

Welcome to

Metacognitive Training Silver

Metacognitive Training



Meta: derived from Greek, means "about"



Metacognitive Training

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Cognition: derived from Latin, means "thinking"



Metacognitive Training

Meta: derived from Greek, means "about"

Cognition: derived from Latin, means "thinking"

Metacognition: "Thinking about thinking"

Metacognitive Training



Metacognitive Training



Bird's-eye View



Why Metacognitive Training?

- Many individuals with depression have suffered from their symptoms for a long time and have already tried many things to feel better.
- Often a number of factors contribute to the development of depression - some of these factors are modifiable and others are not.
- MCT-Silver provides strategies and information that can help you reduce your symptoms.

Why Metacognitive Training?

- Of course your symptoms won't disappear in an instant just because of a single exercise or session – it takes time and practice!
- In addition, you are ultimately your own specialist. You already have a lot of experience with what helps or doesn't help you.
- We encourage you to try the exercises – even if they seem strange or "too simple" at first.



Thinking and Reasoning 1

Mental Filter



Mental Filter

- Search for and pay attention only to negative details.



Mental Filter

- Search for and pay attention only to negative details.
- Perceptions of reality are clouded, like a single drop of ink which clouds an entire glass of water.



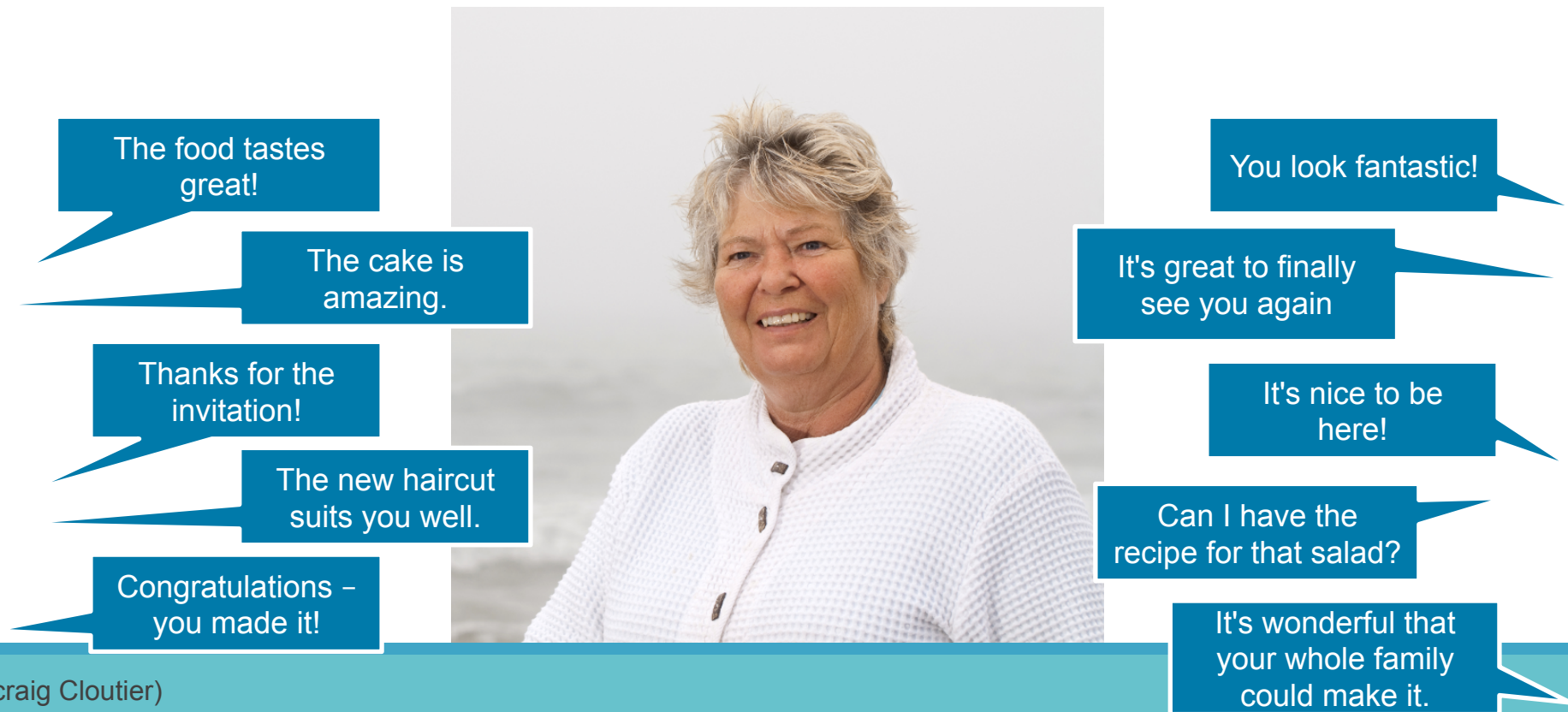
Mental Filter

Situation: Mrs. Schmidt is celebrating her 70th birthday. During the party she receives many compliments from her guests...



Mental Filter

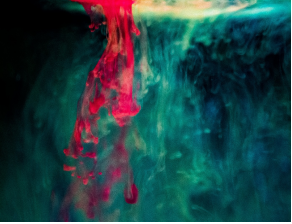
Situation: Mrs. Schmidt is celebrating her 70th birthday. During the party she receives many compliments from her guests...



Mental Filter

Situation: Mrs. Schmidt is celebrating her 70th birthday. During the party she receives many compliments from her guests. However, one of the guests complains about the uncomfortable chairs.





Mental Filter

Mental Filter:

- "My guests are annoyed and do not feel comfortable here."

What are the consequences of this mental filter?

- ???



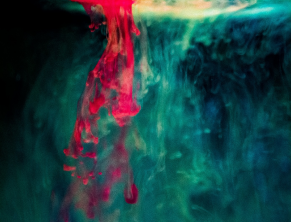
Mental Filter

Mental Filter:

- "My guests are annoyed and do not feel comfortable here."

What are the consequences of this mental filter?

- Mrs. Schmidt's mood sinks. She worries that the guests can't really enjoy the party.



Mental Filter

Mental Filter:

- "My guests are annoyed and do not feel comfortable here."

What are the consequences of this mental filter?

- Mrs. Schmidt's mood sinks. She worries that the guests can't really enjoy the party.

Is this thought justified?



Mental Filter

Mental Filter:

- "My guests are annoyed and do not feel comfortable here."

What are the consequences of this mental filter?

- Mrs. Schmidt's mood sinks. She worries that the guests can't really enjoy the party.

Is this thought justified? – NO! Therefore:

- How can Mrs. Schmidt assess the situation instead?





Mental Filter

What can Mrs. Schmidt think instead?

➤ ???



Mental Filter



What can Mrs. Schmidt think instead?

- "I've received many compliments from the guests and everyone seems to be enjoying the party. Just because one person finds the chairs to be uncomfortable doesn't mean that all the guests think that or that the party is a failure."



Mental Filter

What can Mrs. Schmidt think instead?

- "I've received many compliments from the guests and everyone seems to be enjoying the party. Just because one person finds the chairs to be uncomfortable doesn't mean that all the guests think that or that the party is a failure."

What are the consequences of this thought?

- ???



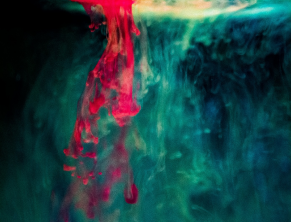
Mental Filter

What can Mrs. Schmidt think instead?

- "I've received many compliments from the guests and everyone seems to be enjoying the party. Just because one person finds the chairs to be uncomfortable doesn't mean that all the guests think that or that the party is a failure."

What are the consequences of this thought?

- Mrs. Schmidt can still enjoy the party. Perhaps she can ask if there is an alternative seating option for this one guest.



Mental Filter

Your own example:

- Have there been situations in which you only paid attention to negative details?



Mental Filter

Your own example:

- Have there been situations in which you only paid attention to negative details?
- How could you have assessed the situation differently?

Overgeneralization



("Bebop de hamster" by Maarten)

from Hautzinger

Overgeneralization

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



Overgeneralization

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- When describing such events, words such as "always" or "never" are often used.



Overgeneralization

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

Have you ever felt this way?



Overgeneralization



What would be a more helpful thought?

Event	Overgeneralization Helpful appraisal
I misplaced my glasses.	??? ???

Overgeneralization



What would be a more helpful thought?

Event	Overgeneralization Helpful appraisal
I misplaced my glasses.	"I forget more and more and never find my things! I hope I'm not getting dementia." ???

Overgeneralization



What would be a more helpful thought?

Event	Overgeneralization Helpful appraisal
I misplaced my glasses.	<p>"I forget more and more and never find my things! I hope I'm not getting dementia."</p> <p>"It happens to everyone once in a while. That doesn't mean that I will get dementia! I can find a place where I can lay my glasses whenever I don't need them."</p>

Overgeneralization



What would be a more helpful thought?

Event	Overgeneralization
???	Unhelpful appraisal: ??? Helpful appraisal: ???

How can you make more helpful appraisals?

- Step out of the "hamster wheel of generalization".



How can you make more helpful appraisals?



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

How can you make more helpful appraisals?



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For example, if you forget a friend's birthday, instead of telling yourself ...

"I'm a bad friend because I forgot to congratulate my friend on her birthday."



How can you make more helpful appraisals?



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

For example, if you forget a friend's birthday, instead of telling yourself ...

"I'm a bad friend because I forgot to congratulate my friend on her birthday."



"I forgot her birthday **this year**. That's embarrassing, but I can still call her and apologize that I forgot yesterday. Or I can still send her a nice card and gift. Just because I forgot this one thing doesn't mean I'm a bad friend."

How can you make more helpful appraisals?

2. Change your perspective

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

How can you make more helpful appraisals?



Example:

For a few days, you've been putting off getting tickets for a theater night with friends. Now the tickets are sold out!

How can you make more helpful appraisals?



- Now consider how hard you could possibly judge yourself.

How can you make more helpful appraisals?



- Now consider how hard you could possibly judge yourself.
- Instead, think about what you would tell a good friend.

How can you make more helpful appraisals?



- Now consider how hard you could possibly judge yourself.
- Instead, think about what you would tell a good friend.
- You would probably comfort him/her and identify good reasons why his/her failure is forgivable.

How can you make more helpful appraisals?



- Now consider how hard you could possibly judge yourself.
- Instead, think about what you would tell a good friend.
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Personal examples?

How can you make more helpful appraisals?

3. Find out the following based on an experiment:

Does everyone think the same as I do?

How can you make more helpful appraisals?

3. Find out the following based on an experiment:

Does everyone think the same as I do?

Ask a trusted person who was also there about how they assessed the situation (e.g., "A guest finds the chairs to be uncomfortable. Do you think so too? Do you think that all my guests feel uncomfortable here?")

Mental Filter, Overgeneralization



What else can help with distorted appraisals?

Mental Filter, Overgeneralization



- 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.

Mental Filter, Overgeneralization



- 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 assess a situation.

Deliberate Exaggeration



Event	Depressive Appraisal
You baked a cake that didn't turn out well.	I'm a failure and can't do anything right. I can't expect my family to eat this.

Deliberate Exaggeration

Possible (humorous) exaggeration: ???

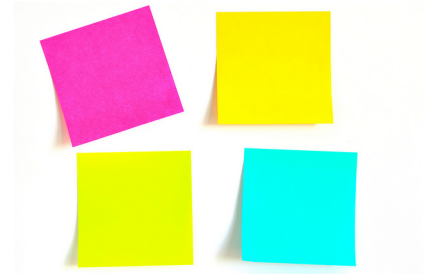


Deliberate Exaggeration



Possible (humorous) exaggeration: My kids love this cake and think it's delicious. They are enthusiastic about the unique taste and ask me to bake several of these cakes for an upcoming birthday party. At the party, an employee of Betty Crocker tries the cake and loves it. A cake mix is made for this cake, which can be bought in every supermarket just four weeks later...

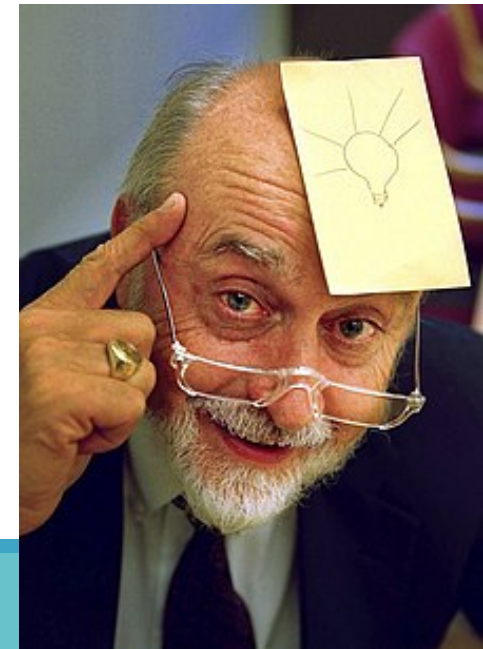
Deliberate Exaggeration



This example is not far from reality. There are many supposed mistakes and failures that have led to great inventions...

Post-it Notes

- Dr. Spencer Silver, an American scientist, was trying to develop a super strong adhesive.
- Instead, he accidentally developed the glue for Post-Its.
- It was only when a colleague applied this substance to a piece of paper, which he wanted to use as a bookmark, that they decided to sell the glue and paper together as Post-it notes.





Learning Points

Step 1: Pay attention in everyday life to the depressive appraisals discussed

- Mental Filter, Overgeneralization!



Learning Points

Step 2: Generate more helpful appraisals, for example:

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



Learning Points

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Learning Points

Step 2: 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).



Thanks for your attention!

Trainers: handout worksheets!

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