



**COLLOQUIUM
Heymans Institute
for Psychological Research**

LECTURER 1

Dr. Paul H. Lysaker

(Psychologist and researcher at Roudeboush VA Medical Center and the Indiana University School of Medicine, USA)

TITLE

Metacognitive Psychotherapy

LECTURER 2

Prof. Ilanit Hasson-Ohayon

(Associate Professor, Rehabilitation Psychology Program & Co-director, Community Psychological Services Clinic, Bar-Ilan University, Israel)

TITLE

Agreement between patient with psychosis and therapist: special challenges and possible resolutions

DATE & TIME

Monday, 4 May 2015, 15.00 – 16.30 hrs

LOCATION

Room B.126 (Bouman building, Gadourekzaal), Grote Rozenstraat 31, Groningen

-for the abstracts see the next page-

ABSTRACT 1

Metacognitive Psychotherapy

Many have proposed that at its core, serious mental illness involves disturbances in persons' abilities to synthesize information into the kinds of complex ideas needed to make sense of experiences and form and pursue life goals. More recently it has been suggested that it may be disruptions in the synthesis of specific kinds of thoughts, namely ideas about oneself and others, affect outcomes for persons with a range of different mental health conditions including psychosis. In this presentation, the reflections people form about themselves and others will be referred to as a domain of metacognition. Metacognition is defined as a spectrum of psychological functions that range from more discrete acts in which people recognize specific thoughts and feelings to more synthetic acts in which an array of intentions, thoughts, feelings, and connections between events are integrated into larger complex representations. This presentation will present a paradigm for assessing metacognition within the personal narrative of persons with different mental health condition. This assessment procedures will be used to propose a model of integrative psychotherapy for persons with serious mental illness which includes 8 clearly identifiable elements. This model is referred to as Metacognitive Reflection and Insight Therapy or MERIT. Research supporting the theoretical paradigm will be presented along with evaluations of MERIT derived from case studies, open trials, qualitative interviews and a randomized trial now underway.

ABSTRACT 2

Agreement between patient with psychosis and therapist: special challenges and possible resolutions

Agreement between patient and therapist is an essential part of the therapeutic alliance. While there are general challenges to the creation of agreement and shared meaning in all psychotherapies, there are specific challenges while working with persons with psychosis. These challenges include metacognition deficits, internalization of stigma, and theoretical bias and additional characteristics of the different narratives of the dyad. A metacognitive intersubjective model is presented as a framework for the understanding and resolutions of these challenges.

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