

Welcome to

Metacognitive Training for Depression (D-MCT)

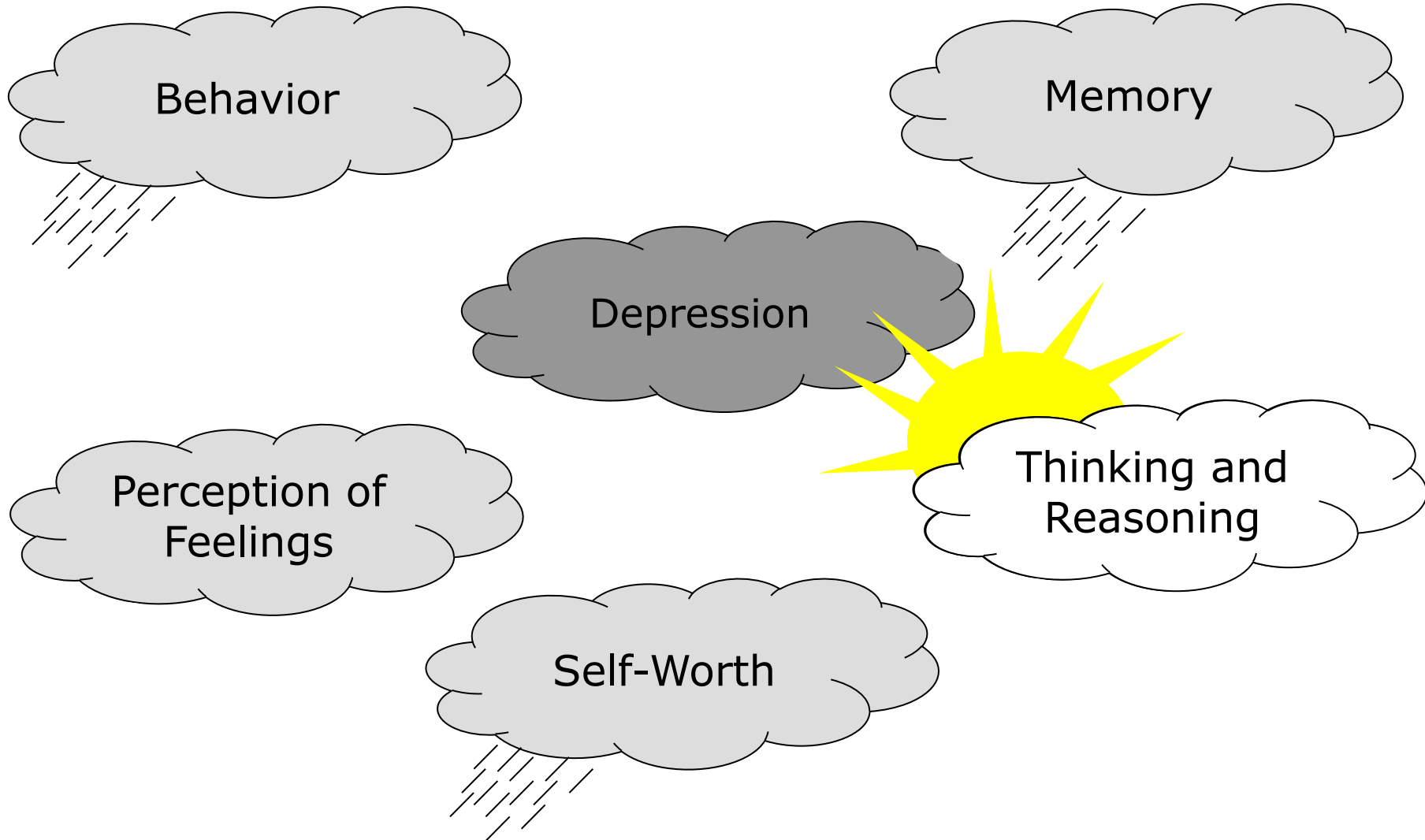
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Moritz & Schneider;
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D-MCT: Satellite Position



Today's Topic



D-MCT Topic:



Thinking and Reasoning 1

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. paying attention only to your own errors or only negative details of situations, events, relationships, etc.).

How is "thinking and reasoning" related to depression?

- 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. paying attention only to your own errors or only negative details of situations, events, relationships, etc.).
- We refer to this as "distorted thinking ", which can contribute to the development or maintenance of depression.

Thought Distortions in Depression

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

1. Mental Filter
2. Overgeneralization



Mental Filter

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



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- Search for and pay attention to only negative details.



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- Perceptions of reality are clouded, like a single drop of ink which clouds an entire glass of water.



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Have you felt like this?



Mental Filter

Example

Situation: While you're presenting your ideas in a work meeting, most people are listening; however, one person is playing with their phone.



Mental Filter

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Mental Filter:

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Mental Filter:

"No one was listening to me – my ideas are stupid!"



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What is the consequence of this mental filter?

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Mental Filter

Example

Situation: While you're presenting your ideas in a work meeting, most people are listening; however, one person is playing with their phone.

Mental Filter:

"No one was listening to me – my ideas are stupid!"

What is the consequence of this mental filter?

"I feel stupid and less confident in myself. I probably shouldn't bring up any new ideas in the next meeting."



Mental Filter

Example

Situation: While you're presenting your ideas in a work meeting, most people are listening; however, one person is playing with their phone.

Mental Filter:

"No one was listening to me – my ideas are stupid!"



Is this thought justified? NO! Therefore: What can I think instead?



Mental Filter

Example

What can I think instead?

???



Mental Filter

Example

What can I think instead?

"A few people asked relevant questions, so they must have been listening. Not everyone will like my ideas. This colleague often plays on their phone during team meetings."



Mental Filter

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What can I think instead?

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What is the outcome of this thought?

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Mental Filter

Example

What can I think instead?

"A few people asked relevant questions, so they must have been listening. Not everyone will like my ideas. This colleague often plays on their phone during team meetings."

What is the outcome of this thought?

"I'm possibly frustrated by my colleague who did not pay attention, but I handled the questions from my other colleagues well. Overall, I am satisfied with my performance and will contribute in the future to team meeting."



Mental Filter

Personal Example?

Have you had situations in which you only paid attention to negative details?



Mental Filter

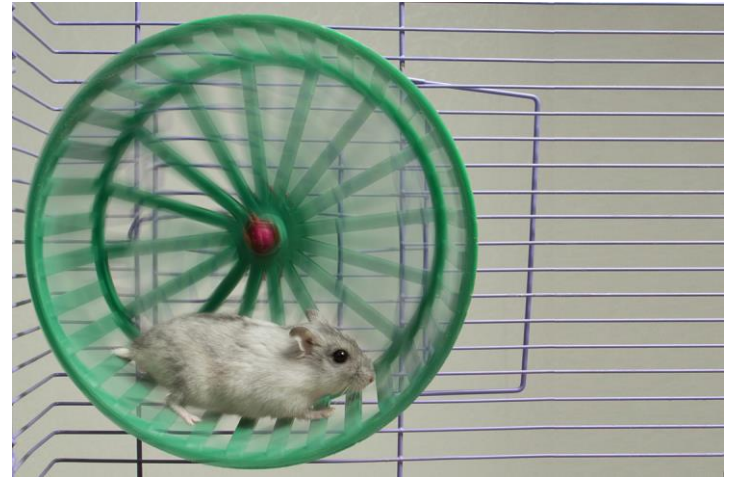
Personal Example?

Have you had situations in which you only paid attention to negative details?

What could you have thought instead?

Overgeneralization

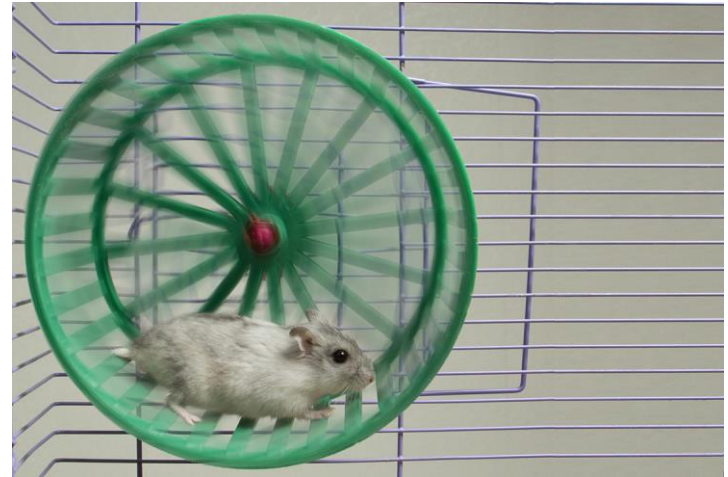
adapted from Beck et al., 1979; Burns, 1989



Overgeneralization

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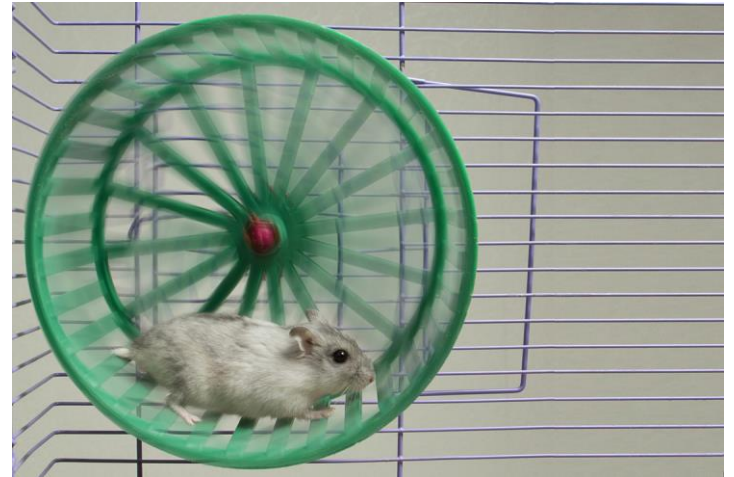
- A single negative event is seen as part of a never-ending series.



Overgeneralization

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

- A single negative event is seen as part of a never-ending series.
- In describing such events, words such as "always" or "never" are often used.



Have you felt this way?



Overgeneralization

Example

Event	Overgeneralization Helpful Appraisal
You pronounced an unfamiliar word incorrectly.	??? ???



Overgeneralization

What would be a more helpful thought?

Event	Overgeneralization Helpful Appraisal
You pronounced an unfamiliar word incorrectly.	"I'm stupid! I never use that word correctly." ???



Overgeneralization

What would be a more helpful thought?

Event	Overgeneralization Helpful Appraisal
You pronounced an unfamiliar word incorrectly.	<i>"I'm stupid! I never use that word correctly."</i> "Using one word incorrectly does not mean that I'm stupid. That can happen to anyone."



Overgeneralization

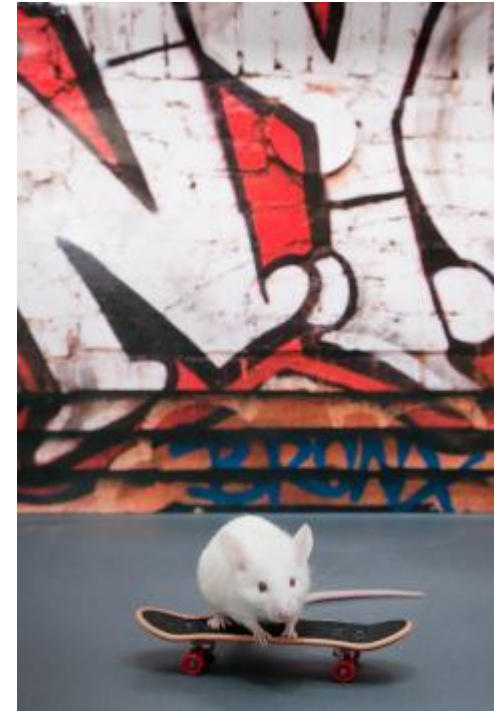
Personal Example?

Event	Overgeneralization Helpful Appraisal
???	??? ???



How can you make more helpful appraisals?

- Step out of the "wheel of generalization".





How can you make more helpful appraisals?



How can you make more helpful appraisals?

1. Make concrete statements about a specific situation that relates to the here and now.



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"I'm always a bad friend."





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"I'm always a bad friend."



"I forgot her birthday this year. That is not ideal, but I can still send her a belated birthday wish."



How can you make more helpful appraisals?

2. Changing perspective

- What would you tell a good friend if they experienced the same situation or a similar situation?



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- You would probably comfort him/her and identify good reasons why his/her failure is forgivable.



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Personal example?



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3. Find out the following based on an experiment:

Does everyone think the same as I do?



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Does everyone think the same as I do?

Consult with a trusted person, who was also there, about how they assessed the situation (ex: During my presentation, a colleague played with her phone. What do you think, why could she have been playing with her phone?).

Mental Filter, Overgeneralization



What else can help with distorted appraisals?





What else can help with distorted appraisals?

- If you notice that one single negative aspect of an event is overshadowing all positive aspects (i.e. "one drop of ink clouds the water"), try to imagine the situation in an absurd or funny way.
- Have a little fun with your own thought distortions! This may help you to gain a different perspective and adjust how you relate.



Deliberate Exaggeration Example

Event	Depressive Appraisal
You've made all of your Christmas Tree decorations yourself this year. You notice that a star is misshaped.	I'm a failure and can't do anything right. Christmas is ruined.

Possible Exaggeration:

???



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Possible Exaggeration:

A friend of yours discovers the misshaped star. He is excited about your creative take on "traditional rituals" and asks you to mass produce them. Your decorations become popular and the whole country is decorating their Christmas tree with your star.





Thinking and Reasoning 1

Learning Points



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Learning Points

- Pay attention to the discussed depressive appraisals (Mental Filter, Overgeneralizations) in everyday life!
- Generate more helpful appraisals, for example:
 - Make concrete statements about a specific situation that relates to the here and now.
 - Change your perspective: What would I say to a good friend if they experienced the same or a similar situation?



Thinking and Reasoning 1

Learning Points

- Pay attention to the discussed depressive appraisals (Mental Filter, Overgeneralizations) in everyday life!
- Generate more helpful appraisals, for example:
 - Make concrete statements about a specific situation that relates to the here and now.
 - Change your perspective: What would I say to a good friend if they experienced the same or a similar situation?
 - Gain a different perspective by trying to deliberately exaggerate your appraisal (imagine the situation in an absurd or funny way).

Thank you!

