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:

Jumping to Conclusions

Exercise

Goal:

Gather information before making a decision

In the next few slides, you'll see a number of images.

In the first picture, you'll see only one detail .

In the second picture, another detail will be shown.

This will continue until the complete image is visible.

Your task is to try to recognize what the image is.

Picture 1

What could this drawing be?

- Boat
- Sled
- Rocking chair
- Elephant head

How sure are you about your guess?

Do you already want to decide what this is?

What could this drawing be?

- Boat
- Sled
- Rocking chair
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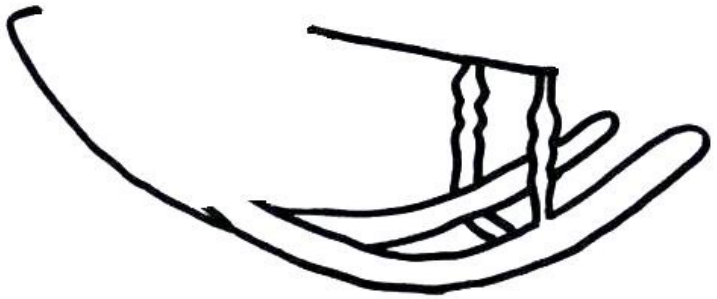

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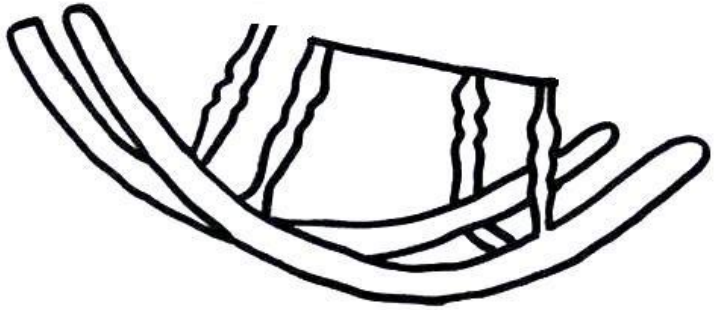

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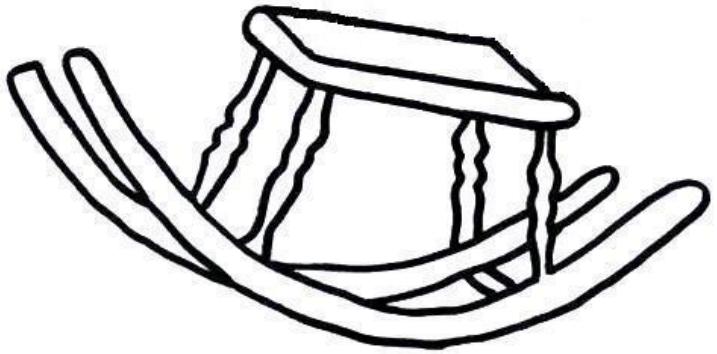

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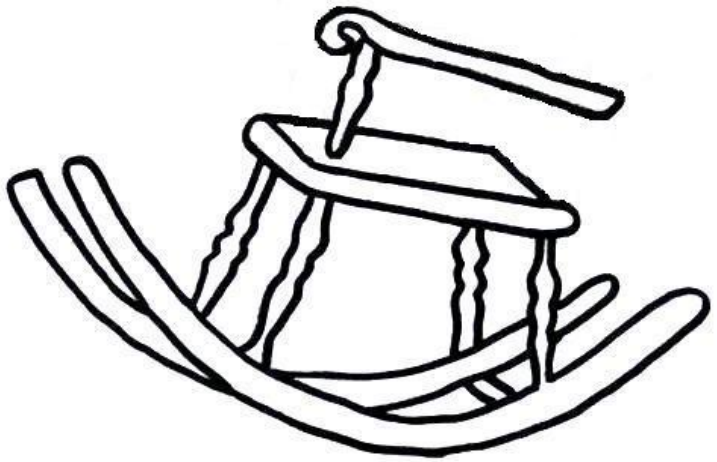

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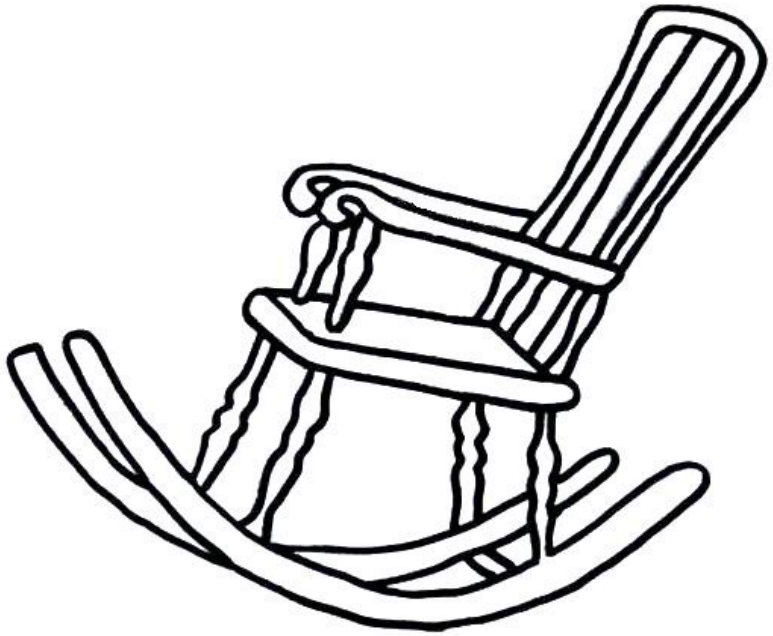

How sure are you about your guess?

Do you already want to decide what this is?

Bottom Line

It's hard to make the right decision when we have…

- **very little information** and
- **many possibilities**

at the same time.

Collecting as much information as possible can help us make the right decision.

Background

Jumping to Conclusions

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We often make decisions without looking at the bigger picture.

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For example:

… when we have too little information.

Jumping to Conclusions

We often make decisions without looking at the bigger picture.

For example:

… when we have too little information.

… when we generalize previous experiences.

Jumping to Conclusions

We often make decisions without looking at the bigger picture.

For example:

… when we have too little information.

… when we generalize previous experiences.

… when little depends on the decision.

Training Session Goals

Session Goals

- Don’t make decisions too quickly, especially when there is very little information.
- Gather as much information as possible before making **important** decisions.
- We should always consider the possibility that we could be wrong– **to err is human!**
- Wrong decisions can lead to misunderstandings and sometimes even conflicts.

Exercise

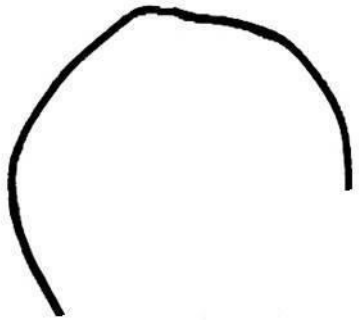
Goal:

Practice not making a decision too quickly, especially if we don't have very much information yet

Picture 2

What could this drawing be?

- Flower
- Ice cream cone
- Elephant
- Hat



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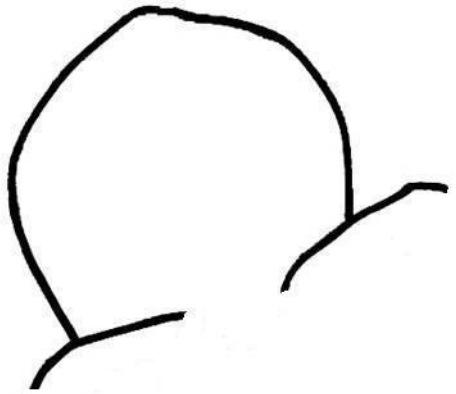
- Elephant
- Hat



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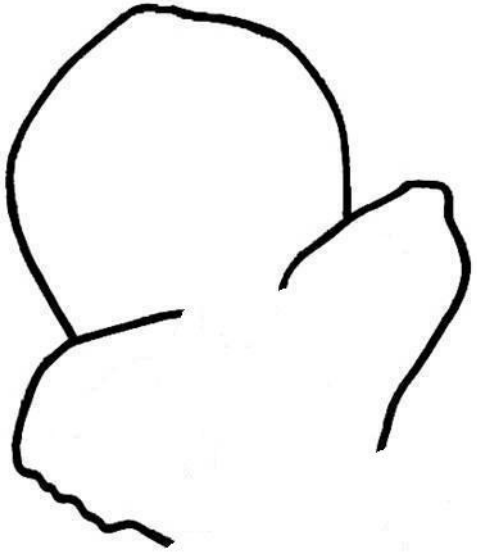

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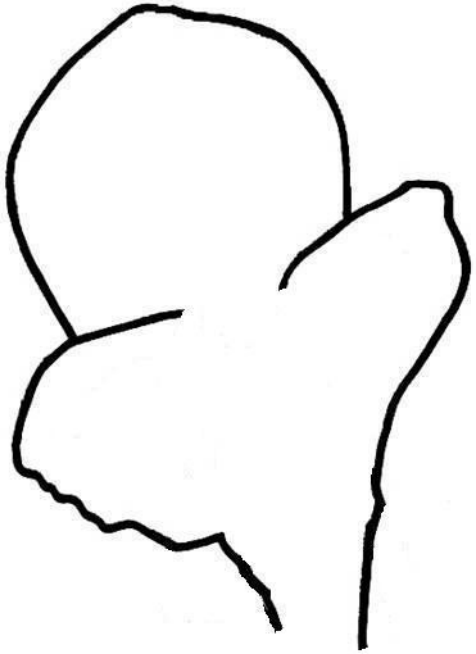

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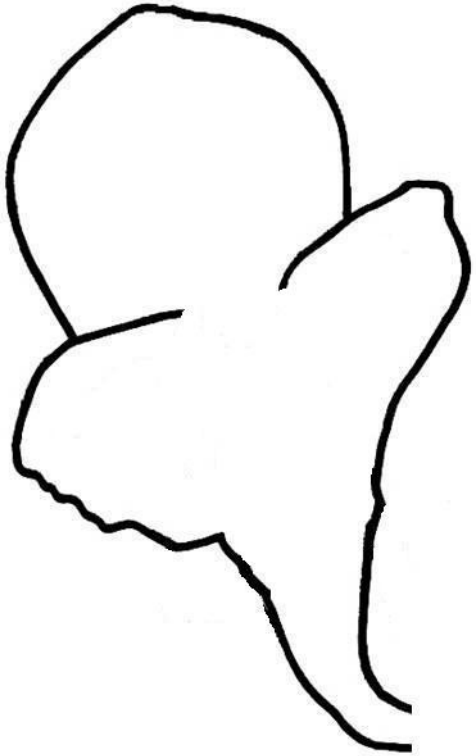

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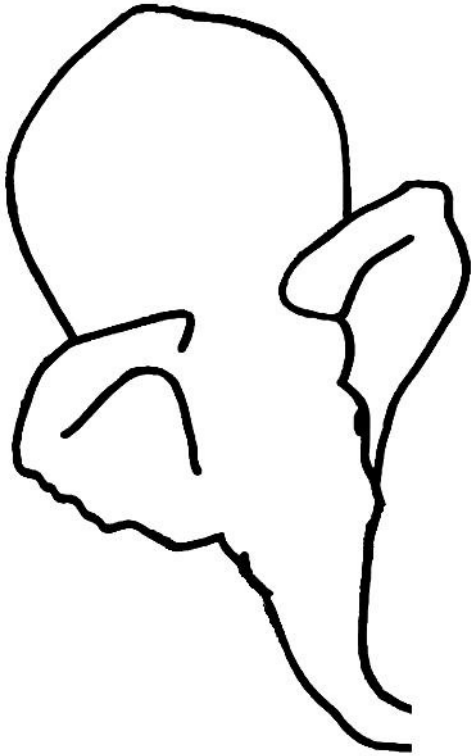

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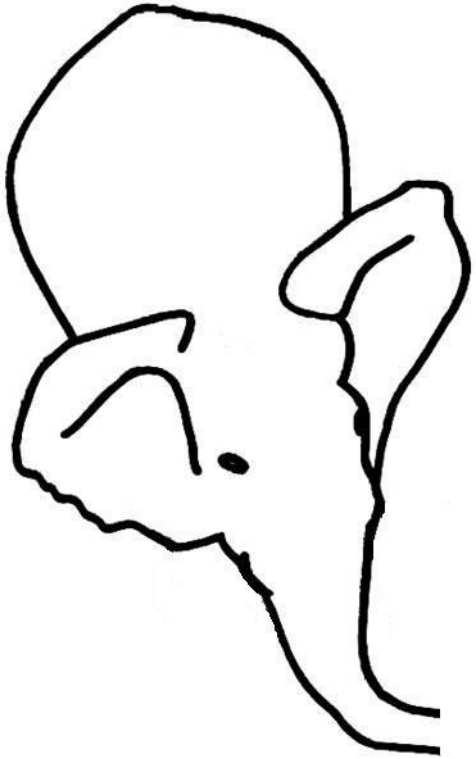

How sure are you about your guess?

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What could this drawing be?

- Flower
- Ice cream cone
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How sure are you about your guess?

Do you already want to decide what this is?

Picture 3

What could this drawing be?

- Castle
- Tree
- Fence
- Train

How sure are you about your guess?

Do you already want to decide what this is?

What could this drawing be?

- Castle
- Tree
- Fence
- Train

How sure are you about your guess?

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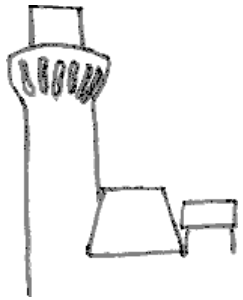

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How sure are you about your guess?

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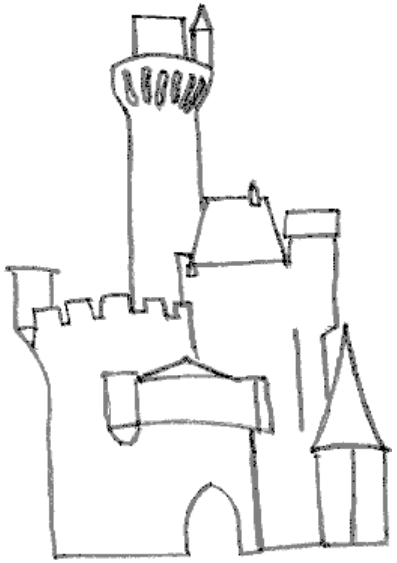

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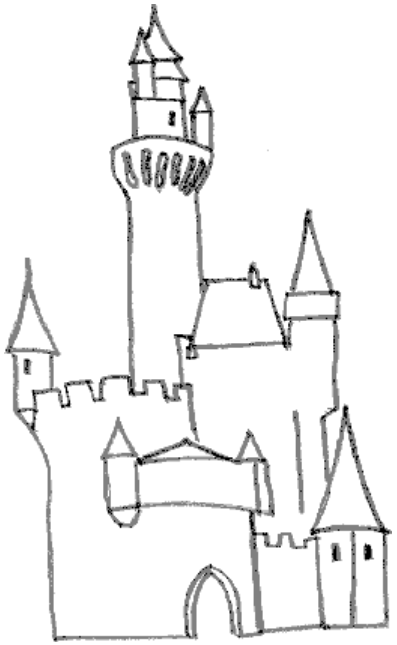

How sure are you about your guess?

Do you already want to decide what this is?

Picture 4

In the following images, no possible answers will be shown.

Please consider for yourself possibilities of what the image could be.

What could this drawing be?

How sure are you about your guess?

Do you already want to decide what this is?

What could this drawing be?

How sure are you about your guess?

Do you already want to decide what this is?

What could this drawing be?

How sure are you about your guess?

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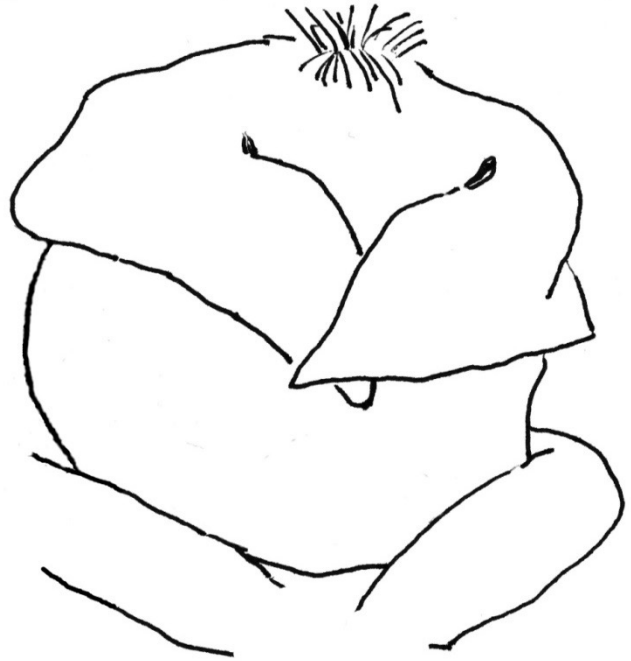

How sure are you about your guess?

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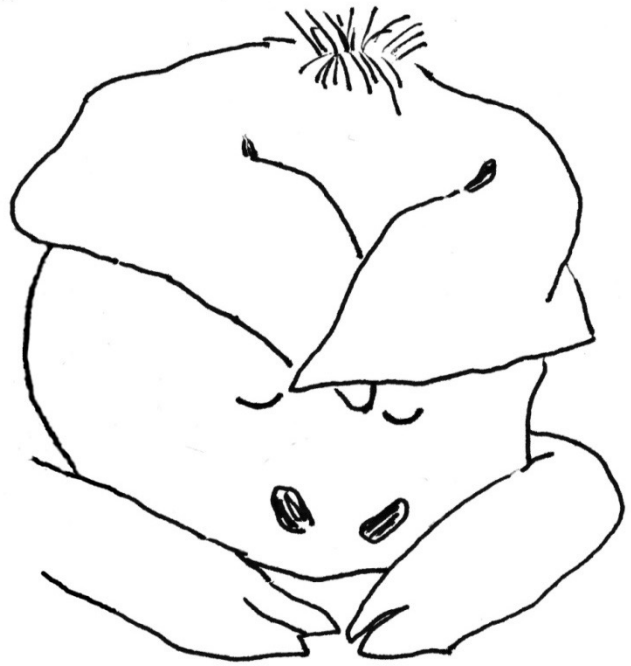
What could this drawing be?



How sure are you about your guess?

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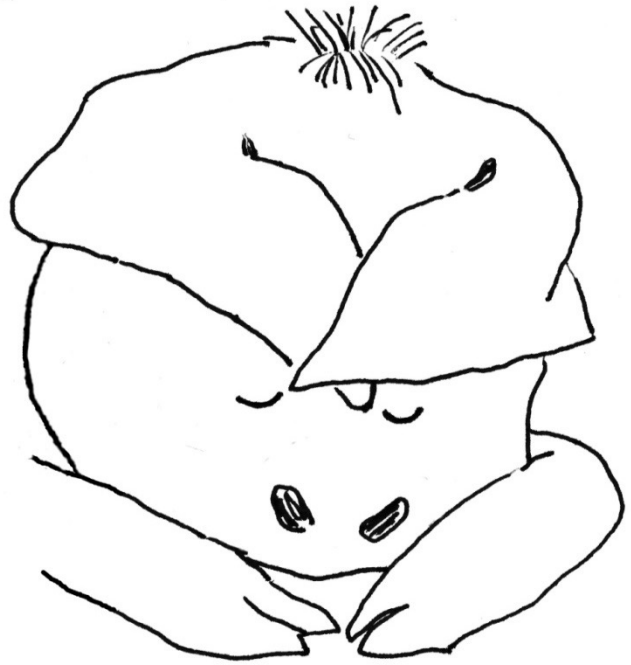
What could this drawing be?

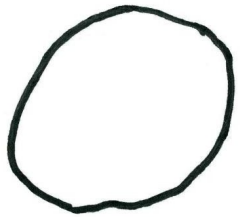


How sure are you about your guess?

Do you already want to decide what this is?

Picture 5

What could this drawing be?



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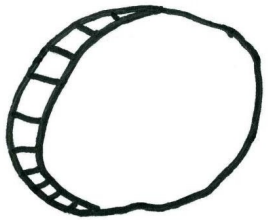
Do you already want to decide what this is?

What could this drawing be?



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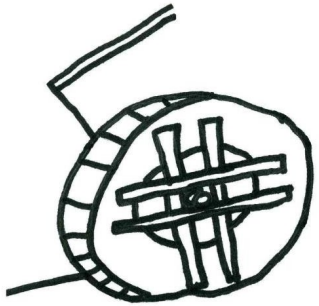

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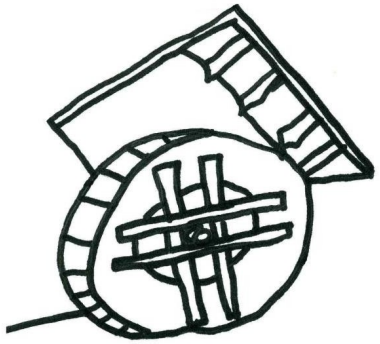

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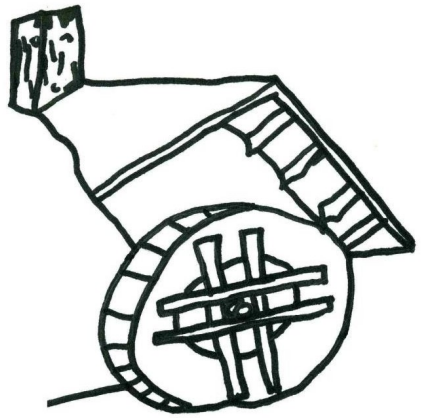

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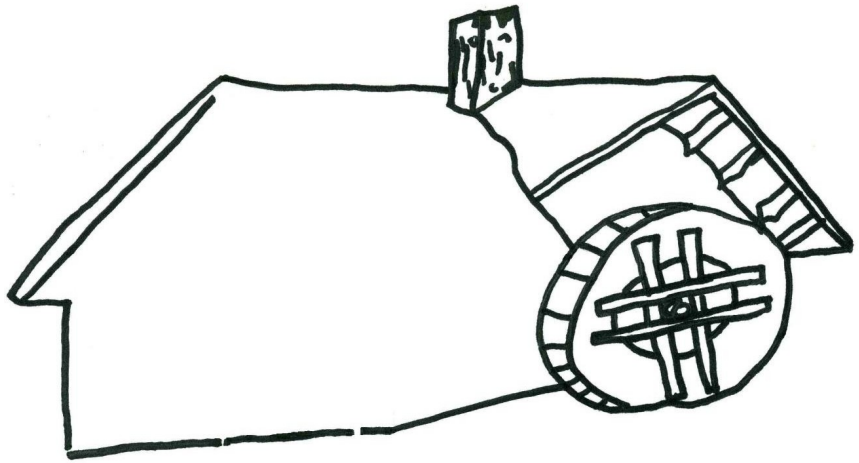

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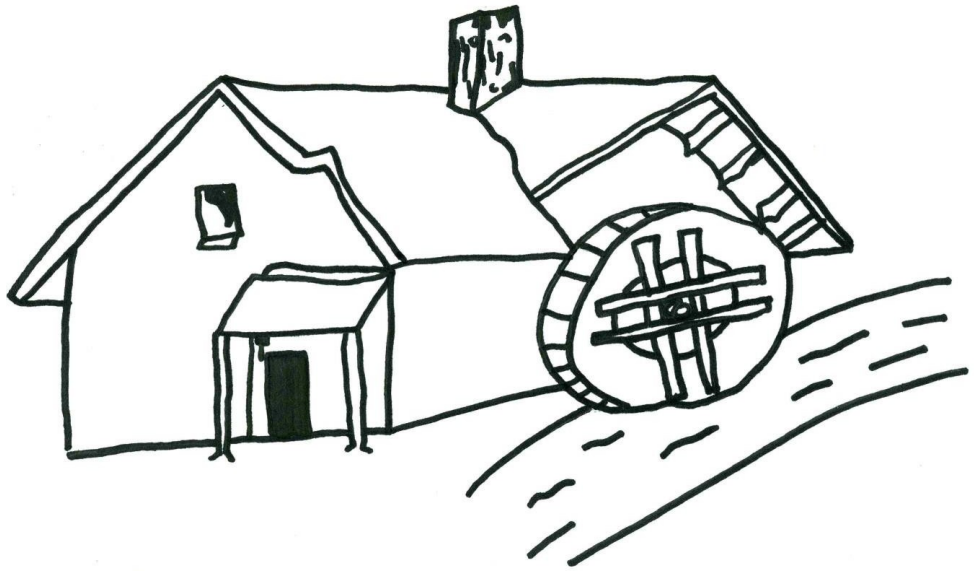

How sure are you about your guess?

Do you already want to decide what this is?

Picture 6

What could this drawing be?

How sure are you about your guess?

Do you already want to decide what this is?

What could this drawing be?

How sure are you about your guess?

Do you already want to decide what this is?

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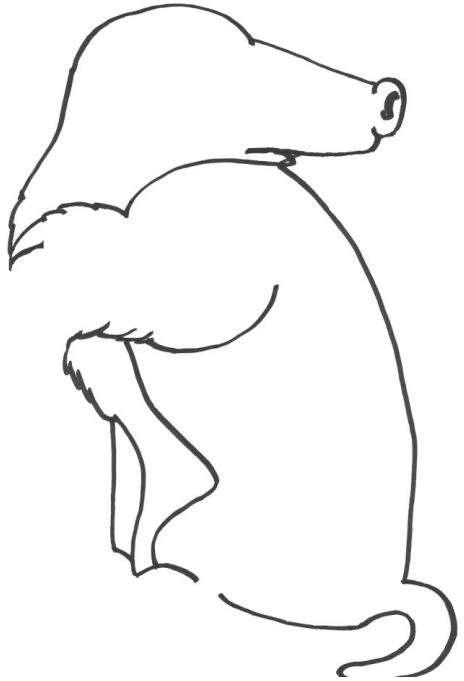

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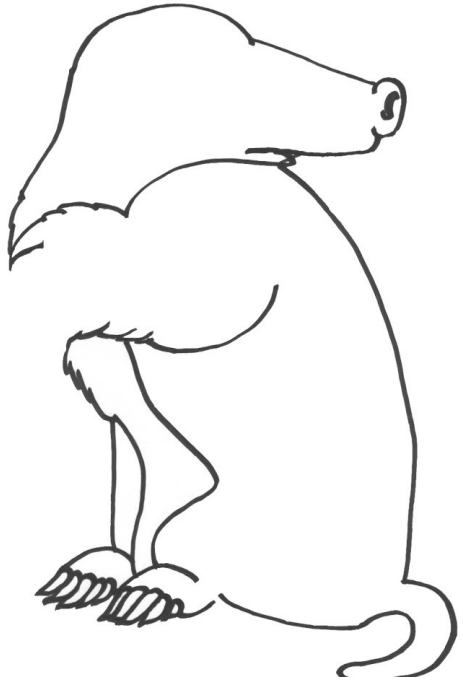

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Background

Jumping to Conclusions

When we make decisions, we often have to consider a lot of complicated information at the same.

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Sometimes we make decisions without having enough reliable evidence.

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When making decisions, we should find a **middle ground** between:

Jumping to Conclusions

When we make decisions, we often have to consider a lot of complicated information at the same.

Sometimes we make decisions without having enough reliable evidence.

When making decisions, we should find a **middle ground** between:

- A very quick decision (a "snap judgment")

Jumping to Conclusions

When we make decisions, we often have to consider a lot of complicated information at the same.

Sometimes we make decisions without having enough reliable evidence.

When making decisions, we should find a **middle ground** between:

- A very quick decision (a "snap judgment")
- A too precise, drawn out approach

Exercise
(Examples in Everyday Life)

Goal:

Recognize common situations where we often jump to conclusions

Jumping to Conclusions in Everyday Life

Jumping to Conclusions in Everyday Life

Example:

A fellow patient doesn't acknowledge you when you walk past each other.

Jumping to Conclusions in Everyday Life

Example:

A fellow patient doesn't acknowledge you when you walk past each other.

Did she ignore you on purpose? Or maybe she just didn't see you?

Jumping to Conclusions in Everyday Life

Example:

A fellow patient doesn't acknowledge you when you walk past each other.

Did she ignore you on purpose? Or maybe she just didn't see you?

Has this ever happened to you?

Do you have your own examples?

Jumping to Conclusions in Everyday Life

Example:

You wake up and your arm feels tingly.

Jumping to Conclusions in Everyday Life

Example:

You wake up and your arm feels tingly.

Is this a sign of a serious illness?

Or maybe you just slept on it wrong?

Jumping to Conclusions in Everyday Life

Example:

You wake up and your arm feels tingly.

Is this a sign of a serious illness?

Or maybe you just slept on it wrong?

Has this ever happened to you?

Do you have your own examples?

Jumping to Conclusions in Everyday Life

Example:

In the store, you see advertising for a new product.

Jumping to Conclusions in Everyday Life

Example:

In the store, you see advertising for a new product.

Do you buy it right away?

Or do you find out first whether the advertising about the product is reliable?

Jumping to Conclusions in Everyday Life

Example:

In the store, you see advertising for a new product.

Do you buy it right away?

Or do you find out first whether the advertising about the product is reliable?

Has this ever happened to you?

Do you have your own examples?

Learning Objectives

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- Snap judgments can often lead to mistakes.

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- Snap judgments can often lead to mistakes.
- This can also lead to misunderstandings and sometimes even to conflict with others.

Learning Objectives

- To err is human – always consider the possibility that you could be wrong.

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- In everyday life, we should try to gather as much information as possible. This makes it easier to understand the situation (for example, by asking questions and exchanging information with people that you trust).

Learning Objectives

- To err is human – always consider the possibility that you could be wrong.

- In everyday life, we should try to gather as much information as possible. This makes it easier to understand the situation (for example, by asking questions and exchanging information with people that you trust).

- This is especially true when we are stressed out or having mental health difficulties.

Closing Round

What’s your takeaway from today’s session?

Thank you for your participation!

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Research Group Neuropsychology	- - -	Black and white drawings of fragmented images	Production for the MKT; © Neuropsychology Research Group	Various motifs: rocking chair, elephant etc.