

Metacognitive Therapy for Rumination and Depression

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Growing empirical evidence supports metacognitive therapy (MCT) for rumination and depression to maximise therapeutic effectiveness, prevent relapse/recurrence, and address limitations of current treatments. This skills-based workshop will outline the stages of MCT for rumination and depression (Wells, 2009; Wells & Papageorgiou, 2004) and cover the following: the metacognitive model of rumination and depression; assessment/measurement of rumination and metacognition; conceptualisation and socialisation; enhancing flexible control over cognition using attention training and detached mindfulness; modifying negative and positive metacognitive beliefs; decatastrophising emotion; developing new plans for thinking and relapse prevention. A combination of lecture, discussion, experiential, role-plays, and case presentations will be used to facilitate this workshop.

Learning objectives:

- (1) To understand the principal features of the metacognitive model and therapy of rumination and depression
- (2) To gain knowledge in metacognitive conceptualization and socialization of rumination and depression
- (3) To become familiar with the specific metacognitive treatment strategies and techniques for rumination and depression