Welcome!

Introduction Round

Group Rules

1. Be respectful to one another (for example, let others finish speaking).

2. You can decide for yourself what you want to share.

3. If you need a break or would like to leave the group, please leave the room quietly without disturbing the group.

Metacognitive Training (MCT)

Metacognitive Training (MCT)

Meta: comes from the Greek word for "about"

Cognition: comes from the Latin word for "thinking"

Metacognition: Thinking about thinking

Why MCT?

- Experiencing mental health difficulties can make negative thought patterns stronger.

- Many of these thought patterns can be changed through training.

Today's Training Session:

Depressed Mood

Exercise

Goal:

Learn about different aspects of depression

What are signs of depression?

What are signs of depression?

1. Sadness, dejection, gloominess

2. Lack of drive or motivation

3. Low self esteem, fear of rejection

4. Fear, anxiousness

5. Problems with sleeping, pain

6. Drop in performance (difficulties with memory and concentration)

   …

Background

What's this all about?

- Many people with mental health issues can have negative thought patterns.

- These can foster depression.

- HOWEVER: These can be changed through training!

Training Session Goals

Training Session Goals

- Learn to recognize ways of thinking that can contribute to depression

- Develop more helpful thoughts

- Become aware of your own strengths

- Learn tips about how to improve your mood

Exercise

Goals:

Recognize unhelpful thought patterns

Think more helpful thoughts

What are characteristics of how people with depression and low self-esteem think?

1. Overgeneralization

Incident/perception: You use a foreign word incorrectly.

Overgeneralization: *"I'm so stupid!"*

Possible better appraisal?

1. Overgeneralization

Incident/perception: You use a foreign word incorrectly.

Overgeneralization: *"I'm so stupid!"*

Possible better appraisal: *"Other people also make these kinds of mistakes."*

1. Overgeneralization

Incident/perception: You fail an exam.

Overgeneralization: *"I'm a failure!"*

Possible better appraisal:

1. Overgeneralization

Incident/perception: You fail an exam.

Overgeneralization: *"I'm a failure!"*

Possible better appraisal: *"Next time I'll study more."*

1. Overgeneralization

Incident/perception: You fail an exam.

Overgeneralization: *"I'm a failure!"*

Possible better appraisal: *"Next time I'll study more."*

→ Cut yourself some slack! Everyone makes mistakes. Even if you do make one mistake, it doesn't mean that you're a total failure.

Instead:
Don't define everything based off one mistake!

Every person is complex. We all have our good and bad days!

2. Selective Perception (Wearing blinders)

Event: People stand together and laugh. They look over at you.

Narrowed perception: *"They're laughing at me!"*

Possible better appraisal?

2. Selective Perception (Wearing blinders)

Event: People stand together and laugh. They look over at you.

Narrowed perception: *"They're laughing at me!"*

Possible better appraisal: *"They just looked at me by chance or mistook me for someone else."*

2. Selective Perception
(Wearing blinders)

Event: People stand together and laugh. They look over at you.

Narrowed perception: *"They're laughing at me!"*

Possible better appraisal: *"They just looked at me by chance or mistook me for someone else."*

→ Don't read too much into others' behaviors!

→ There can be many possible explanations for an event!

3. Assuming Others Have the Same Standards as You

There's a difference between how you see yourself and how others see you!

There are also very different ways of looking at human characteristics, for example:

What is attractiveness? Inner or outer beauty?

What is success? Career, many friends, satisfaction with yourself and your life?

There are many different opinions, views, and preferences!

Background

Realizing Strengths

- We shouldn't just pay attention to our weaknesses, but we should also be aware of our own **personal strengths**.

- Every person has unique abilities of which he/she can be proud...
These don't have to be world records or famous inventions!

- What are you good at? For what have you received compliments?
For example: I am talented at doing crafts...

Tips for Increasing Mood and Self-Esteem

Tips for Increasing Mood and Self-Esteem

- Do things that feel good and are fun – possibly with others (such as painting, crafts, drinking tea, etc.).

Tips for Increasing Mood and Self-Esteem

- Do things that feel good and are fun – possibly with others (such as painting, crafts, drinking tea, etc.).

- Listen to your favorite songs.

Tips for Increasing Mood and Self-Esteem

- Do things that feel good and are fun – possibly with others (such as painting, crafts, drinking tea, etc.).

- Listen to your favorite songs.

- Be physically active – it doesn't have to be too strenuous– for example, walking or jogging.

Learning Objectives

Learning Objectives

- Depression is treatable.

Learning Objectives

- Depression is treatable.

- Pay attention to the depressive thought patterns discussed.

Learning Objectives

- Depression is treatable.

- Pay attention to the depressive thought patterns discussed.

- Practice looking for alternative explanations.

- Be aware of your personal strengths.

Learning Objectives

- Depression is treatable.

- Pay attention to the depressive thought patterns discussed.

- Practice looking for alternative explanations.

- Be aware of your personal strengths.

- Use the tips we talked about to help improve your mood.

Closing Round

What's your takeaway from today's session?

Thank you for your participation!