

Welcome to

# Metacognitive Training Silver

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# Metacognitive Training

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**Meta:** derived from Greek, means "about"



# Metacognitive Training

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# Metacognitive Training

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**Meta:** derived from Greek, means "about"

**Cognition:** derived from Latin, means "thinking"

**Metacognition:** "Thinking about thinking"

# Metacognitive Training

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# Metacognitive Training

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Bird's-eye View



# Why Metacognitive Training?

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- 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?

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- 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.



# Memory

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# Is it theoretically possible to remember everything?

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- No, the storage capacity of our memory is limited.

# Is it theoretically possible to remember everything?

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**Example:** If a list of 15 words was read to you five times, how many words do you think you could remember?

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After 30 minutes, a 20-year-old remembers on average 13 words, whereas a 65-year-old remembers on average 11 words...

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After 30 minutes, a 20-year-old remembers on average 13 words, whereas a 65-year-old remembers on average 11 words...

**A memory exercise...**

# Exercise

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- Complex scenes will be shown to you.
- Then, you will be asked to recall what was depicted in the picture.

During this exercise, you should try to correctly remember as many details as possible.



("False memory pictures/False Memory Bilder" by Norman Rockwell)

# What was shown?

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- Sailboat
- Bucket
- Beach towel
- Footprints
- Sun
- Blue sky
- Shadow

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- Bucket
- Beach towel
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■ = not presented



("no title" by ArtsyBee)

# What was shown?

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- Cooking spoon
- Apron
- Mixer
- Cake
- Flowers
- Measuring cups
- Flour

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# False Memories!

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# False Memories!

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- Not everything we remember really happened the way we remember it.
- Our memory does not work like a video camera that records everything in detail.
- Our brain fills in and combines more recent experiences with similar events from the past (beach scene) and we also supplement our memories through logic (e.g., beach towel)!

Does that mean I can no longer trust  
my memories?

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# Does that mean I can no longer trust my memories?

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- **No!** False memories are normal and affect everyone.

# False Memories

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Former US President George Bush has repeatedly reported that on 9/11 he saw the first plane crash before attending an event at a school. This is not possible because the attack had not yet happened at that time. President Bush was actually informed of the attack during the event. Since then, he has also shared other false memories of the events on 9/11.

# Does that mean I can no longer trust my memories?

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- **No!** False memories are normal and affect everyone.
- But consider that you (like all people) can be wrong because memory is not like a video camera.

# What does this have to do with depression?

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- Studies show that our **current mood** influences which memories we have access to.

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# What does this have to do with depression?

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- Studies show that our **current mood** influences which memories we have access to.
- Depressed mood often leads to remembering more negative experiences - pleasant or neutral experiences are not so easily remembered.
- Events are therefore experienced and remembered not through **rose-colored**, but rather much more often through **gray-tinted** glasses.

# Influence of depression on memories in everyday life

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## Example:

During a visit to a museum, the few seats available for Mrs. Behrens to take a rest on were occupied. Her back began to hurt and then she was in a bad mood. In retrospect, Mrs. Behrens remembered the lack of seats and not the beautiful exhibition!

Have there been times when you remembered only the negative aspects of a situation?



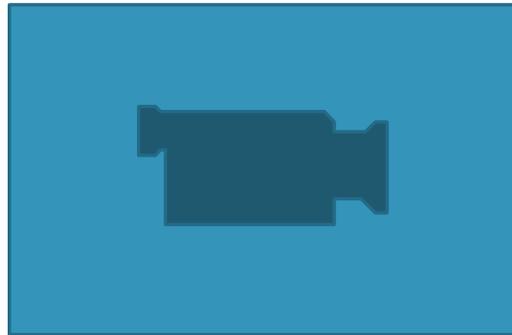


# Videos

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[www.youtube.com/user/AGNeuropsychologie](http://www.youtube.com/user/AGNeuropsychologie)

[www.youtube.com/watch?v=SffA8ZGgpdY](http://www.youtube.com/watch?v=SffA8ZGgpdY)



# Influence of depression on memories in everyday life

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- People with depression also tend to **overgeneralize positive memories** (that is, they become less specific).

# Overgeneral memory

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Past event	Overgeneral memory	Reality
Summer vacation		

# Overgeneral memory

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Past event	Overgeneral memory	Reality
Summer vacation	In summer we always took fun vacations together. The weather was always wonderful and we could stay outside for hours. Everyone was always in a pleasant mood. Those were such good times!	

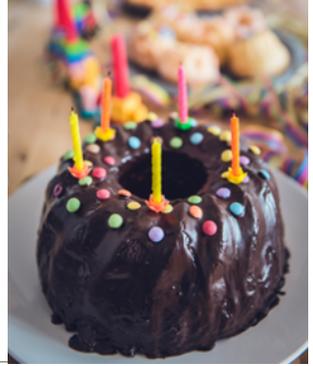
# Overgeneral memory

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Past event	Overgeneral memory	Reality
Summer vacation	In summer we always took fun vacations together. The weather was always wonderful and we could stay outside for hours. Everyone was always in a pleasant mood. Those were such good times!	Although there were many sunny days, there were also rainy days. Hiking in nice weather was great, but setting up the tent in the rain was really no fun. Summer vacations were often very nice, but not always.



# Overgeneral memory



Past event	Overgeneral memory	Reality
Birthdays		



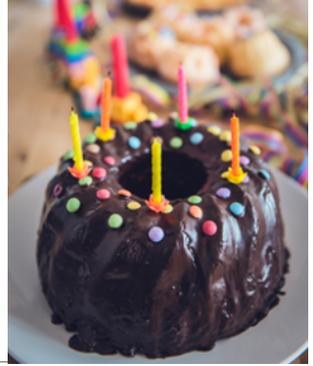
# Overgeneral memory



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# Overgeneral memory



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Birthdays	When I was younger, my birthday was always special. My family always celebrated with me and all my friends called me. People were simply more reliable back then.	Some birthdays were more pleasant than others. When I turned 30, I had the flu on my birthday. When I turned 40, my husband organized a really nice surprise party for me. Sometimes I didn't celebrate at all.



# Overgeneral memory



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# Overgeneral memory

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- **Conclusion:** Although it is overall helpful for your mood to remember good times, positive memories may be overly general and exaggerated. As a result, your current life may be perceived more negatively.
- Instead of recalling past situations overly positively, try to find a more balanced selection of memories or to stay fair (there have always been good times and bad times).

# Concentration & Memory

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- How well we are able to remember things depends on how well we concentrate in the moment.



# Concentration & Memory

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- How well we are able to remember things depends on how well we concentrate in the moment.

Why could people with concentration problems have a poorer memory? Here's a short math problem ...



# Math Problem

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- A short math problem will be read to you and shown on the slide. You're not good at math? Just give it your best shot!



# Math Problem

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- A short math problem will be read to you and shown on the slide. You're not good at math? Just give it your best shot!
- For the next minute please concentrate completely on the following math problem. Are you ready?



# Math Problem

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A bus driver leaves the bus station in the morning with an empty bus. At the first bus stop, 5 people get on. At the next stop, 4 more people get on, and 2 people get off. At the next stop, 1 passenger gets on. At the next stop, 6 more people get on. At the following stop 8 passengers get out and 3 people get on. Then, at the next stop, 2 more people get out.

# Math Problem

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Question: How many times did the bus stop?!?





# Math Problem

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Question: How many times did the bus stop?!?

Correct answer: at 6 stations!

In the end, 7 passengers remain on the bus, but that was not what was asked.

# Concentration

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# Concentration

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- Our attention works like a **spotlight**; only one object on the stage at a time can be illuminated.



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- We can only correctly remember things that we have previously focused our attention on (i.e., passengers getting on and off the bus or bus stops)!



# Concentration

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- Our attention works like a **spotlight**; only one object on the stage at a time can be illuminated.
- We can only correctly remember things that we have previously focused our attention on (i.e., passengers getting on and off the bus or bus stops)!
- It is impossible to focus our attention on all information in our environment at the same time.



# How do problems with concentration & memory occur?

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- During strong ruminations circling thoughts often claim all of one's attention.



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- During strong ruminations circling thoughts often claim all of one's attention.
- There is hardly any attentional capacity left that can be focused on other (more important) things in the environment. The spotlight is focused inward.



# How do problems with concentration & memory occur?

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- During strong ruminations circling thoughts often claim all of one's attention.
- There is hardly any attentional capacity left that can be focused on other (more important) things in the environment. The spotlight is focused inward.
- As a result, those affected by ruminations can later barely remember some details in their environment.



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- During strong ruminations circling thoughts often claim all of one's attention.
- There is hardly any attentional capacity left that can be focused on other (more important) things in the environment. The spotlight is focused inward.
- As a result, those affected by ruminations can later barely remember some details in their environment.



Have you experienced this?

# Does getting older mean my memory will get worse?

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Will thinking in all areas get worse?



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Will thinking in all areas get worse?

During the normal aging process, some mental processes are not affected at all or even improve (e.g., vocabulary, life experience-based knowledge).



# Does getting older mean my memory will get worse?

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Will thinking in all areas get worse?

During the normal aging process, some mental processes are not affected at all or even improve (e.g., vocabulary, life experience-based knowledge).

Conclusion: Your thinking in some areas may be different (e.g., word finding, short-term memory)!



# Does getting older mean my memory will get worse?

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## Take home message:

There is a connection between age and memory, but when rumination / depression improves, people can better concentrate and often remember better too.



# Does getting older mean my memory will get worse?

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**Frequently asked question:** Is there anything people with depression can do about memory problems?

# Does getting older mean my memory will get worse?

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**Frequently asked question:** Is there anything people with depression can do about memory problems?

There are many memory strategies that people with depression can try out...

# Does getting older mean my memory will get worse?



**Frequently asked question:** Is there anything people with depression can do about memory problems?

There are many memory strategies that people with depression can try out...

What memory problems do you have in your everyday life?  
How do you deal with them?

# What helps with memory problems in everyday life?

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Imagine that you often forget appointments. What could you do to better remember appointments?

# What helps with memory problems in everyday life?

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Imagine that you often forget appointments. What could you do to better remember appointments?

Which strategies have you already tried?

# What helps with memory problems in everyday life?



Imagine that you often forget appointments. What could you do to better remember appointments?

1) Write down all appointments in ONE calendar - preferably one with a section for notes.

# What helps with memory problems in everyday life?



Imagine that you often forget appointments. What could you do to better remember appointments?

- 1) Write down all appointments in ONE calendar - preferably one with a section for notes.
- 2) Write down appointments immediately.

# What helps with memory problems in everyday life?



Imagine that you often forget appointments. What could you do to better remember appointments?

- 1) Write down all appointments in ONE calendar - preferably one with a section for notes.
- 2) Write down appointments immediately.
- 3) Set a reminder on your mobile phone (e.g., alarm clock, calendar entry with reminder).

# What helps with memory problems in everyday life?



Imagine that you often forget appointments. What could you do to better remember appointments?

- 1) Write down all appointments in ONE calendar - preferably one with a section for notes.
- 2) Write down appointments immediately.
- 3) Set a reminder on your mobile phone (e.g., alarm clock, calendar entry with reminder).
- 4) Request a reminder call (e.g., from the receptionist for a doctor's appointment or from a trusted person).

# What helps with memory problems in everyday life?

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Imagine you forgot where you put the key to your front door. What could you do to make it easier for you to find the key next time?

What strategies have you already used?

# What helps with memory problems in everyday life?

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Imagine you forgot where you put the key to your front door. What could you do to make it easier for you to find the key next time?

- 1) Select a specific location where you will always place the key.

# What helps with memory problems in everyday life?



Imagine you forgot where you put the key to your front door. What could you do to make it easier for you to find the key next time?

- 1) Select a specific location where you will always place the key.
- 2) Be patient with yourself. Practice storing the key in this place for a whole week. If you want, stick a post-it on the front door to help you remember to practice!

# What helps with memory problems in everyday life?

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Do you often forget names?

What could you do about this?

# What helps with memory problems in everyday life?

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Do you often forget names?

What could you do about this?

1) Repeat the name out loud or in your head.

# What helps with memory problems in everyday life?

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Do you often forget names?

What could you do about this?

- 1) Repeat the name out loud or in your head.
- 2) Use the name several times in a conversation.

# What helps with memory problems in everyday life?

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Do you often forget names?

What could you do about this?

- 1) Repeat the name out loud or in your head.
- 2) Use the name several times in a conversation.
- 3) Tell a friend about the person – using their name!



# Learning Points

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- In general, our memory is deceptive! Our memory is prone to bias and is especially dependent upon our current mood.



# Learning Points

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- In general, our memory is deceptive! Our memory is prone to bias and is especially dependent upon our current mood.
- Age-related memory changes are sometimes normal. How well you can think at a certain moment depends on many factors.



# Learning Points

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- Use memory aids during periods of depression (e.g., calendars; post-its).



# Learning Points

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- Use memory aids during periods of depression (e.g., calendars; post-its).
- Nobody's perfect: We all forget things – whether "young" or "old". This is normal and sometimes a good thing!



Thanks for your attention!

*Trainers: handout worksheets!*

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Marcin Kargol	<a href="https://www.flickr.com/photos/powazny/3281066234/in/photolist-5ZWjFu-8U2Smi-a2mkA9-aFQ2A-7n3ux-sch9Jj-zATAZy-dtPZUu-TVHYMR-98vDPU-63EbNA-VBzV4N-r1W7es-dtJrJi-zFPF9-7AhriX-Fp9tX-9NT4tj-8TUHyH-bGAcnk-kVmFBk-6qnBir-atR5Sj-27K2GF-pKyA7-foKHQr-UpVtuu-ay2GZe-rczy4p-9Egv2C-dgrcZY-c5CYvw-e9pnpg-68mSoZ-9RDUAF-89yG5e-7Empf-zmpVZX-ec4dix-efVHVv-WxbJyc-62nmnG-8QjZA9-7GnPHj-rUXNa2-x5mwQ-8FMr5A-6CBMWX-3hNEzi-8LRCJA">https://www.flickr.com/photos/powazny/3281066234/in/photolist-5ZWjFu-8U2Smi-a2mkA9-aFQ2A-7n3ux-sch9Jj-zATAZy-dtPZUu-TVHYMR-98vDPU-63EbNA-VBzV4N-r1W7es-dtJrJi-zFPF9-7AhriX-Fp9tX-9NT4tj-8TUHyH-bGAcnk-kVmFBk-6qnBir-atR5Sj-27K2GF-pKyA7-foKHQr-UpVtuu-ay2GZe-rczy4p-9Egv2C-dgrcZY-c5CYvw-e9pnpg-68mSoZ-9RDUAF-89yG5e-7Empf-zmpVZX-ec4dix-efVHVv-WxbJyc-62nmnG-8QjZA9-7GnPHj-rUXNa2-x5mwQ-8FMr5A-6CBMWX-3hNEzi-8LRCJA</a>	Spotlight	CC	17.04.18
Sarah Joy	<a href="https://www.flickr.com/photos/joybot/36357076720/in/photolist-XoKwfm-3QNKQy-3QFfxd-3QDUm5-hmhJBB-4XenQk-38bprN-SQN6Lv-cSH6SC-3KsouV-3QyFfa-3QDHB9-3QyKcX-aDzcZe-oMLVTb-JyD925-WtDSwK-4ueAcf-o3ohSz-2odmuE-opNa8S-ZRZnQU-sjwGBP-8FU4Td-47ufMv-6xTn5N-47tG5r-47xMnN-859SGU-4qP5fB-hvUtZY-FnmbtN-54uZVy-bA11S7-6Vdu9Q-pqJRLW-hKAzD2-9wg5CH-JX8fg-5was7Y-9ppSFd-6ehdSH-pw7V3J-47tGkT-47xMxh-47ykSA-y3LV1Y-7oLuN3-47tGnx-qaGTw4">https://www.flickr.com/photos/joybot/36357076720/in/photolist-XoKwfm-3QNKQy-3QFfxd-3QDUm5-hmhJBB-4XenQk-38bprN-SQN6Lv-cSH6SC-3KsouV-3QyFfa-3QDHB9-3QyKcX-aDzcZe-oMLVTb-JyD925-WtDSwK-4ueAcf-o3ohSz-2odmuE-opNa8S-ZRZnQU-sjwGBP-8FU4Td-47ufMv-6xTn5N-47tG5r-47xMnN-859SGU-4qP5fB-hvUtZY-FnmbtN-54uZVy-bA11S7-6Vdu9Q-pqJRLW-hKAzD2-9wg5CH-JX8fg-5was7Y-9ppSFd-6ehdSH-pw7V3J-47tGkT-47xMxh-47ykSA-y3LV1Y-7oLuN3-47tGnx-qaGTw4</a>	Reminder	CC	17.04.18

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Markus Spiske	<a href="https://unsplash.com/photos/aAil4k3_BA8">https://unsplash.com/photos/aAil4k3_BA8</a>	A chocolate covered bundt birthday cake with coloured candy and candles on top	Free image	03.05.18
AP x 90	<a href="https://unsplash.com/photos/jD6eRgBpE0c">https://unsplash.com/photos/jD6eRgBpE0c</a>	No title	Free image	03.09.18
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Josh Edgoose	<a href="https://unsplash.com/photos/bg2jcbkJO0">https://unsplash.com/photos/bg2jcbkJO0</a>	No title	Free image	19.06.18
Rosebud 23	<a href="https://www.flickr.com/photos/15942690@N00/4571141076/in/photolist-9MFiff-mReSqK-fPpxJR-cmSjzy-fPpxTv-8yAFTE-48JCQ4-7XJvxC-mRePMZ-fPG72C-7XFh2n-7XJvy3-7XWjz1-7XJvy7-7XJvxU-GSwsUS-GnodCZ-GnofvM-HbHrcp-fPG6Sm-7XWhZb">https://www.flickr.com/photos/15942690@N00/4571141076/in/photolist-9MFiff-mReSqK-fPpxJR-cmSjzy-fPpxTv-8yAFTE-48JCQ4-7XJvxC-mRePMZ-fPG72C-7XFh2n-7XJvy3-7XWjz1-7XJvy7-7XJvxU-GSwsUS-GnodCZ-GnofvM-HbHrcp-fPG6Sm-7XWhZb</a>	07 How many are they?	CC	19.06.18

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Norman Rockwell Edited by/Editiert v. Michael B. Miller	- - -	- - -	PP	False memory pictures/False Memory Bilder
The U.S. National Archives	<a href="https://www.flickr.com/photos/usnationalarchives/6106534437/in/photolist-aiBzWv-JEGRC-ppZkB-2Vgb2W-aiB6Lx-4FqFLX-3a1hzw-4DXgtx-eepqKi-ax4csQ-c8WeZA-aiEnAL-5hxwW1-cA7yJw-4sAgAq-4qS9UY-5xJPUG-5gDeMy-4oi5CQ-asW4i-bWt1qp-5Dzywa-37DcKj-c8mxL7-bCmGTK-2fxG45-cKKowd-Beygm-4ZucpA-ePoxSY-3Ubz5y-6FBPZZ-7NeXsS-5sqWGi-2b5Wkw-vxRjS-E3M7E-dHgKBw-epWu2a-5uz68s-jbNmVV-qkJ2n-99kEd-MepZE-cabrEq-5V4mND-967iQY-5bvPhi-5xFzKJ-8Tv4CH">https://www.flickr.com/photos/usnationalarchives/6106534437/in/photolist-aiBzWv-JEGRC-ppZkB-2Vgb2W-aiB6Lx-4FqFLX-3a1hzw-4DXgtx-eepqKi-ax4csQ-c8WeZA-aiEnAL-5hxwW1-cA7yJw-4sAgAq-4qS9UY-5xJPUG-5gDeMy-4oi5CQ-asW4i-bWt1qp-5Dzywa-37DcKj-c8mxL7-bCmGTK-2fxG45-cKKowd-Beygm-4ZucpA-ePoxSY-3Ubz5y-6FBPZZ-7NeXsS-5sqWGi-2b5Wkw-vxRjS-E3M7E-dHgKBw-epWu2a-5uz68s-jbNmVV-qkJ2n-99kEd-MepZE-cabrEq-5V4mND-967iQY-5bvPhi-5xFzKJ-8Tv4CH</a>	911: President George W. Bush Calls New York Officials, 09/13/2001.	CC	24.08.19
ArtsyBee	<a href="https://pixabay.com/de/retro-jahrgang-home-kuchen-dessert-1291738/">https://pixabay.com/de/retro-jahrgang-home-kuchen-dessert-1291738/</a>	---	CC	30.11.2018