

PUBLIC LECTURE SERIES



fMRI and Metacognitive Training:

Looking at brain activity and thinking patterns to understand and treat the symptoms of schizophrenia

Do you care for a loved one that is living with schizophrenia or has experiences of psychosis?

Would you like to learn about the research being done to advance **understanding of the primary symptoms of schizophrenia and psychosis** and find out what **non-pharmaceutical treatments** are available to treat those symptoms for your loved one?

Join us online on Monday, May 31st at 7PM with Todd Woodward PhD, researcher and director of the Cognitive Neuroscience of Schizophrenia (CNoS) lab in the department of Psychiatry at UBC.

From Todd's 20 years of research into the thinking patterns of people with schizophrenia or psychosis and the areas of the brain involved, this lecture will walk you through **how certain thought processes and thinking patterns help establish delusions** (false beliefs that are not shared by a community).

Based on an understanding of these basic thought processes, you will learn about the new, non-pharmaceutical **group therapy** treatment programs that have been developed, in particular **"Metacognitive Training"** (MCT). MCT teaches participants about the everyday thought patterns that may cause **delusions** and suggests **ways to counter them**. This has been proven to help people with delusions realize that all thoughts can be questioned, including their own delusions. MCT has been translated into 33 languages and is used around the world.

You will also find out how a neuroimaging method, **functional magnetic resonance imaging** (fMRI), is being used to **further understand delusions** and the **effectiveness of MCT**.

There will be an opportunity to put your questions to Todd at the end of the lecture.

The lecture and the **Q&A** will last 1.5hrs in total.

May 31st

Todd Woodward, PhD

7:00-8:30 PM

Online via Zoom