

Welcome to

**Metacognitive Training
for Depression (D-MCT)**

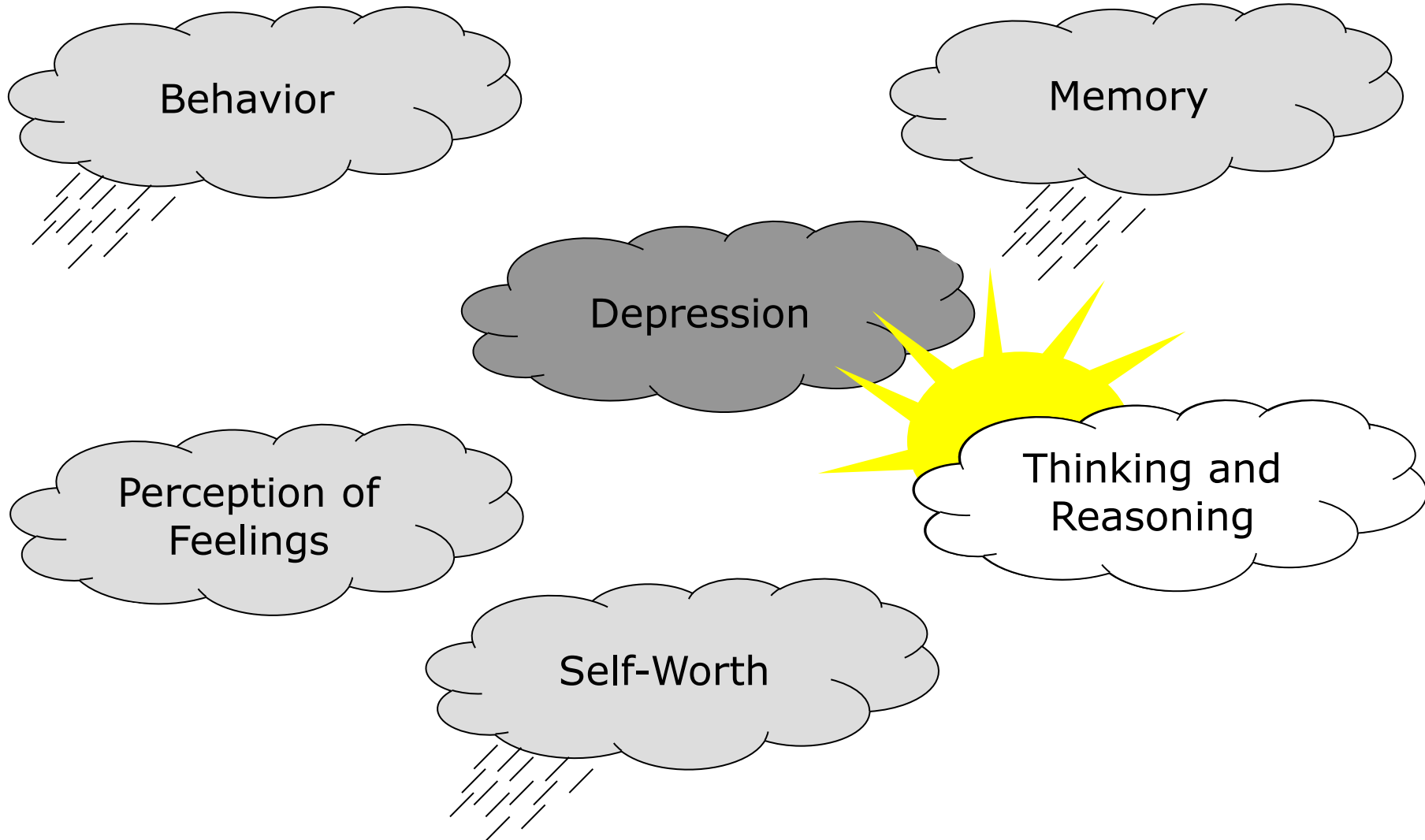
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Moritz & Schneider;
ljelinek@uke.de

D-MCT: Satellite Position



Today's Topic



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

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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.

Jumping to Conclusions and Depression

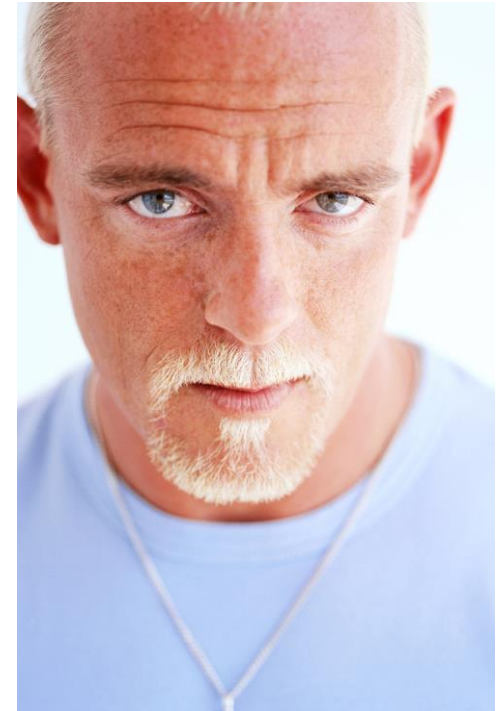
adapted from Beck et al., 1979; Burns, 1989

- Make **negative interpretations** although there are no clear facts to support the conclusion.
- Typical depressive thinking strategies are
 1. **mind reading** and
 2. **fortune telling**.

Jumping to Conclusions and Depression

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1. Mind reading:

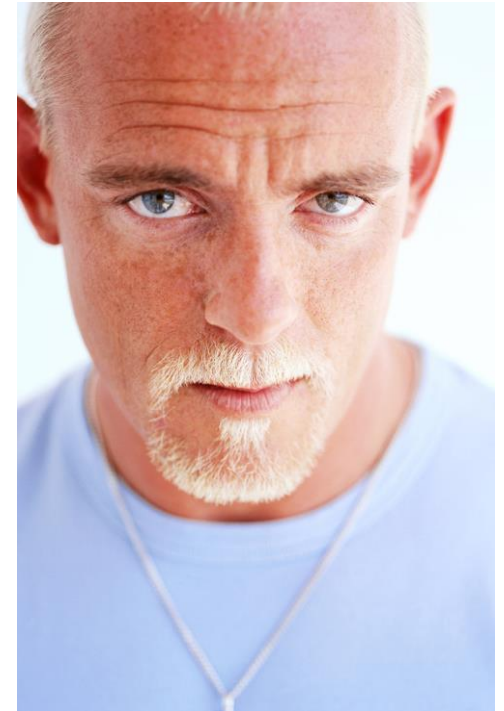


Jumping to Conclusions and Depression

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1. Mind reading:

- "Reading into" or assuming negative thoughts.

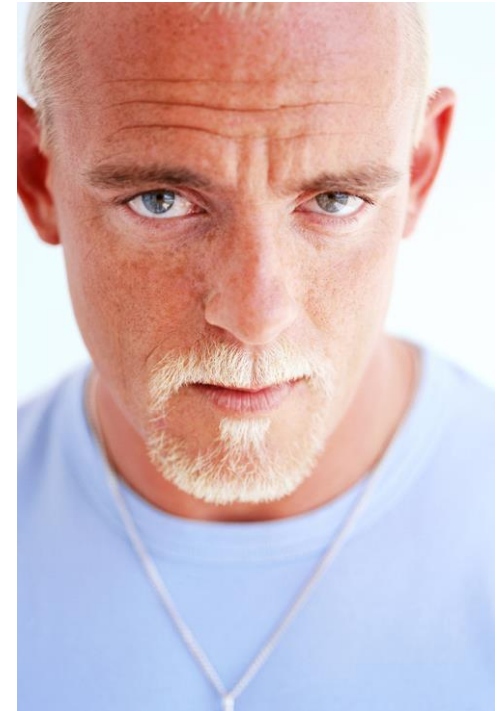


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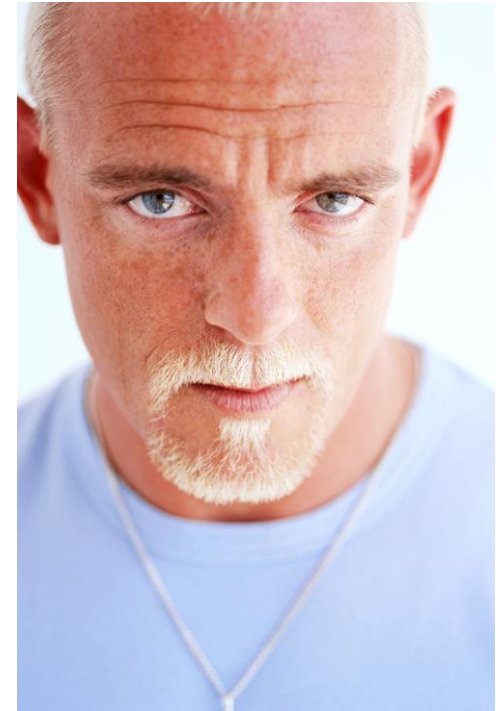


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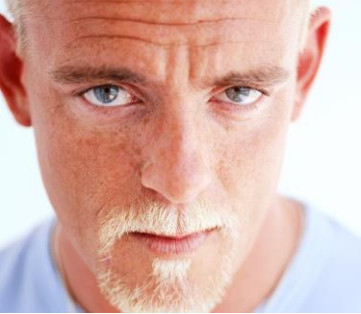
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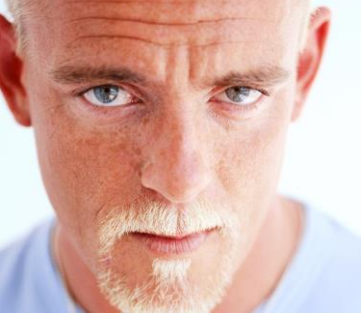
Are you familiar with this?



Mind reading

What would be a more helpful thought?

Event	Assuming negative thoughts	Assuming positive or neutral thoughts
People stand together and laugh. You look at them.	???	???



Mind reading

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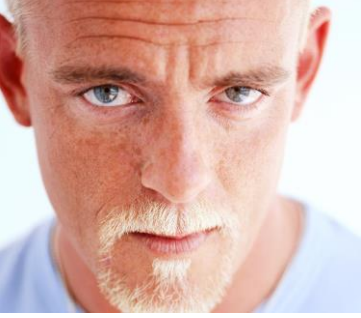
Event	Assuming negative thoughts	Assuming positive or neutral thoughts
People stand together and laugh. You look at them.	"They're laughing about me because they don't like me."	???



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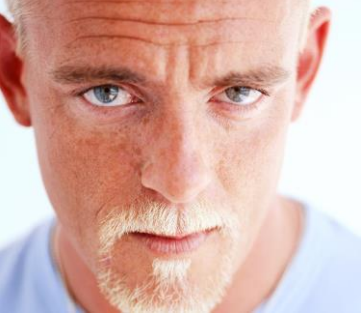
What would be a more helpful thought?

Event	Assuming negative thoughts	Assuming positive or neutral thoughts
People stand together and laugh. You look at them.	"They're laughing about me because they don't like me."	"They're talking about something funny.", "They're happy to see me!"



Jumping to Conclusions: Mind reading

OR: "projecting" yourself onto others



Jumping to Conclusions: Mind reading

OR: "projecting" yourself onto others

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

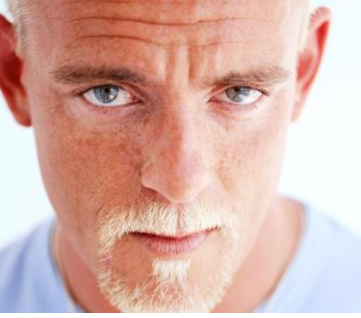


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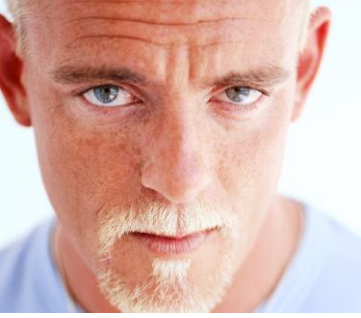
There is a difference between the way I see myself
and the way others see me!

- Although you feel worthless, ugly, etc., others may not see you the same way.



Jumping to Conclusions: Mind reading

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Jumping to Conclusions: Mind reading

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 - Benefit? Danger?



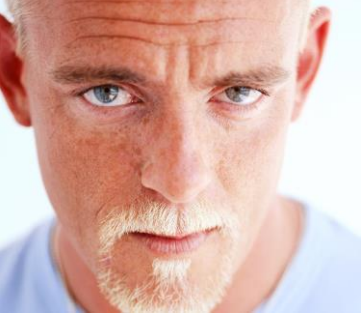
Jumping to Conclusions: Mind reading

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 - 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.



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Jumping to Conclusions: Mind reading

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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 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



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- a. The Poisonmixer
from Salamanca
- b. The Waterseller
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- c. Winetasting in
Malaga
- d. The Alcoholic
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(Diego Velázquez,
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- 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
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- a. Message of Death
- b. A Visit
- c. The Grey-Haired Literary
- d. Eternal Troubles





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2. Fortune telling:



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2. Fortune telling:

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

Situation: You want to go shopping. You have the thought "I could fall".



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Catastrophizing:

- "I could fall and hit my head."
- "My head could hit a stone."
- "I could be knocked unconscious."
- "No one would find me."

Alternative Prediction?



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You can stop with any of these thoughts!



Possible consequences

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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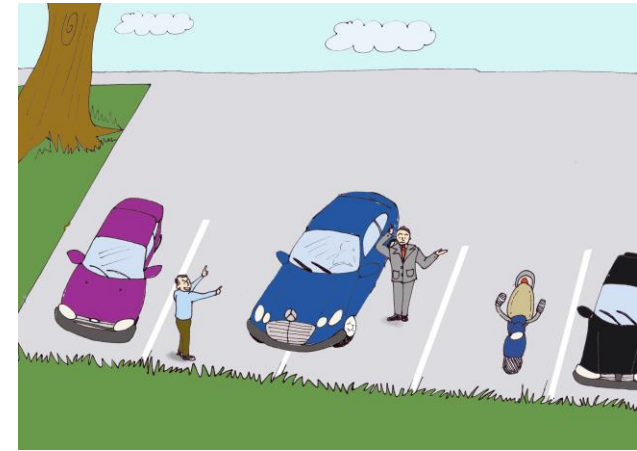
Afterwards you tell yourself that you already knew you wouldn't be able to do it (→ *confirmation bias*).

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!

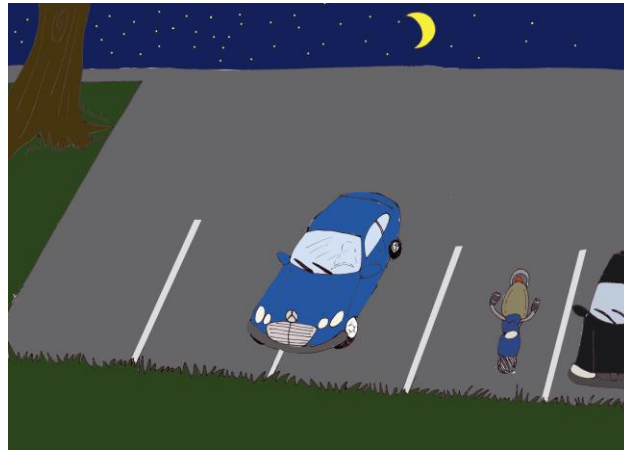
Please evaluate the possible answers



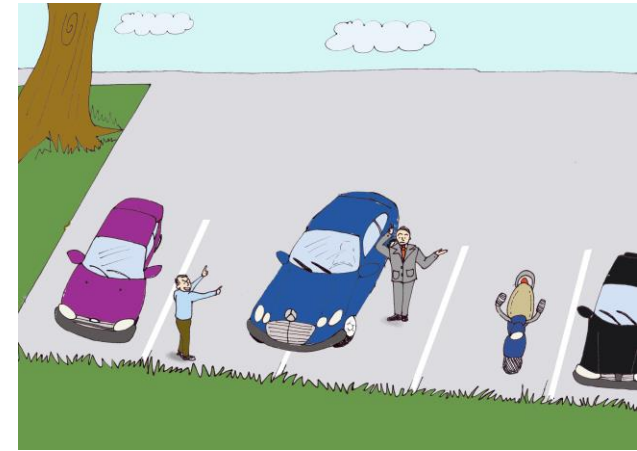
3

- (1) The men argue over a parking place in the shade.
- (2) One man reprimands the other because he took up two parking spaces.
- (3) The driver of the gray Mercedes is unfairly criticized.
- (4) The two men disagree about a car sale.

Assess the possibilities again



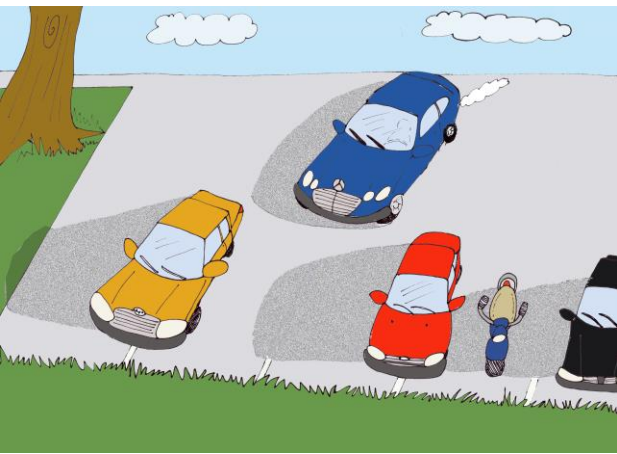
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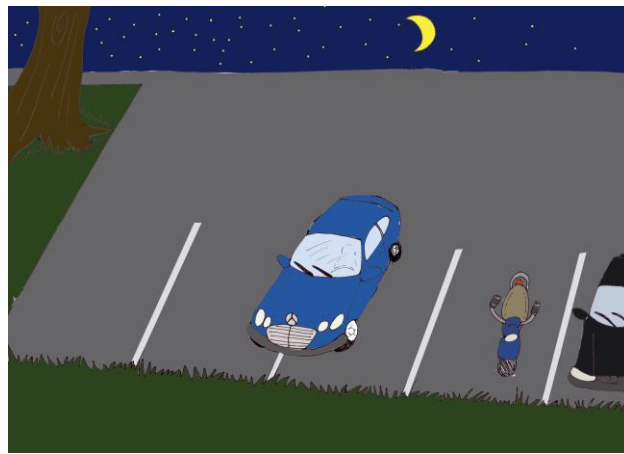
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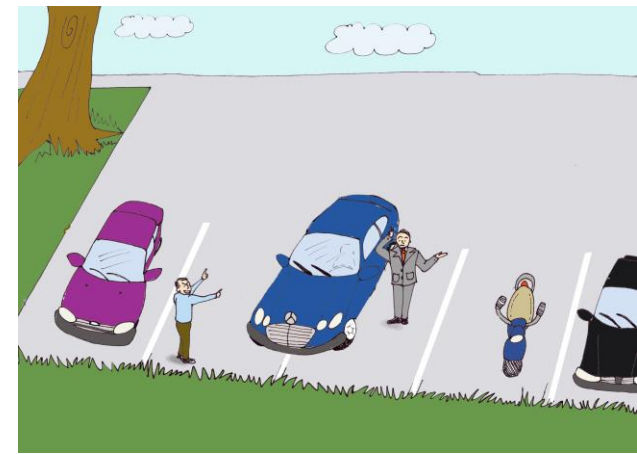
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1



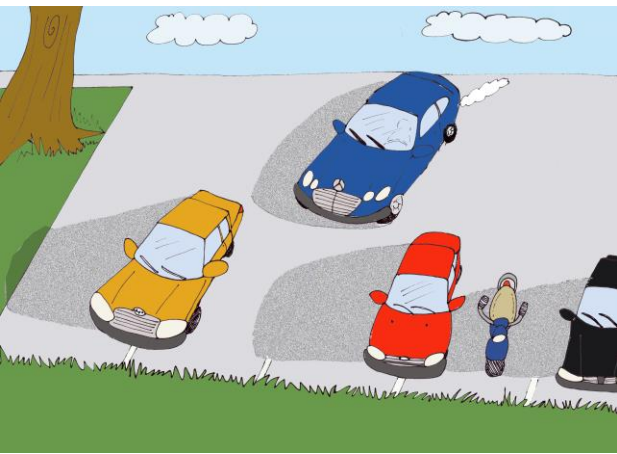
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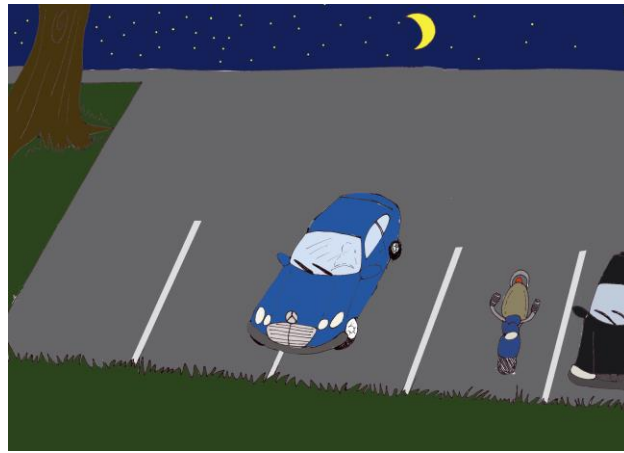
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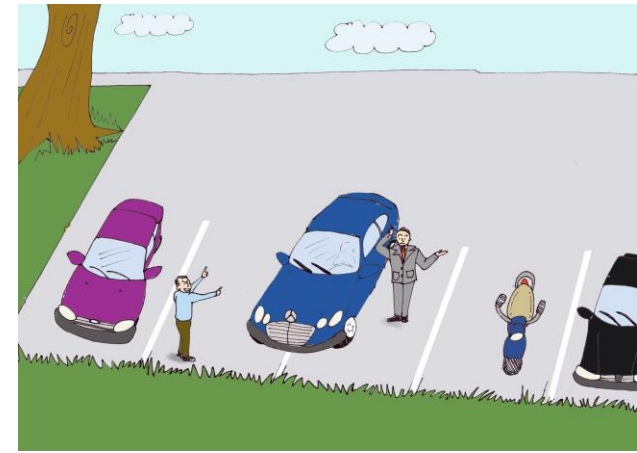
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Thinking and Reasoning 4

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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!

