Welcome to

Metacognitive Training for Depression (D-MCT)
D-MCT: Satellite Position
Today's Topic

- Behavior
- Memory
- Perception of Feelings
- Self-Worth
- Depression
- Thinking and Reasoning
Today's D-MCT Topic

Thinking and Reasoning 4
How is "thinking and reasoning" related to depression?

- Many individuals with depression process information differently.
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- These depressive thought patterns are often not based on reality or tend to be very one-sided (i.e. making hasty negative interpretations, etc.).
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- Many individuals with depression process information differently.

- These depressive thought patterns are often not based on reality or tend to be very one-sided (i.e. making hasty negative interpretations, etc.).

- We refer to this as "distorted thinking", which can contribute to the development or maintenance of depression.
Jumping to Conclusions
Jumping to Conclusions =
Decisions are made using little information.
Jumping to Conclusions and Depression

adapted from Beck et al., 1979; Burns, 1989
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- Make **negative interpretations** although there are no clear facts to support the conclusion.
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- Typical depressive thinking strategies are
  1. mind reading and
  2. fortune telling.

adapted from Beck et al., 1979; Burns, 1989
1. Mind reading:
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- Thinking that someone disapproves of you, without checking this thought.
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Are you familiar with this?
## Mind reading
What would be a more helpful thought?

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Jumping to Conclusions: Mind reading

OR: "projecting" yourself onto others
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There is a difference between the way I see myself and the way others see me!
OR: "projecting" yourself onto others

There is a difference between the way I see myself and the way others see me!

- Although you feel worthless, ugly, etc., others may not see you the same way.
Is it helpful to try to read the thoughts of others?
Jumping to Conclusions: Mind reading

- Is it helpful to try to read the thoughts of others?
- Benefit? Danger?
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- Benefit? Danger?
- If we are correct, we can adjust our behavior if necessary (i.e. stay away from "enemies"). However, when wrong, this may cause unnecessary worry and stress.

Can I know what someone else thinks?

- When I know someone well, the probability is high. However, I can never 100% know what someone thinks.
Exercise: "What is the artist thinking?"
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- Try to choose the correct title of the classic painting and exclude incorrect titles.
- Discuss the reasons *for and against* the suggested titles.
- Pay attention to which details of the picture clearly do not fit with the possible titles.
a. Weariness of the World
b. In Rememberance of the Dead
c. Two Men Contemplating the Moon
d. The Solar Eclipse
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b. In Rememberance of the Dead
c. Two Men Contemplating the Moon (Caspar David Friedrich, 1819)
d. The Solar Eclipse
a. The Poisonmixer from Salamanca
b. The Waterseller from Sevilla
c. Winetasting in Malaga
d. The Alcoholic from Madrid
a. The Poisonmixer from Salamanca

b. The Waterseller from Sevilla (Diego Velázquez, 1623)

c. Winetasting in Malaga

d. The Alcoholic from Madrid
a. The pedicure
b. The desperate girl
c. The foot cannot be saved
d. Gangrene
a. The pedicure (Edgar Degas, 1873)
b. The desperate girl
c. The foot may not be saved
d. Gangrene
a. Message of Death
b. A Visit
c. The Grey-Haired Literary
d. Eternal Troubles
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b. A Visit
   (Carl Spitzweg, 1849)
c. The Grey-Haired Literary
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2. Fortune telling:
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Anticipating that things won't go well – making "gloomy" forecasts or catastrophizing

adapted from Beck et al., 1979; Burns, 1989
2. Fortune telling:

Anticipating that things won't go well – making "gloomy" forecasts or catastrophizing

Are you familiar with this?
Situation: You want to go shopping. You have the thought "I could fall".
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You can stop with any of these thoughts!
With these thoughts you can increase your negative expectations so much that they do come true (→ self-fulfilling prophecy). Example: Always telling yourself before starting a project that you're never going to get it done on time.
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Afterwards you tell yourself that you already knew you wouldn't be able to do it (→ *confirmation bias*).
Exercise
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- You will be shown three pictures that tell a story. Each of the pictures has several possible explanations.

- The pictures of the story are shown in the reverse order (i.e. the last image is shown first).

- After each picture, evaluate the explanations for their probability/plausibility and please discuss your thoughts in the group!
The men argue over a parking place in the shade.
One man reprimands the other because he took up two parking spaces.
The driver of the gray Mercedes is unfairly criticized.
The two men disagree about a car sale.
Assess the possibilities again

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Thinking and Reasoning 4
Learning Points
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- Remember, quick decisions often lead to errors (as illustrated by the pictures and story).
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More information and potential explanations should be gathered. Ex: positive and neutral thoughts should also be considered instead of only negative thoughts.
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If you predict catastrophe, try to develop alternative predictions as well.
Thank You!

Thinking and Reasoning