

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



("Maze Cheat" by Robbie)

Metacognitive Training



Bird's-eye View




("Wanna get lost?" by Chyna)

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.
- 



Values

("Compass Study II" by Calsidyrose)

Sailing Tour

Imagine that you would like to go sailing (*You don't know how to sail? No problem! It's just an imagination exercise!*).



Sailing Tour

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A half hour after you leave, you realize that you forgot your map and compass. You know in which general direction you need to sail in order to reach your destination. However, you do not know the exact route; there are no landmarks, like islands, and it is a cloudy day. You can still see the harbor.



Sailing Tour

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What do you do? Do you keep sailing?

Does it make sense to keep sailing without a compass and map?

Values

- It's best to turn back and get the map or compass.



Values

- In order to reach a destination (goal) in life, we all need a sort of inner compass.



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- In the psychological sense, **values** serve as a compass/map.



Values

- In order to reach a destination (goal) in life, we all need a sort of inner compass.
- In the psychological sense, **values** serve as a compass/map.
- Like in the sailing example, it is possible to sail through life without values (i.e., your compass/map). You will reach *some* destination! However, when values are not attended to, there is a high risk of taking a wrong turn and not reaching the *desired* destination(s).



What are values?

To create a comfortable and welcoming home

To be informed about current events

To be kind to myself and others



What are values?

To create a comfortable and welcoming home

To learn about new cultures and countries

To be informed about current events

To lead a religious life

To be kind to myself and others

To care for the environment



What are values?

To create a comfortable and welcoming home

To learn about new cultures and countries

To be informed about current events

To lead a religious life

To be kind to myself and others

To care for the environment

To be involved in raising my grandchildren

To lead a healthy lifestyle



What are values?

- Values help you to make choices based on the directions you want to go in life.



What are values?

- Values help you to make choices based on the directions you want to go in life.
- Values help to define life goals and everyday behavior.



What are values?

Example

A possible value:

To improve my
community

What types of goals and behaviors would serve to live according to this value?



What are values?

Example

A possible value:

To improve my
community

Goals and concrete behaviors:

- Volunteer at a local school or library
- Attend community meetings
- Shop at local businesses
- Pick up trash from the sidewalk



What are values?

Values are..



What are values?

Values are..

- **Freely chosen** – you decide which values you would like to live by



What are values?

Values are..

- **Freely chosen** – you decide which values you would like to live by
- **Have to do with behavior** – values are reflected in the way you treat yourself and others



What are values?

Values are..

- **Freely chosen** – you decide which values you would like to live by
- **Have to do with behavior** – values are reflected in the way you treat yourself and others
- **Flexible** – values can change over time

An example...



What are values?

Example: When Connie's children were young, she prioritized taking care of them and spending time with her family. Now that her children have moved out of the house, she spends more time volunteering.



Values are not...

Values are not Goals – Goals can be reached, whereas values guide behavior and are actively chosen in each moment (“**The journey is the destination!**”). When living by your values, the focus isn’t on achieving goals but rather on everyday behavior and ways of living.

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Value: To be respectful of animals
Possible goals and behaviors: ???

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Values are not Goals – Goals can be reached, whereas values guide behavior and are actively chosen in each moment (“**The journey is the destination!**”). When living by your values, the focus isn’t on achieving goals but rather on everyday behavior and ways of living.

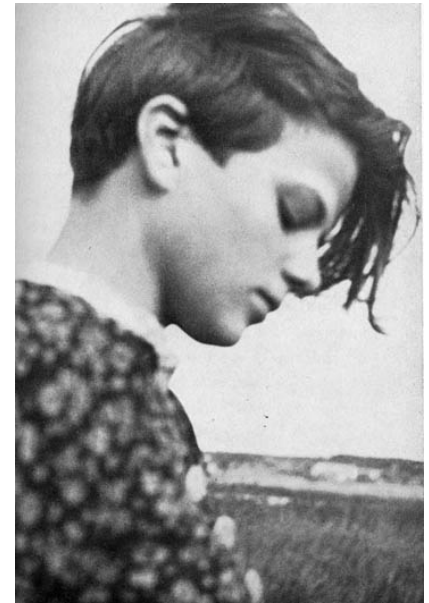
Value: To be respectful of animals

Possible goals and behaviors:

- Offering to take care of the neighbor’s dog
- Eating less meat
- Making a donation to the local animal shelter

Values are not...

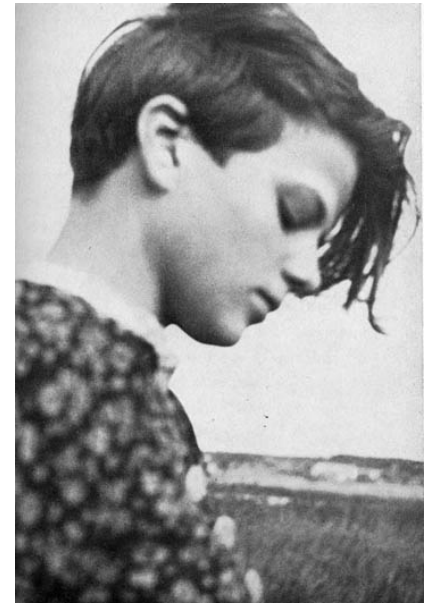
Values are not external – Values have little to do with others, but have a lot to do with one's own behavior



Values are not...

Values are not external – Values have little to do with others, but have a lot to do with one's own behavior

Example: Sophie Scholl is an extreme example of a person who lived according to her values despite a huge risk of being persecuted for her beliefs and actions. She fought for the resistance movement during Nazi rule in Germany and was ultimately killed for her involvement.



Values are not...

Values do not guarantee happiness – living by your values does not automatically guarantee happiness (as in the case of Sophie Scholl)...but it does increase the chances of being satisfied with yourself and your life because you have prioritized the things that are important to you.




What does this have to do with depression?

- Individuals with depression are often preoccupied with negative thoughts and depressive behaviors (e.g., ruminating, withdrawal).

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- Individuals with depression are often preoccupied with negative thoughts and depressive behaviors (e.g., ruminating, withdrawal).
 - As a result, they are increasingly distanced or distracted from their values.
 - Changes in life, such as the loss of important relationships or physical limitations, can make it more difficult to live by previously established values.
- 

What does this have to do with depression?



("Heavy Seas" by Eric Kilby)

What does this have to do with depression?

- During a depressive phase, there is a danger that those affected can lose sight of what is important to them in life.



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- Like bad weather when sailing, depression can make it difficult to find and use your own compass.



What does this have to do with depression?

- During a depressive phase, there is a danger that those affected can lose sight of what is important to them in life.
- Like bad weather when sailing, depression can make it difficult to find and use your own compass.

Are you familiar with this?



What does this have to do with depression?

- Instead of only paying attention to the obstacles, individuals living with depression can try to take a different perspective in order to find new ways to live according to their values.



("Man wearing blue shirt while standing on white surfboard" by Alex Blăjan)

What does this have to do with depression?

- Instead of only paying attention to the obstacles, individuals living with depression can try to take a different perspective in order to find new ways to live according to their values.
- Let your imagination run wild!



("Man wearing blue shirt while standing on white surfboard" by Alex Blăjan)

What does this have to do with depression?

- Instead of only paying attention to the obstacles, individuals living with depression can try to take a different perspective in order to find new ways to live according to their values.
- Let your imagination run wild!
- The following exercises illustrate how adopting new perspectives to problems can lead to good solutions.

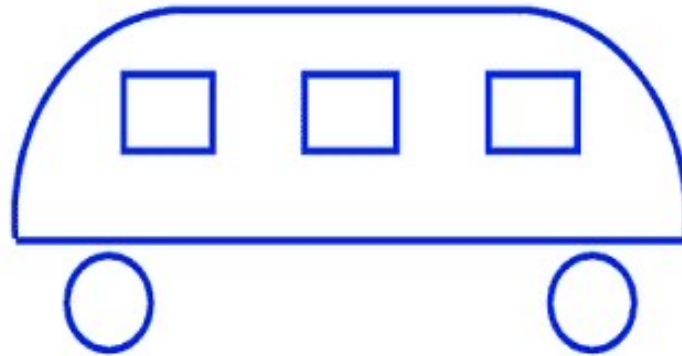


("Man wearing blue shirt while standing on white surfboard" by Alex Blăjan)

Bus Exercise

In which direction is the bus driving?

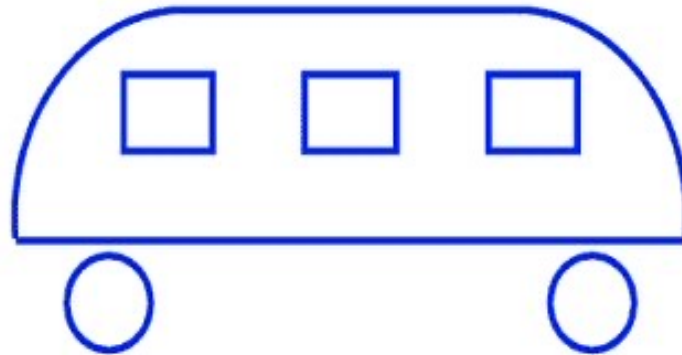
To the left or to the right?



Bus Exercise

In which direction is the bus driving?

To the left or to the right?



To the left because the door of the bus is not visible!

Brain Teaser – 1

What can you see once in a minute, twice in a moment, but never in a thousand years?



("Big question mark" by Benjamin Reay)

Brain Teaser – 1

What can you see once in a minute, twice in a moment, but never in a thousand years?

„M“ - „M“ appears once in the word „minute“, twice in „moment“, but does not appear at all in the phrase „in a thousand years“.



Brain Teaser – 2

Which tire does not move when a car turns right?



Brain Teaser – 2

Which tire does not move when a car turns right?

The spare tire!



What does this all have to do with MCT?

- How we live according to our values can vary with age or after changes in life (e.g., illness).



What does this all have to do with MCT?

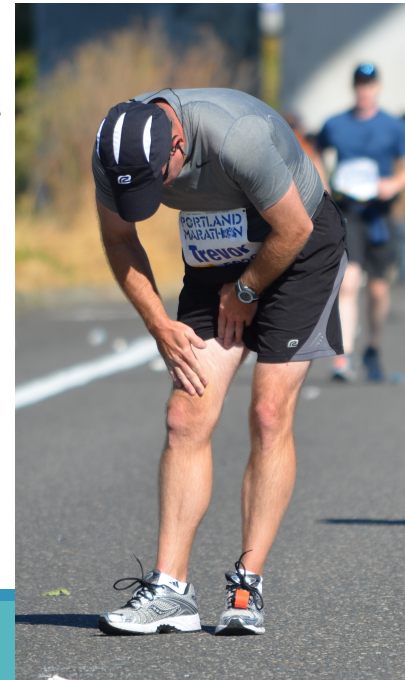
- How we live according to our values can vary with age or after changes in life (e.g., illness).
- Instead of not pursuing a value at all when an obstacle is in the way, try to find an alternate route. Sometimes, as illustrated by the exercises, you have to think differently in order to do this!



Discovering new routes

How you live according to your values can look very different in later life.

Example: Michael always placed importance on living a healthy lifestyle and was an avid jogger. However, at age 65, he developed significant knee pain and could no longer enjoy jogging.

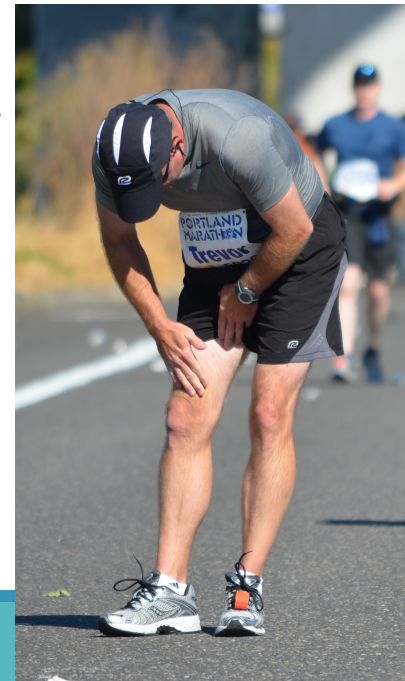


Discovering new routes

How you live according to your values can look very different in later life.

Example: Michael always placed importance on living a healthy lifestyle and was an avid jogger. However, at age 65, he developed significant knee pain and could no longer enjoy jogging.

While accepting the limitations caused by his knee pain, how could Michael still live in line with his value of “healthy living”?



Discovering new routes

How could Michael still live in line with his value of “healthy living”?

Instead of going jogging, Michael could go for a walk or start doing Tai Chi. Additionally, he could concentrate more on healthy eating. Perhaps he would enjoy trying out new, healthy recipes.



("Yoga Man & Dog" by Stephanie Young Merzel)

Determining your values

Now it's your turn! What are your values?

In order to identify your personal values (again), ask yourself the following questions:



Determining your values

Now it's your turn! What are your values?



In order to identify your personal values (again), ask yourself the following questions:

- What is important to me in life?

Determining your values

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In order to identify your personal values (again), ask yourself the following questions:

- What is important to me in life?
- Which relationships are / were most important to me?

Determining your values

Now it's your turn! What are your values?



In order to identify your personal values (again), ask yourself the following questions:

- What is important to me in life?
- Which relationships are / were most important to me?
- What do I still want to do in life? What have I done in my life so far?

Determining your values

Now it's your turn! What are your values?

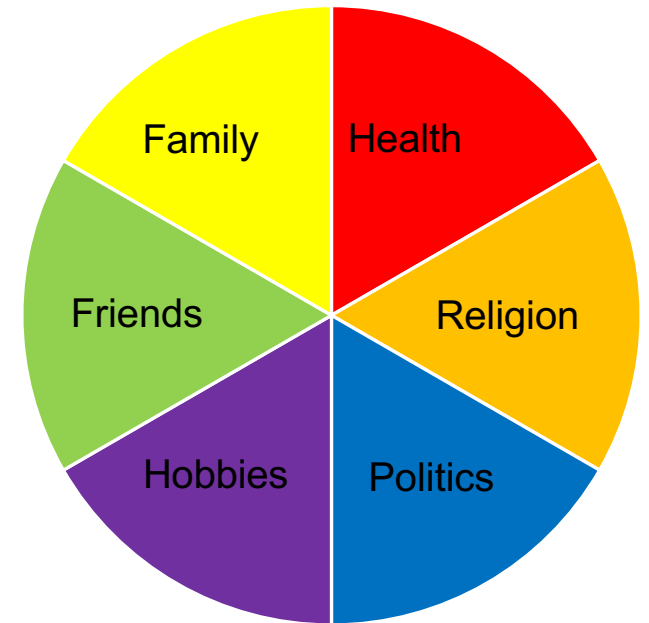


In order to identify your personal values (again), ask yourself the following questions:

- What is important to me in life?
- Which relationships are / were most important to me?
- What do I still want to do in life? What have I done in my life so far?
- What do I enjoy and what makes me happy?

Determining your values

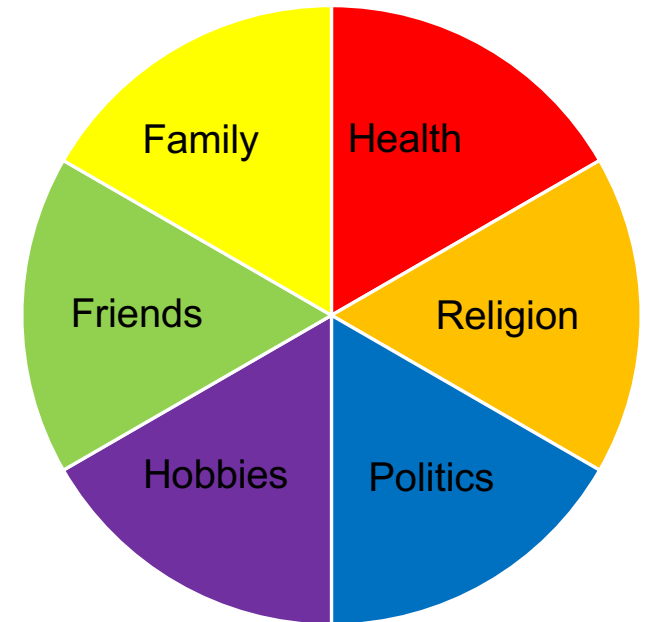
Now it's your turn! With the help of the examples, please consider your values in the following areas:



Determining your values

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To create a
comfortable and
welcoming home

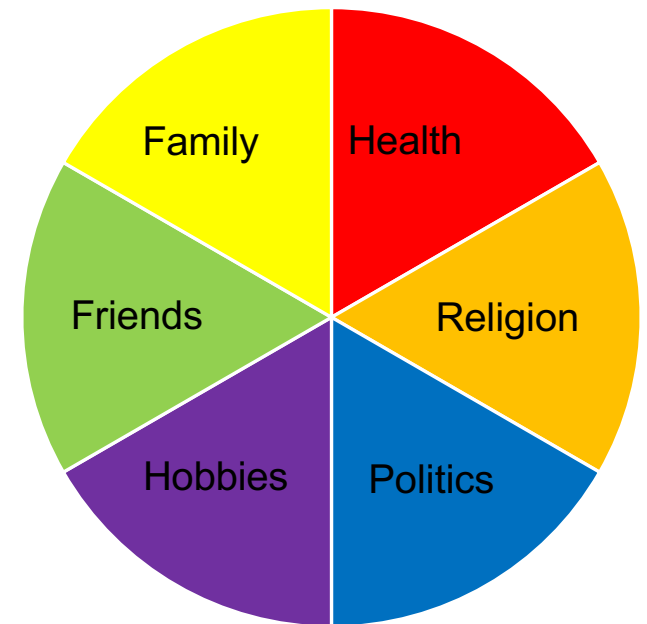


Determining your values

Now it's your turn! With the help of the examples, please consider your values in the following areas:

To create a comfortable and welcoming home

To be informed about current events



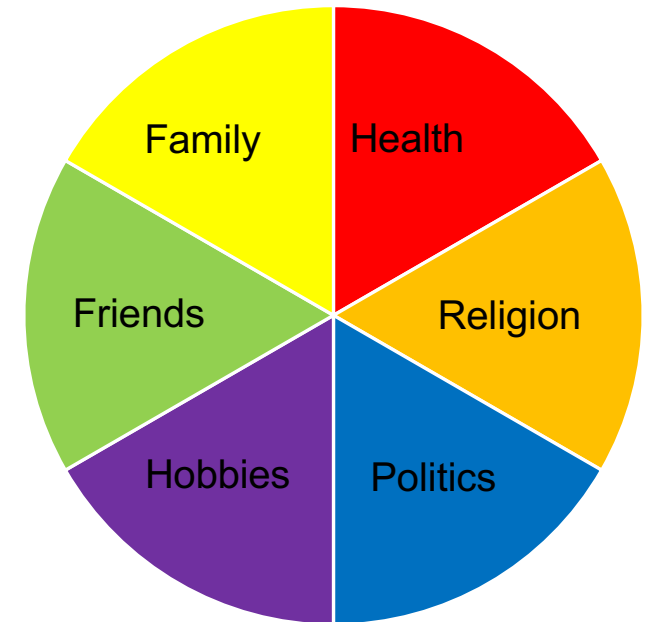
Determining your values

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To create a comfortable and welcoming home

To be informed about current events

To actively maintain my friendships



Determining your values

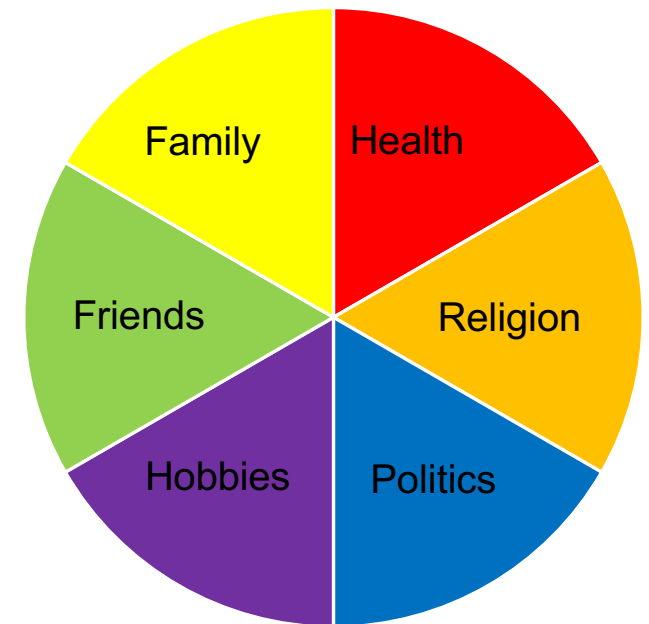
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To create a comfortable and welcoming home

To be informed about current events

To actively maintain my friendships

To learn about new cultures and countries



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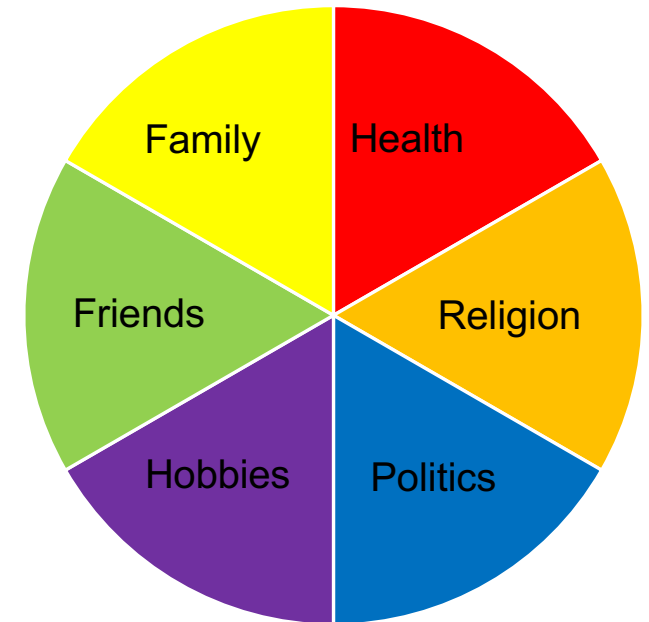
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To learn about new cultures and countries

To live a religious life



Determining your values

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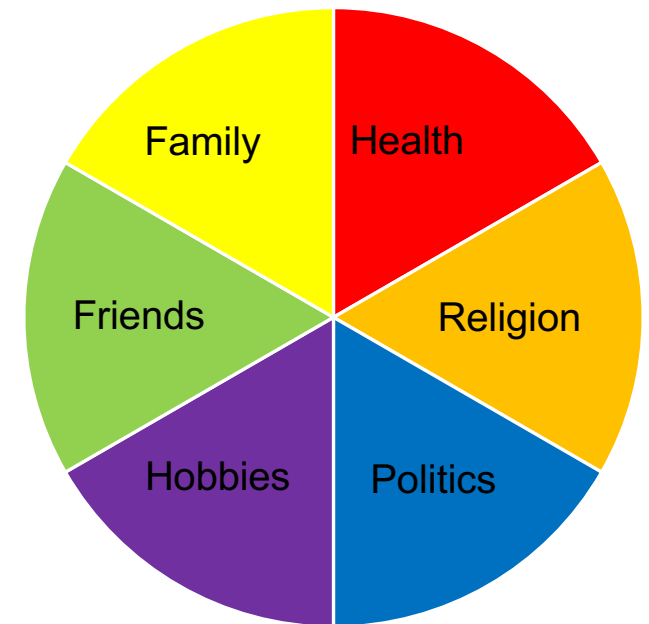
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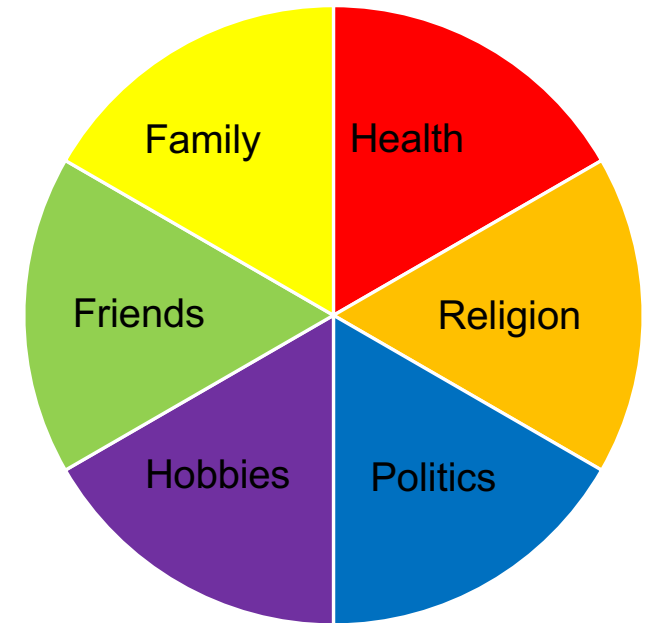
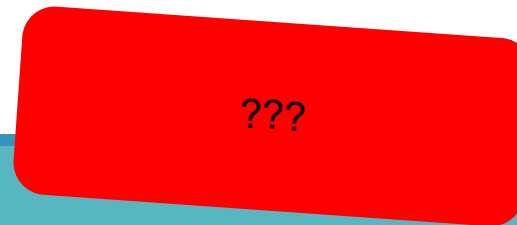
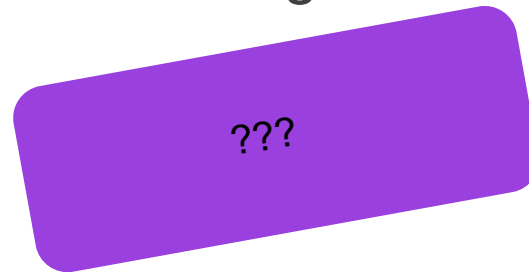
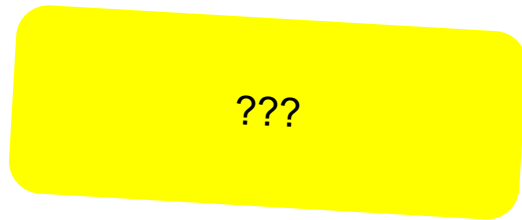
To live a religious life

To lead a healthy lifestyle



Determining your values

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"Who am I" Exercise

To help determine your values, you can also ask yourself the question, "Who am I? "

In life we "play" many different roles. You are not only a man or woman but also (possibly) a grandmother/grandfather, an animal lover, a gardener, a bookworm, etc...





"Who am I" Exercise





"Who am I" Exercise

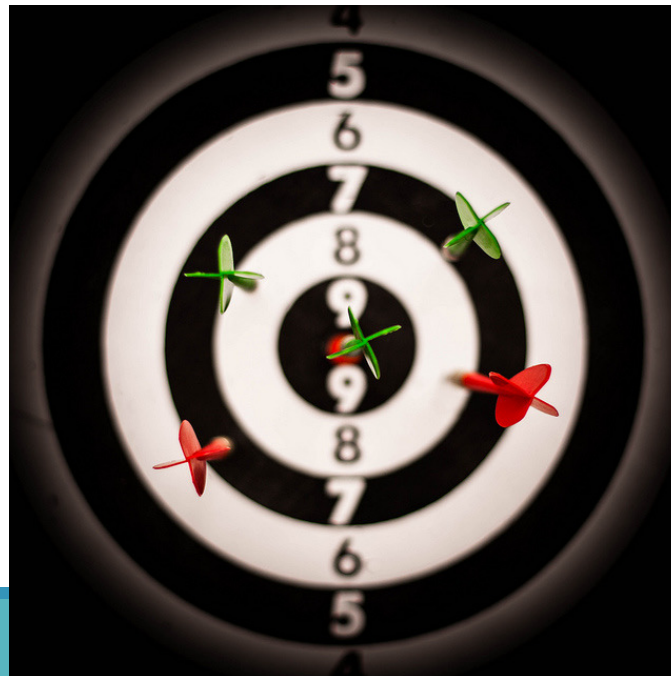


Think about who you are for a moment. What are your roles in life? Perhaps your roles are very different from those in this example!



Identifying values - what is important to me?

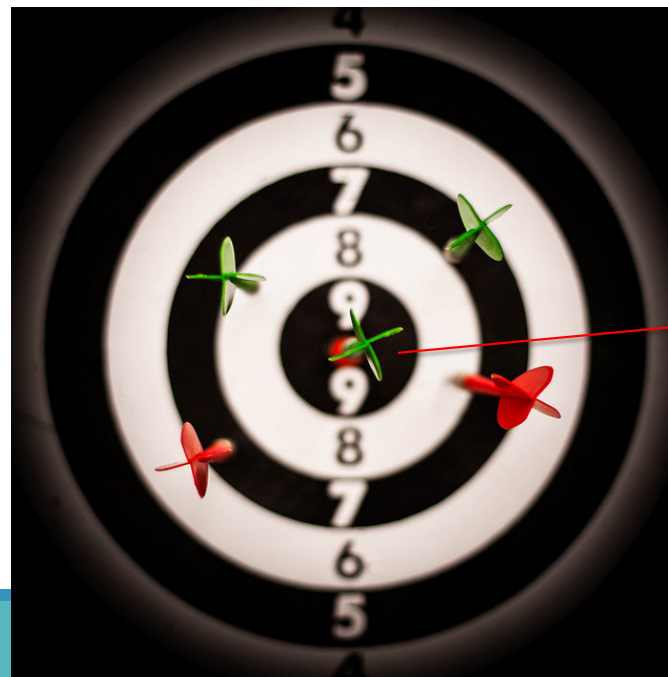
Furthermore, values do not have a fixed level of importance, but can have varying levels of importance in different areas of life. Not all of your values can have top priority!





Identifying values - what is important to me?

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Maintaining a loving relationship with my family



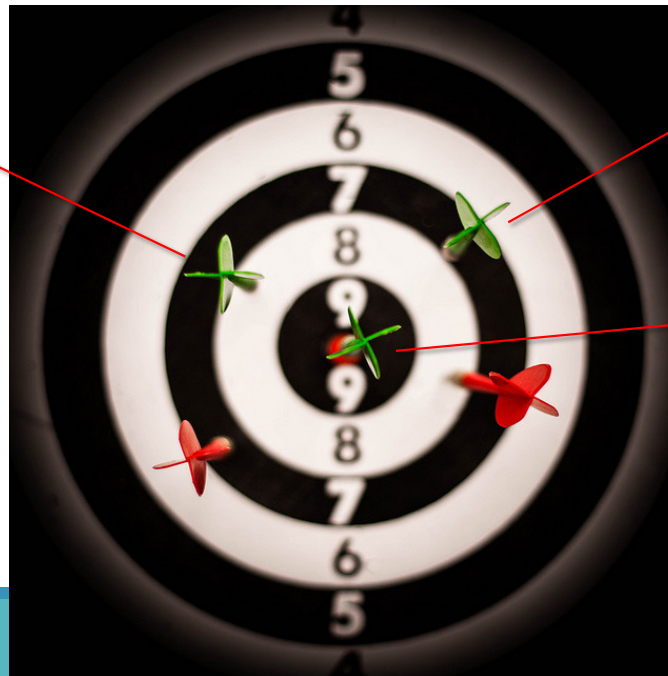
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Having an open ear for others

Being well informed about world events

Maintaining a loving relationship with my family





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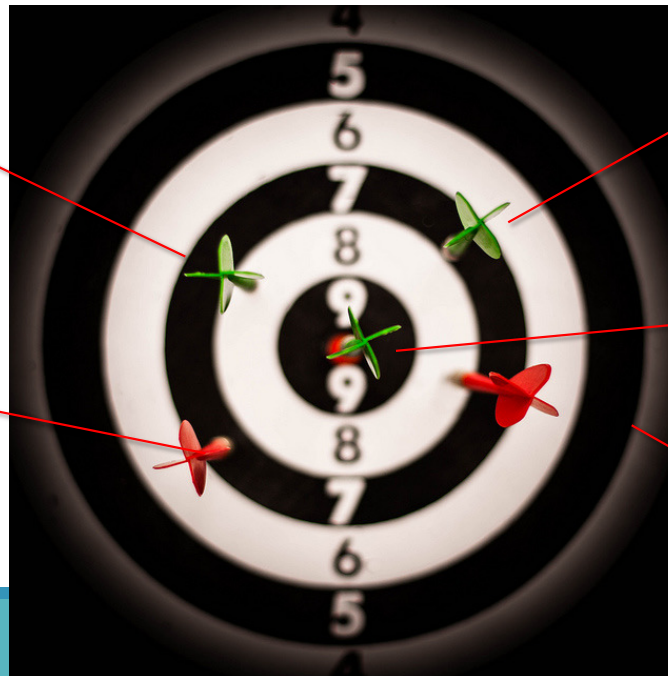
Having an open ear for others

Being creative

Being well informed about world events

Maintaining a loving relationship with my family

Eating well





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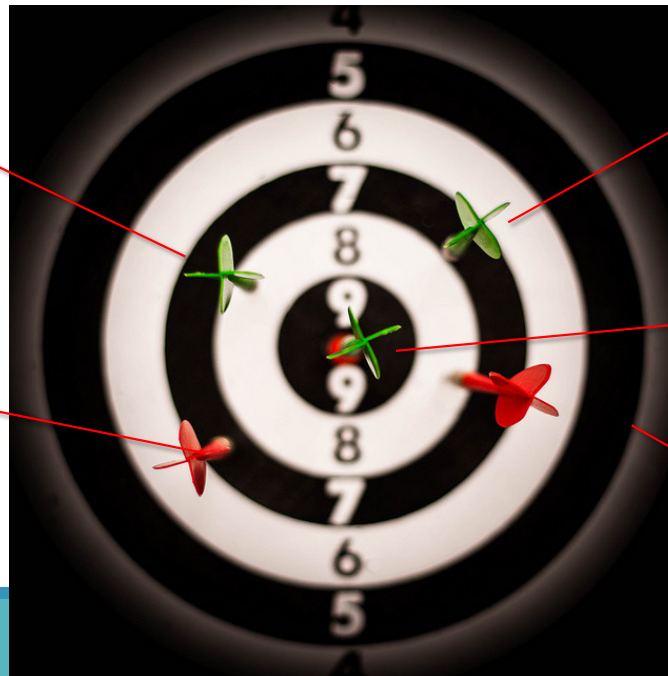
Having an open ear for others

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Eating well



How about you?



Let's get more specific...

Now think about how you can transform your values into concrete behaviors. How can you put your own values into practice and integrate them into everyday life?



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A value that I would like to put into practice in my everyday life: ???



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A value that I would like to put into practice in my everyday life: **maintaining relationships with friends**



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Now think about how you can transform your values into concrete behaviors. How can you put your own values into practice and integrate them into everyday life?

A value that I would like to put into practice in my everyday life: **maintaining relationships with friends**

A small change in my behavior I could make to do this: ???



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Now think about how you can transform your values into concrete behaviors. How can you put your own values into practice and integrate them into everyday life?

A value that I would like to put into practice in my everyday life: **maintaining relationships with friends**

A small change in my behavior I could make to do this: **I'm going to write a letter or an email to a friend to let her know how I am doing. I'm sure she'll be happy to hear from me, even if I can't say that everything is perfect right now.**



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Now think about how you can transform your values into concrete behaviors. How can you put your own values into practice and integrate them into everyday life?

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A small change in my behavior I could make to do this: **I'm going to write a letter or an email to a friend to let her know how I am doing. I'm sure she'll be happy to hear from me, even if I can't say that everything is perfect right now.**

Add more life to your years!

Why is it important that I define my values?



("grandpa having fun" by Margaret Richardson)

Add more life to your years!

Why is it important that I define my values?

- Studies have shown that it is important to find meaning in life, to consciously take note of these sources of meaning and to live to the fullest *extent possible*.



("grandpa having fun" by Margaret Richardson)

Add more life to your years!

Why is it important that I define my values?

- Studies have shown that it is important to find meaning in life, to consciously take note of these sources of meaning and to live to the fullest *extent possible*.
- Having a purpose in life is associated with better health, greater life satisfaction and improved mood.



("grandpa having fun" by Margaret Richardson)

Learning Points



- Individuals with depression are often preoccupied with themselves and are more focused on the negative. They tend to forget what is important in life and their own good qualities.



Learning Points



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- Values provide some orientation in life. They are like a compass, which help guide behavior.





Learning Points

- Individuals with depression are often preoccupied with themselves and are more focused on the negative. They tend to forget what is important in life and their own good qualities.
- Values provide some orientation in life. They are like a compass, which help guide behavior.
- Values are freely chosen and flexible. They can change over time. In addition, how you live according to your values may change with age.

Learning Points



- Try to formulate personal goals according to your values. In doing so, you can consider what you might want to add to your life and how you can make it more "alive"!



Learning Points



- Try to formulate personal goals according to your values. In doing so, you can consider what you might want to add to your life and how you can make it more "alive"!
- Think about what small step you can take today to live more in harmony with your values. It can also be something very small - perhaps even unnoticeable to others! As a Chinese proverb says: **Every long journey begins with the first step.**



Thanks for your attention!

Trainers: handout worksheets!



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