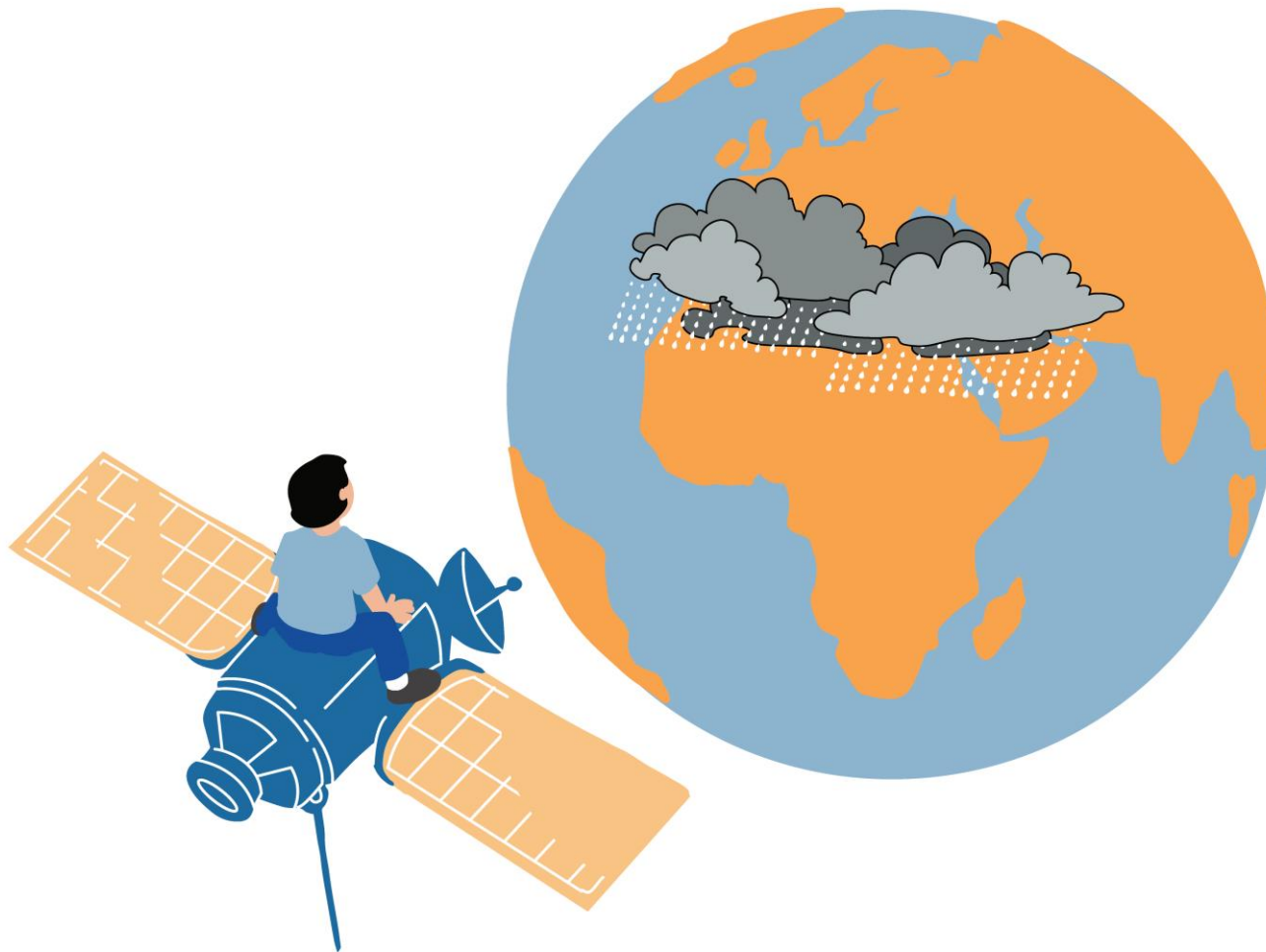




Metacognitive Training for Depression

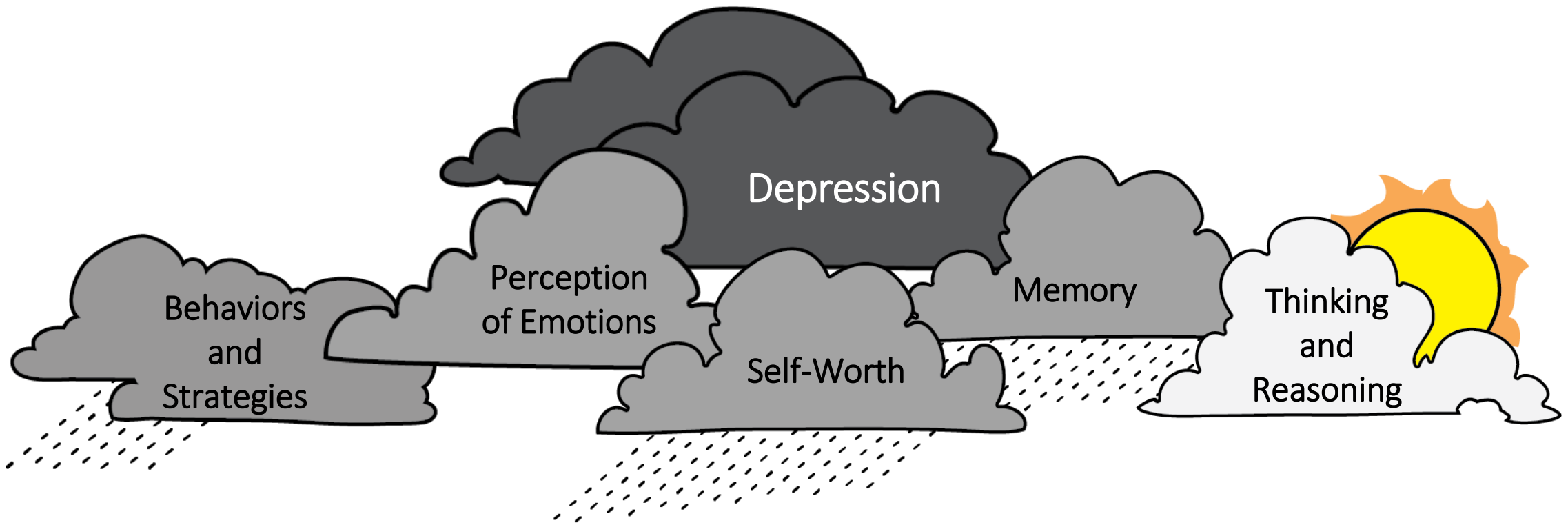


D-MCT: Satellite Position





Today's Topic





Previous session

- What did you do for follow-up?
- Do you have any questions or success stories?



Training session

D-MCT 7 – Thinking and Reasoning 4



How is “thinking and reasoning” related to depression?

- In the USA and Germany, one in five people suffers from depression at least once in their lifetime.



How is “thinking and reasoning” related to depression?

- In the USA and Germany, one in five people suffers from depression at least once in their lifetime.
- Many of them process information differently from people without depression.



How is “thinking and reasoning” related to depression?

- In the USA and Germany, one in five people suffers from depression at least once in their lifetime.
- Many of them process information differently from people without depression.
- These depressive thinking patterns are often very one-sided and are also called “thought distortions.” They can contribute to the development or maintenance of depression.



Jumping to Conclusions



Jumping to Conclusions

Jumping to conclusions = Making decisions based on too little information.



Jumping to Conclusions and Depression

adapted from Beck et al., 1979; Burns, 1989



Jumping to Conclusions and Depression

adapted from Beck et al., 1979; Burns, 1989

- Interpreting something **negatively** without clear facts that support this conclusion.



Jumping to Conclusions and Depression

adapted from Beck et al., 1979; Burns, 1989

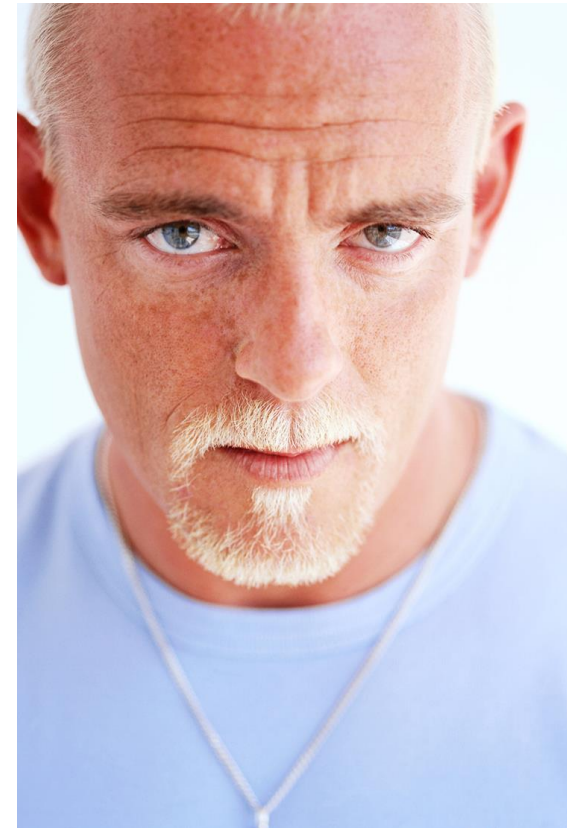
- Interpreting something **negatively** without clear facts that support this conclusion.
- Typical depressive thinking strategies are
 1. mind reading and
 2. fortune telling.



Jumping to Conclusions and Depression

adapted from Beck et al., 1979; Burns, 1989

1. Mind reading:



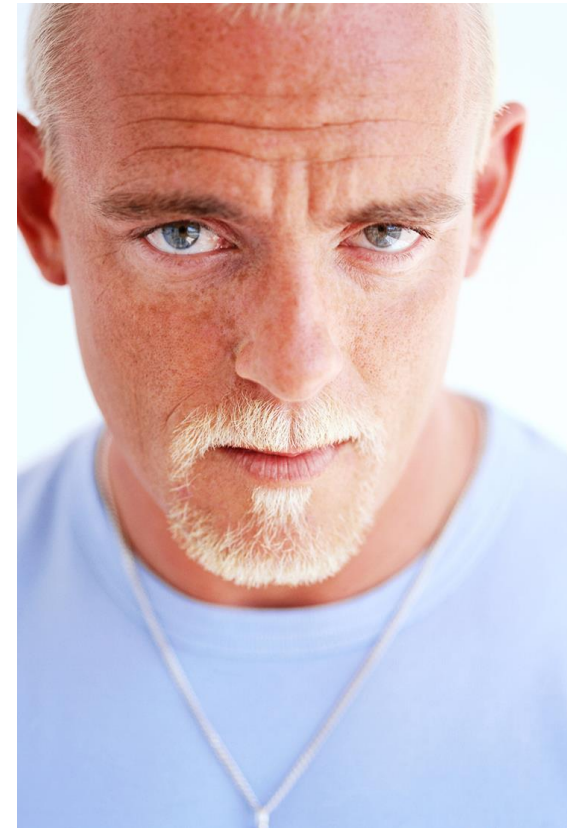


Jumping to Conclusions and Depression

adapted from Beck et al., 1979; Burns, 1989

1. Mind reading:

- “Reading into” others’ thoughts or assuming others are having negative thoughts about you.



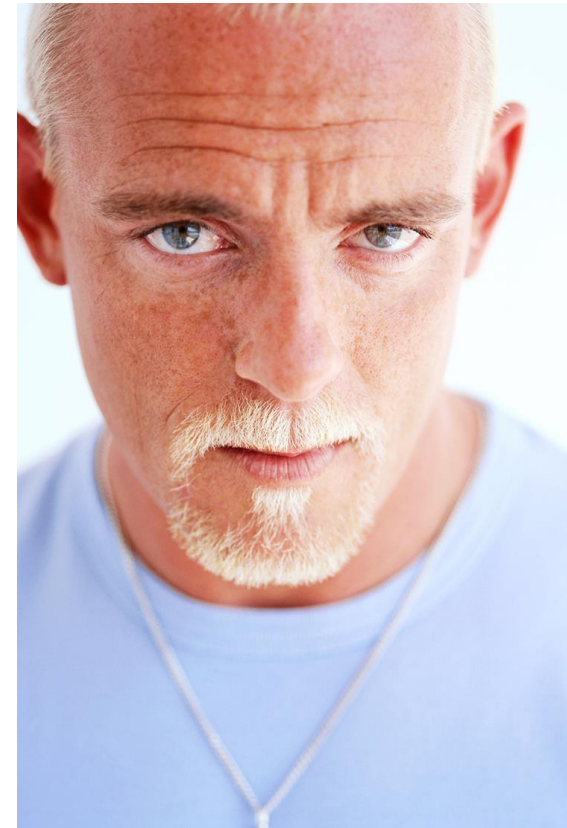


Jumping to Conclusions and Depression

adapted from Beck et al., 1979; Burns, 1989

1. Mind reading:

- “Reading into” others’ thoughts or assuming others are having negative thoughts about you.
- Thinking that someone disapproves of you without checking with them.





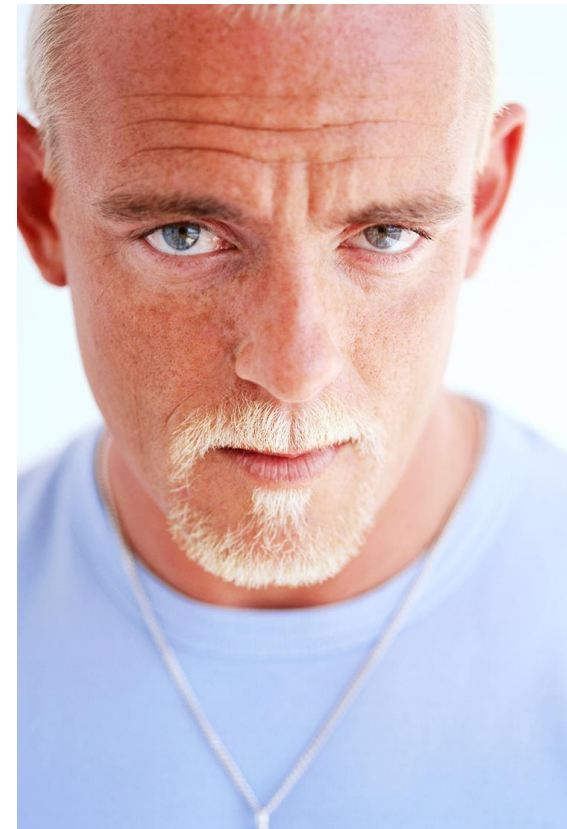
Jumping to Conclusions and Depression

adapted from Beck et al., 1979; Burns, 1989

1. Mind reading:

- “Reading into” others’ thoughts or assuming others are having negative thoughts about you.
- Thinking that someone disapproves of you without checking with them.

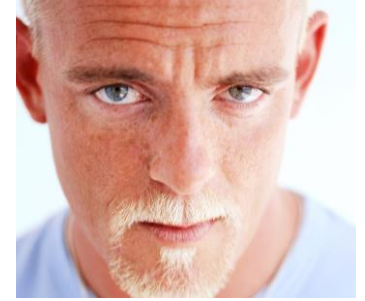
Are you familiar with this?





Mind reading

What would be a more helpful thought?

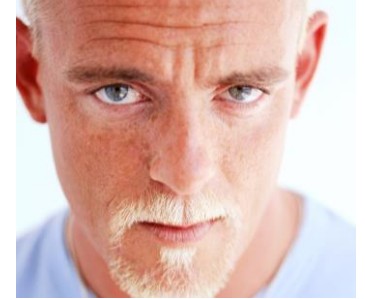


Event	Assuming negative thoughts	Assuming positive or neutral thoughts
People are standing together and laughing. They are looking at you.	???	???



Mind reading

What would be a more helpful thought?

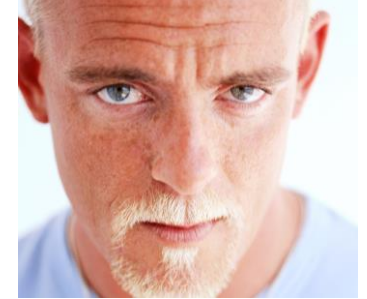


Event	Assuming negative thoughts	Assuming positive or neutral thoughts
<p>People are standing together and laughing. They are looking at you.</p>	<p>“They're laughing about me because they don't like me.”</p>	<p>???</p>



Mind reading

What would be a more helpful thought?



Event	Assuming negative thoughts	Assuming positive or neutral thoughts
<p>People are standing together and laughing. They are looking at you.</p>	<p>“They're laughing about me because they don't like me.”</p>	<p>“They're talking about something funny.” “They're happy to see me!”</p>



Jumping to Conclusions:

Mind reading

Or: “projecting” your thoughts onto others





Jumping to Conclusions:

Mind reading

Or: “projecting” your thoughts onto others

The way I see myself and the way others see me are different!





Jumping to Conclusions:

Mind reading

Or: “projecting” your thoughts onto others

The way I see myself and the way others see me are different!

- When I feel worthless, ugly, etc., others may not see me the same way.





Jumping to Conclusions: Mind reading

- Is it helpful to try to guess what others are thinking?





Jumping to Conclusions: Mind reading

- Is it helpful to try to guess what others are thinking?
 - Benefits? Risks?





Jumping to Conclusions:

Mind reading

- Is it helpful to try to guess what others are thinking?
 - Benefits? Risks?
 - If we are correct, we can adjust our behavior if necessary (for example, by staying away from “enemies”). However, if we are wrong, this may cause unnecessary worry and stress.





Jumping to Conclusions: Mind reading



- Is it helpful to try to guess what others are thinking?
 - Benefits? Risks?
 - If we are correct, we can adjust our behavior if necessary (for example, by staying away from “enemies”). However, if we are wrong, this may cause unnecessary worry and stress.
- Can I know what someone else is thinking?



Jumping to Conclusions:

Mind reading



- Is it helpful to try to guess what others are thinking?
 - Benefits? Risks?
 - If we are correct, we can adjust our behavior if necessary (for example, by staying away from “enemies”). However, if we are wrong, this may cause unnecessary worry and stress.
- Can I know what someone else is thinking?
 - When I know someone well, the probability is higher. However, I can never know for sure what someone else is thinking.



Exercise: “What is the artist thinking?”



Exercise: “What is the artist thinking?”

- 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 Remembrance of the Dead
- c. Two Men Contemplating the Moon
- d. The Solar Eclipse



- a. Weariness of the World
- b. In Remembrance 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 of Sevilla
- c. Winetasting in Malaga
- d. The Alcoholic from Madrid



- a. The Poisonmixer from Salamanca
- b. The Waterseller of 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 Cannot Be Saved
- d. Gangrene





- a. Message of Death
- b. A Visit
- c. The Gray-Haired Literary Scholar
- d. Eternal Troubles





- a. Message of Death
- b. A Visit
(Carl Spitzweg, 1849)
- c. The Gray-Haired Literary Scholar
- d. Eternal Troubles





Jumping to Conclusions and Depression

adapted from Beck et al., 1979; Burns, 1989

2. Fortune telling:





Jumping to Conclusions and Depression

adapted from Beck et al., 1979; Burns, 1989

2. Fortune telling:

Anticipating that things won't go well—making “gloomy” forecasts or catastrophizing





Jumping to Conclusions and Depression

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?





Catastrophizing

Situation: You want to go shopping. You think, “I could stumble and fall.”





Catastrophizing



Situation: You want to go shopping. You think, “I could stumble and fall.”

Catastrophizing:

- “I could fall on my head.”
- “My head could hit a rock.”
- “I could be knocked unconscious.”
- “No one would find me.”

Alternative Prediction?



Catastrophizing

Situation: You want to go shopping. You think, “I could stumble and fall.”



Catastrophizing:

- “I could fall on my head.”
- “My head could hit a rock.”
- “I could be knocked unconscious.”
- “No one would find me.”

Alternative Prediction?

- “I could fall on my butt.”



Catastrophizing



Situation: You want to go shopping. You think, “I could stumble and fall.”

Catastrophizing:

- “I could fall on my head.”
- “My head could hit a rock.”
- “I could be knocked unconscious.”
- “No one would find me.”

Alternative Prediction?

- “I could fall on my butt.”
- “My head could land gently on the grass.”



Catastrophizing



Situation: You want to go shopping. You think, “I could stumble and fall.”

Catastrophizing:

- “I could fall on my head.”
- “My head could hit a rock.”
- “I could be knocked unconscious.”
- “No one would find me.”

Alternative Prediction?

- “I could fall on my butt.”
- “My head could land gently on the grass.”
- “I might just be dizzy for a moment.”



Catastrophizing

Situation: You want to go shopping. You think, “I could stumble and fall.”



Catastrophizing:

- “I could fall on my head.”
- “My head could hit a rock.”
- “I could be knocked unconscious.”
- “No one would find me.”

Alternative Prediction?

- “I could fall on my butt.”
- “My head could land gently on the grass.”
- “I might just be dizzy for a moment.”
- “I could get up or call for help.”



Catastrophizing



Situation: You want to go shopping. You think, “I could stumble and fall.”

Catastrophizing:

- “I could fall on my head.”
- “My head could hit a rock.”
- “I could be knocked unconscious.”
- “No one would find me.”

Alternative Prediction?

- “I could fall on my butt.”
- “My head could land gently on the grass.”
- “I might just be dizzy for a moment.”
- “I could get up or call for help.”

You can stop catastrophizing at any point!



Possible consequences

With such thoughts, you can increase your negative expectations so much that they do come true (*a self-fulfilling prophecy*). An example is always telling yourself before starting a project that you're never going to get it done on time.





Possible consequences

With such thoughts, you can increase your negative expectations so much that they do come true (*a self-fulfilling prophecy*). An example is always telling yourself before starting a project that you're never going to get it done on time.

Afterwards, you tell yourself that you knew before you started that you wouldn't be able to finish it on time (*confirmation bias*).





Exercise

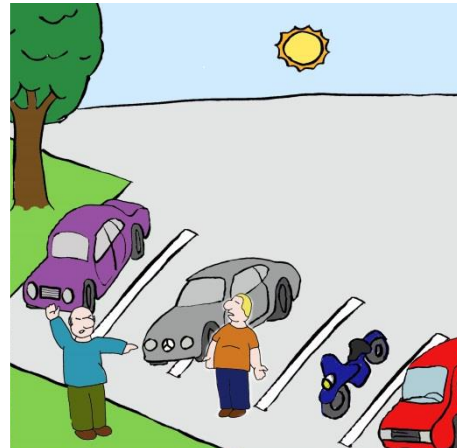


Exercise

- You will be shown three pictures that tell a story. Each of the pictures has several possible explanations.
- The pictures in the story are shown in the reverse order (the last image is shown first).
- After each picture, evaluate the probability or plausibility of the explanations, and please discuss your thoughts with the group!



Which answer is the most probable?



3

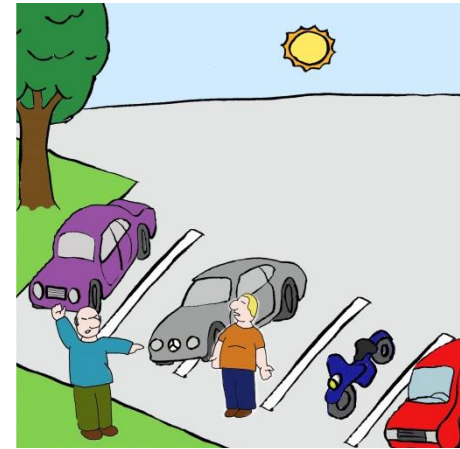
1. The men are arguing over a parking place in the shade.
2. The man on the left is reprimanding the other because he took up two parking spaces.
3. The driver of the gray Mercedes is being unfairly criticized.
4. The two men are disagreeing about the sale of a car.



Which answer is the most probable?



2

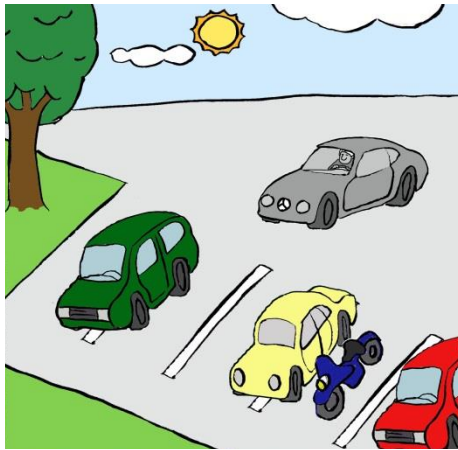


3

1. The men are arguing over a parking place in the shade.
2. The man on the left is reprimanding the other because he took up two parking spaces.
3. The driver of the gray Mercedes is being unfairly criticized.
4. The two men are disagreeing about the sale of a car.



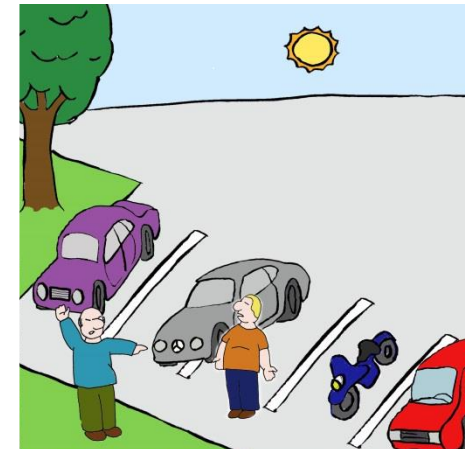
Which answer is the most probable?



1



2

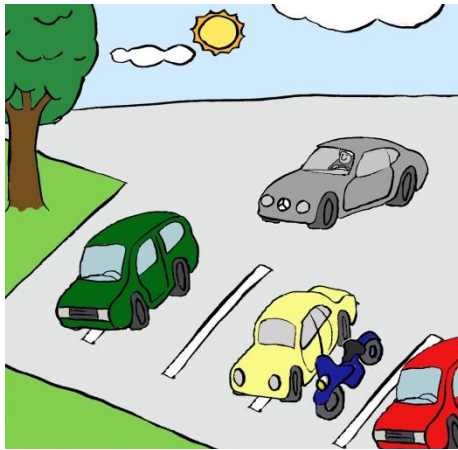


3

1. The men are arguing over a parking place in the shade.
2. The man on the left is reprimanding the other because he took up two parking spaces.
3. The driver of the gray Mercedes is being unfairly criticized.
4. The two men are disagreeing about the sale of a car.



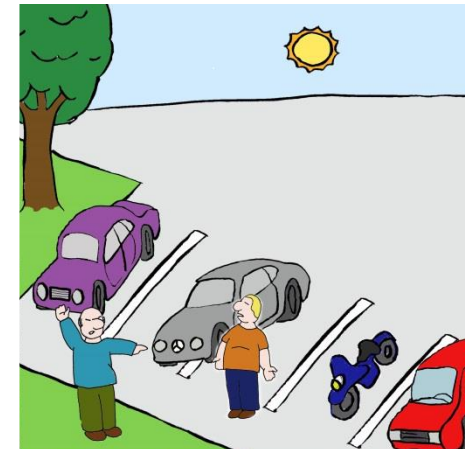
Which answer is the most probable?



1



2



3

1. The men are arguing over a parking place in the shade.
2. The man on the left is reprimanding the other because he took up two parking spaces.
3. The driver of the gray Mercedes is being unfairly criticized.
4. The two men are disagreeing about the sale of a car.



Learning Points



Learning Points

- Pay attention to your tendency to jump to conclusions in everyday life (mind reading, fortune telling).



Learning Points

- Pay attention to your tendency to jump to conclusions in everyday life (mind reading, fortune telling).
- Remember, quick decisions often lead to errors (as illustrated by the paintings and the story in pictures).



Learning Points

- Pay attention to your tendency to jump to conclusions in everyday life (mind reading, fortune telling).
- Remember, quick decisions often lead to errors (as illustrated by the paintings and the story in pictures).
- Gather more information and potential explanations. For example, consider positive and neutral thoughts as well as negative thoughts.



Learning Points

- Pay attention to your tendency to jump to conclusions in everyday life (mind reading, fortune telling).
- Remember, quick decisions often lead to errors (as illustrated by the paintings and the story in pictures).
- Gather more information and potential explanations. For example, consider positive and neutral thoughts as well as negative thoughts.
- If you predict a catastrophe, try to develop alternative predictions as well.



Final round

- What was most important for you today?
- Which thought distortion would you like to do an exercise on as homework?



For trainers:

Please hand out the worksheets. Introduce our app COGITO (download free of charge).



www.uke.de/mct_app





Thank you!

