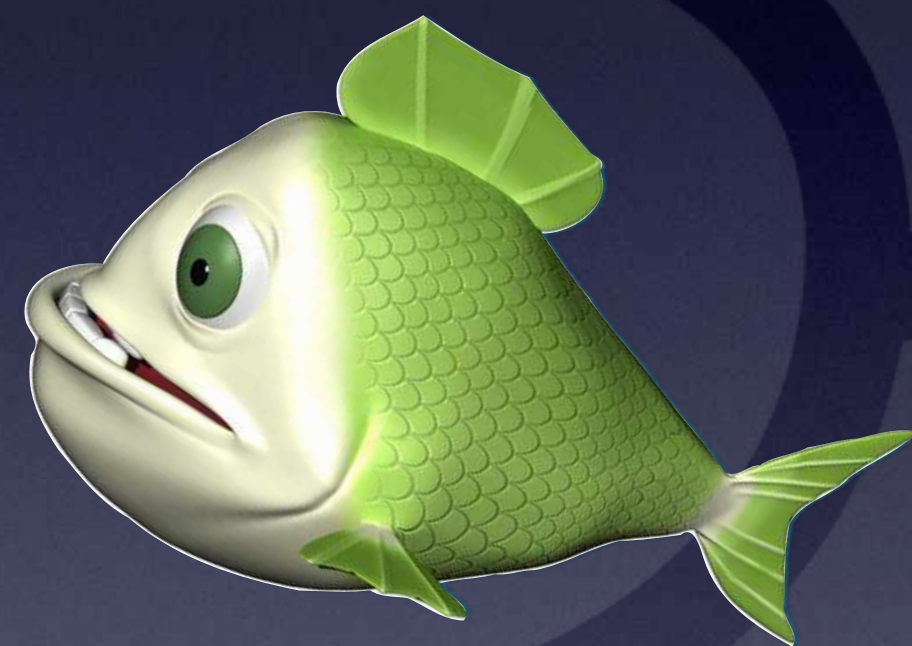


**Når problemet er for
meget tankehåndtering**

Hvad er så løsningen?

**Det modsatte af tankehåndtering =
At være passiv med sine tanker**







**Lad tankerne ringe,
men lad være med at
bruge kræfter på dem**



DET BEGYNDER MED EN TRIGGERTANKE

TID



2 minutters refleksion

Hvilke triggertanker fylder for jeres borgere?

Hvor lang tid grubler og bekymrer de sig typisk?

3 ting der er vigtige for at bekymringer bliver et problem:

Vi tror ikke vi kan styre bekymringerne



Vi tror tanker er farlige

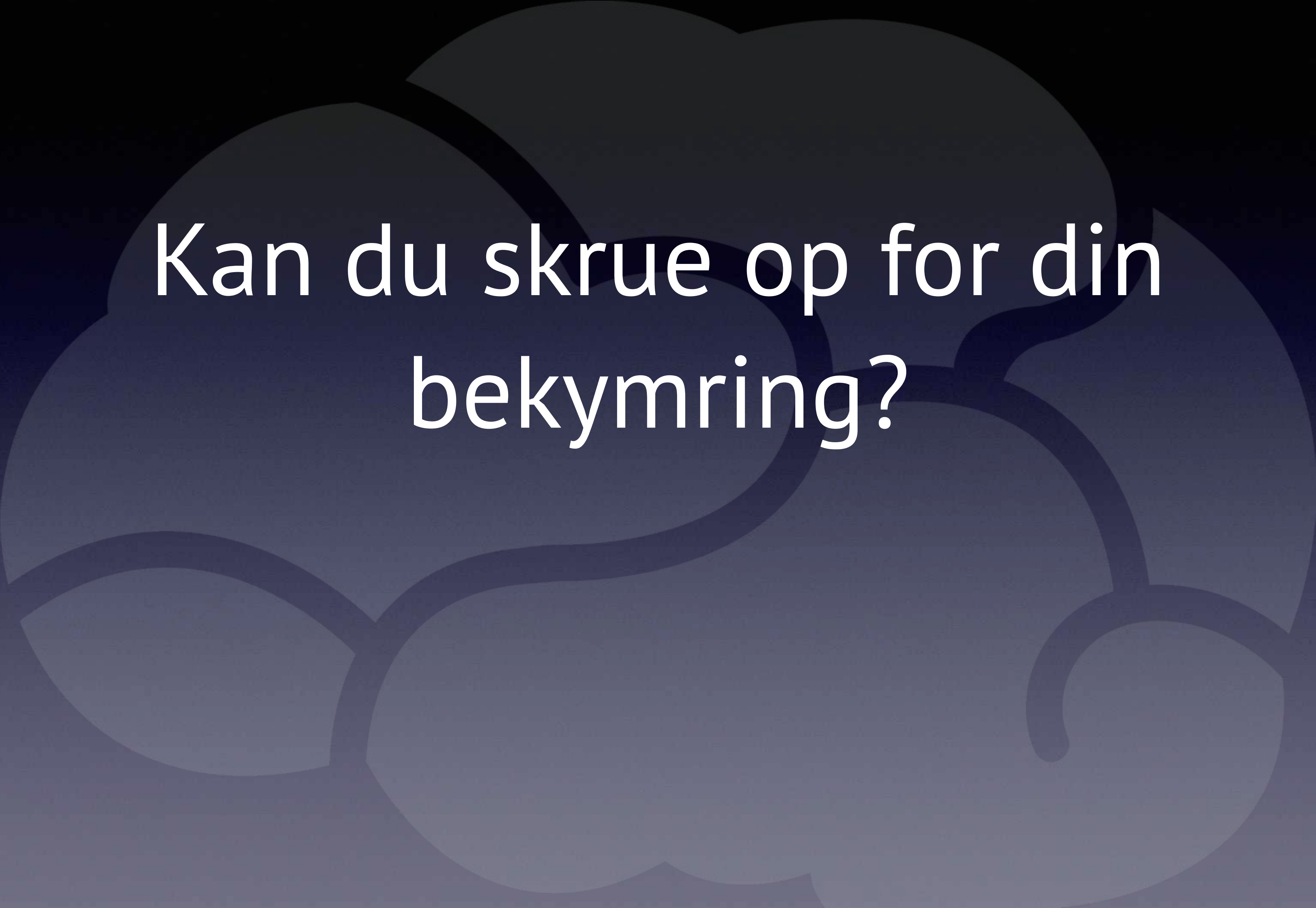


Vi tror bekymringerne er nyttige for os

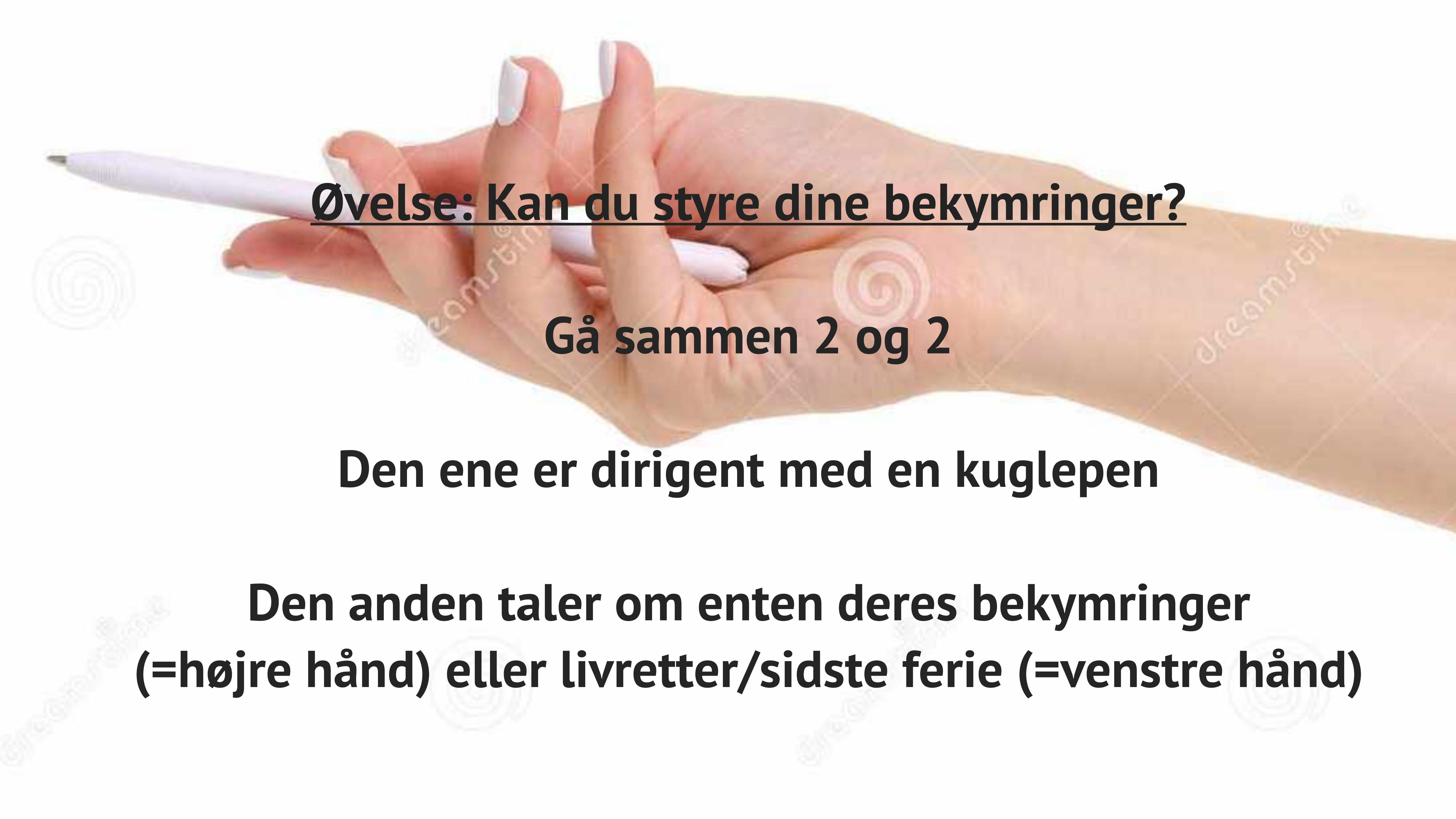


Kan bekymringer styres?





Kan du skrue op for din
bekymring?

A close-up photograph of a right hand holding a white pen. The hand is positioned horizontally, with the thumb and index finger gripping the pen. The background is a plain, light color. Overlaid on the image is text in a bold, black, sans-serif font. The text is arranged in four lines, centered horizontally. The first line is underlined. The second line is a mathematical expression. The third and fourth lines are separate sentences. The overall image has a clean, minimalist aesthetic with a focus on the hand and the text.

Øvelse: Kan du styre dine bekymringer?

Gå sammen 2 og 2

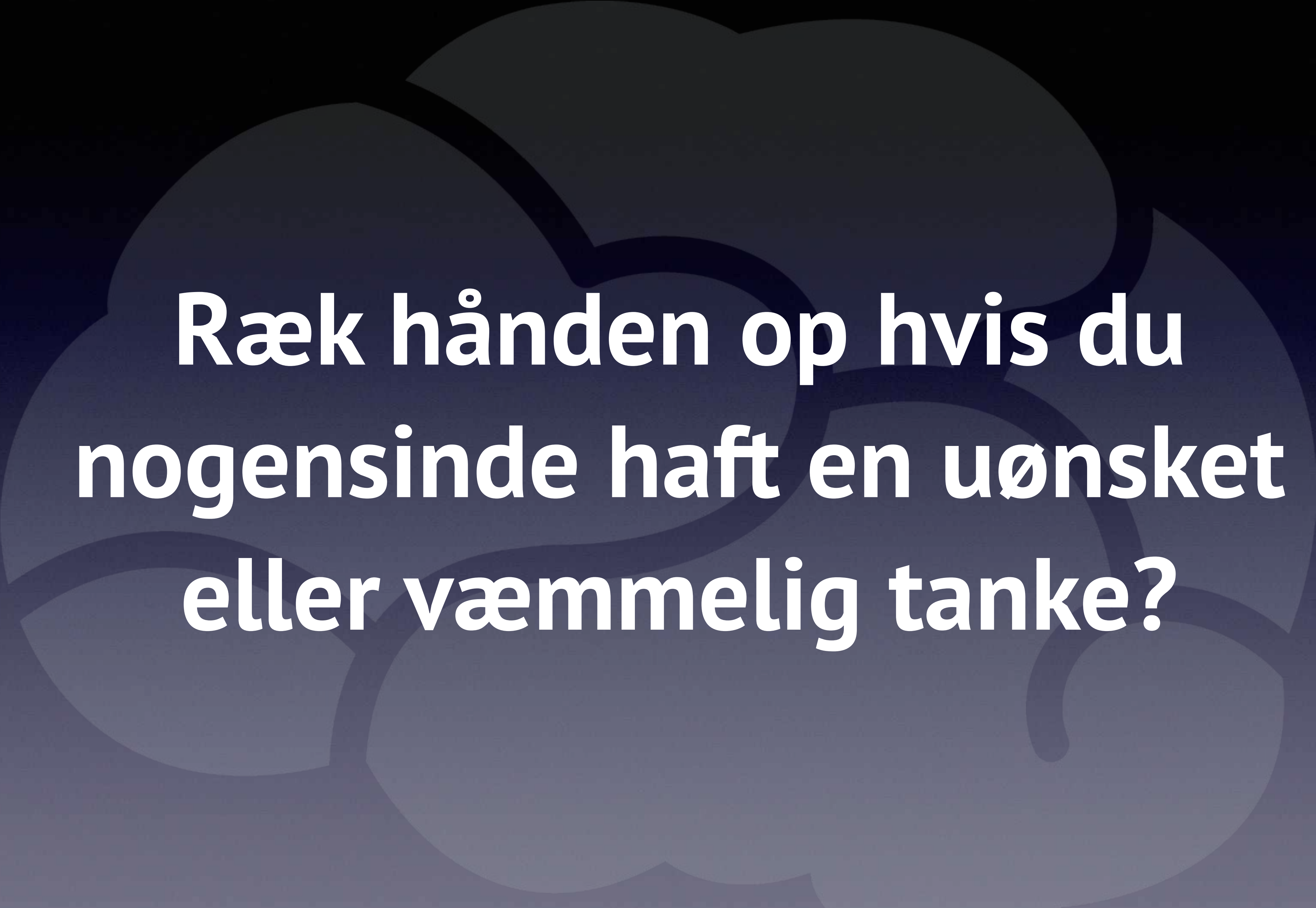
Den ene er dirigent med en kuglepen

**Den anden taler om enten deres bekymringer
(=højre hånd) eller livretter/sidste ferie (=venstre hånd)**

Er tanker farlige?

Får jeg kræft?!





**Ræk hånden op hvis du
nogensinde haft en uønsket
eller væmmelig tanke?**

A close-up photograph of a hand holding a clear, retractable ballpoint pen. The hand is positioned over an open notebook with blank white pages. The background is dark and out of focus. The text is overlaid on the right side of the image.

Er tanker på papir magtfulde?

Skriv navnet på een i elsker på papiret...

A black silhouette of a human head and shoulders is centered against a gray gradient background. Inside the head, there is a grid of 20 light gray dots arranged in four rows of five. The text "Tanker er bare tanker" is written in white across the middle of the head.

Tanker er bare tanker



PAUSE

"Hvis jeg holder øje med
trusler føler jeg mig mere
sikker"

"Tvangshandlinger
giver mig ro"

"Vi skal
bearbejde
traumer"

Nytter bekymringer ?

"Vores
hukommelse
skal være
intakt"

"Bekymringer
gør mig til en
omsorgsfuld
mor"

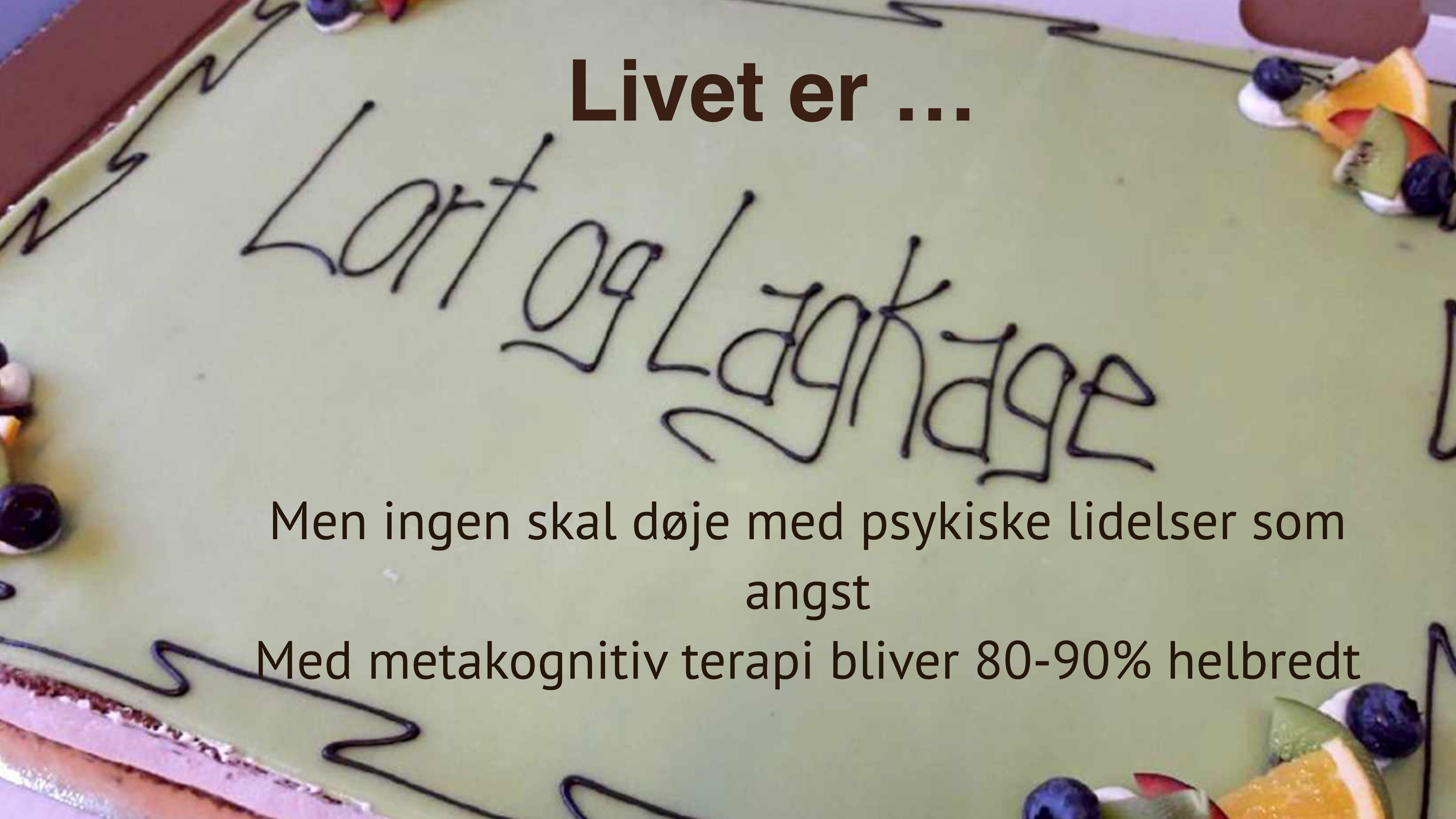
"Bekymringer
forbereder mig"

**Kan du huske hvad du
lavede den 12 maj 2016?**







A green cake with chocolate decorations and fruit toppings. The cake is decorated with chocolate swirls and lines. There are blueberries, orange slices, and kiwi slices on top. The text "Livet er ..." is written in a bold, black font at the top. The text "Lart og Lækkage" is written in a cursive, black font in the middle. The text "Men ingen skal døje med psykiske lidelser som angst" is written in a black font below the cursive text. The text "Med metakognitiv terapi bliver 80-90% helbredt" is written in a black font at the bottom.

Livet er ...

Lart og Lækkage

Men ingen skal døje med psykiske lidelser som
angst

Med metakognitiv terapi bliver 80-90% helbredt

view

THE EFFICACY OF METACOGNITIVE THERAPY FOR ANXIETY AND DEPRESSION: A META-ANALYTIC REVIEW

Nicoline Normann, M.Sc.,^{1*} Arnold A. P. van Emmerik, Ph.D.,² and Nexhmedin Morina, Ph.D.²

Background: Metacognitive therapy (MCT) is a relatively new approach to treating mental disorders. The aim of the current meta-analysis was to examine the efficacy of MCT in patients with mental disorders. **Method:** A comprehensive literature search revealed 16 published as well as unpublished studies on the efficacy of MCT, of which nine were controlled trials. These studies report on 384 participants suffering from anxiety or depression. Treatment efficacy was examined using a random effects model. **Results:** On primary outcome measures the aggregate within-group pre- to posttreatment and pretreatment to follow-up effect sizes for MCT were large (Hedges' $g = 2.00$ and 1.65 , respectively). Within-group pre- to posttreatment changes in metacognitions were also large (Hedges' $g = 1.18$) and maintained at follow-up (Hedges' $g = 1.31$). Across the controlled trials, MCT was significantly more effective than both waitlist control

The Efficacy of Metacognitive Therapy: A Systematic Review Meta-Analysis

Nicoline Normann^{1*} and Nexhmedin Morina²

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Background: Metacognitive therapy (MCT) continues to gain increased interest as a treatment for psychological complaints. During the last years, several studies on the efficacy of MCT have been published. The aim of the current study was to conduct an updated meta-analytic review of the effect of MCT for psychological complaints.

Methods: We conducted a systematic search of trials on MCT for psychological complaints in patients with psychological complaints published until January 2018.

A close-up photograph of a human hand, palm up, holding a mound of dark brown soil. A small, vibrant green seedling with two leaves is growing out of the center of the soil. The hand is positioned in the lower half of the frame. The background is a dark, textured blue-grey with a faint, large, stylized white graphic of a person's head and shoulders, suggesting a focus on human growth or psychology.

Pas på nye metoder

Vælg altid MCT-I certificerede terapeuter. Find listen her: mct-institute.co.uk/mct-registered-therapists

CEKTOS Afdelinger

CEKTOS Gruppeforløb



Rønne



Aalborg

Karup



Aarhus

Holbæk



Hellerup



København

Fredericia



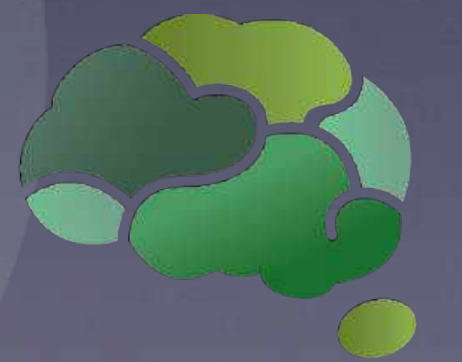
Odense



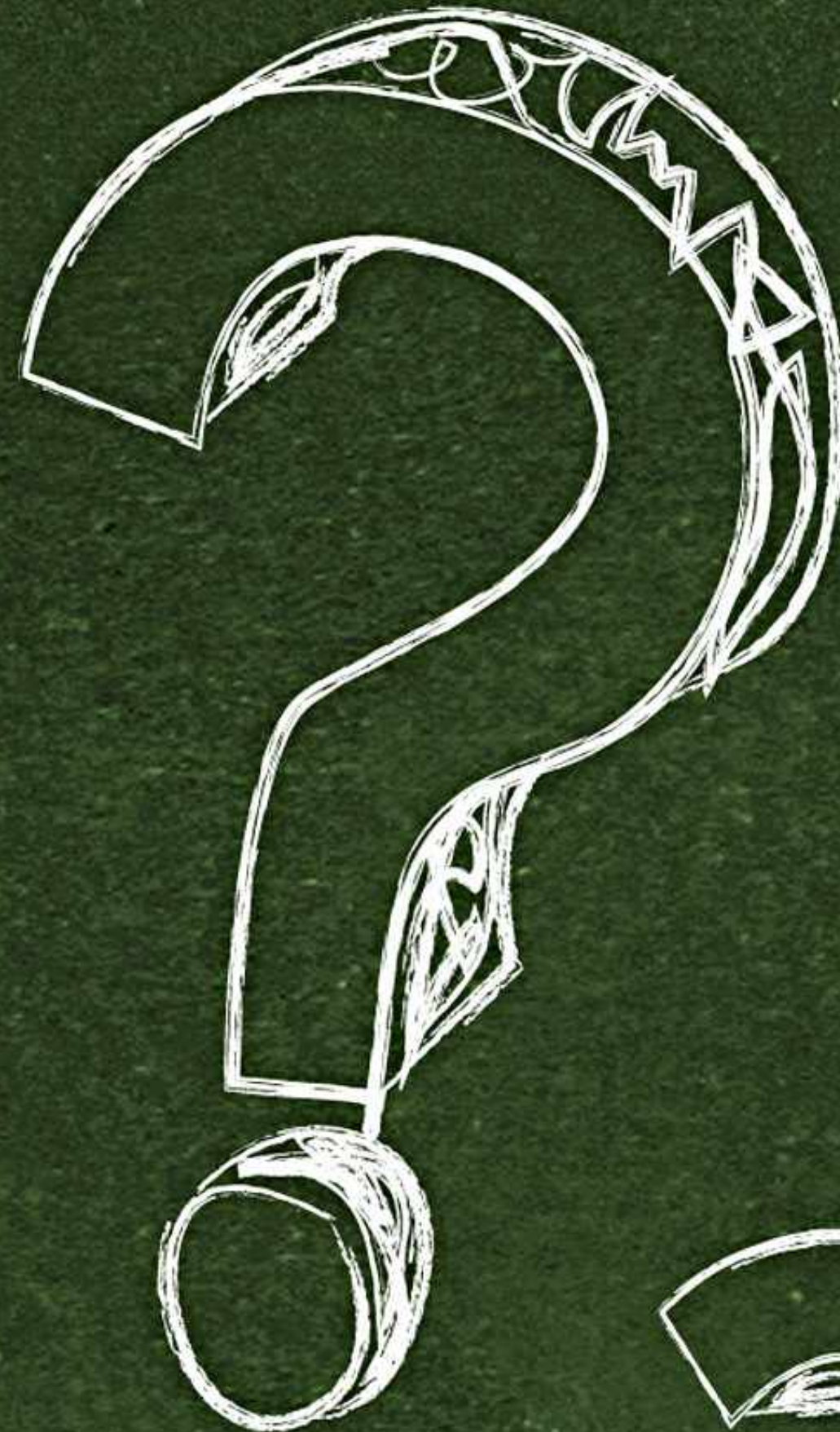
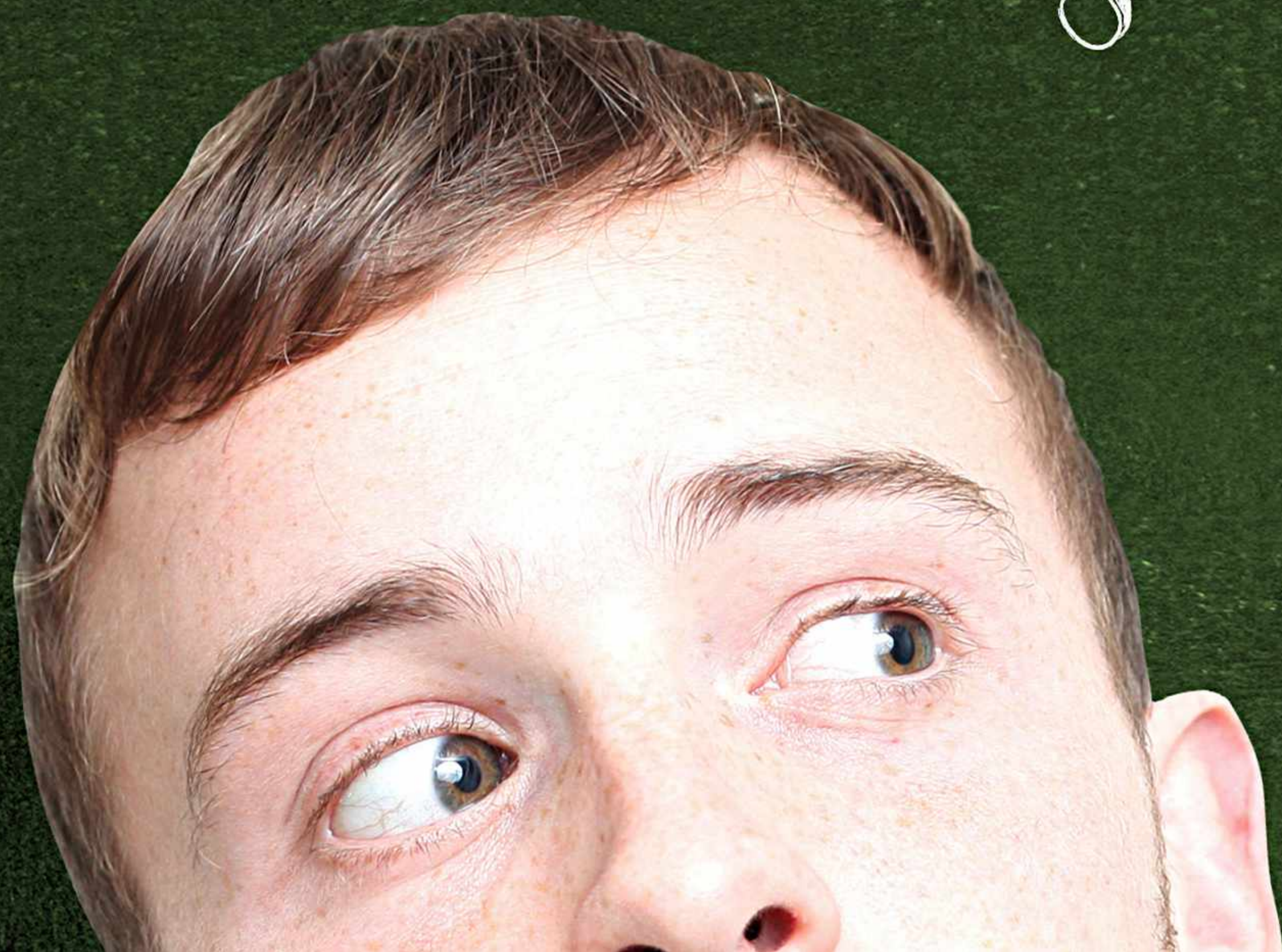
Køge



Næstved



Cektos
Center for Kognitiv & Metakognitiv Terapi



**Bekymringer plejer ikke stoppe
de dårlige ting i at ske,
det stopper dig blot fra
at nyde de gode.**

(Søren Brun)

