

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.
- 

Self-Esteem



("Compass Study II" by Calsidyrose)

Self-Esteem: What is it?



("Finanzen-EZB-Euro" by FuFu Wolf)

Cf. Potreck-Rose, 2006

Self-Esteem: What is it?

- The *value* that a person attaches to *him* or *herself*



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- *Subjective* appraisal of one's self



Self-Esteem: What is it?

- The *value* that a person attaches to *him* or *herself*
- *Subjective* appraisal of one's self
- It does not have anything to do with others experience or evaluate you



What characterizes people with high self-esteem?



("Super Grandpa" by Johanan Ottensooser)

Outwardly observable

➤ Voice: ???

➤ Mimics/Gestures: ???

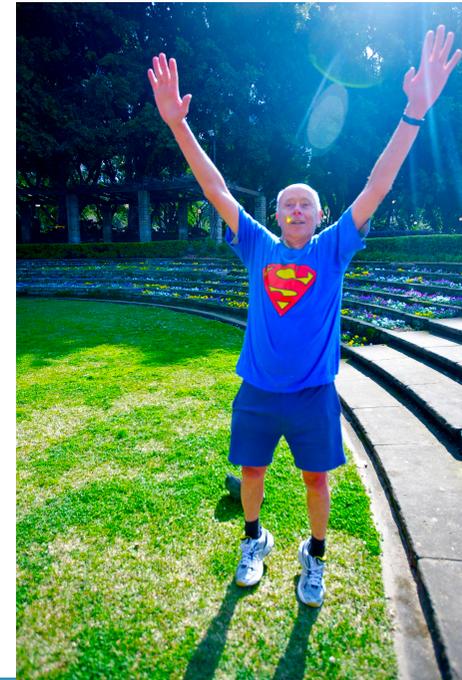
➤ Posture: ???



("Super Grandpa" by Johanan Ottensooser)

Outwardly observable

- **Voice:** clear, well-articulated, appropriate volume
- **Mimics/Gestures:** ???
- **Posture:** ???



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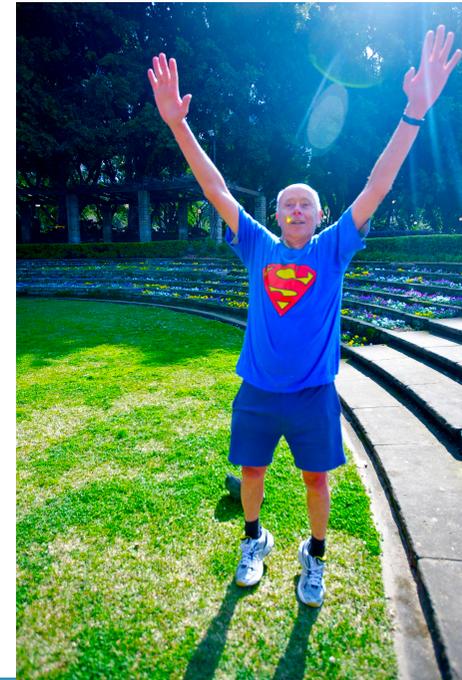
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- **Voice:** clear, well-articulated, appropriate volume
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Outwardly observable

- **Voice:** clear, well-articulated, appropriate volume
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- **Posture:** straight, upright



Exercise 1 – Posture



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Now you can practice your posture for positive self-esteem.
Start off like this:



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Stand up (if necessary, remain seated) and let yourself „hang”.

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Now you can practice your posture for positive self-esteem.
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Look down, let your shoulders and arms dangle, and then slouch forward a little.

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Walk around the room!



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Walk around the room!

How does that feel?



Exercise 1 – Posture

Now try to stand as tall and upright as you can without discomfort. Imagine stretching the crown of your head toward the sky.



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Exercise 1 – Posture

- An upright posture not only appears more confident to the outside world, but also has a positive influence on your inner self-esteem.
 - Through your outer posture you can gain a new inner attitude: a body language that radiates self-confidence (standing upright, eye contact, firm voice), propagates itself inwards and strengthens your confidence in yourself.
 - What initially begins as an “act” becomes a real inner attitude!
- 

Not directly observable



("Elderly woman with care worn face laughs in black and white photo" by Christian Newman)

Not directly observable

- Confidence in one's own abilities.



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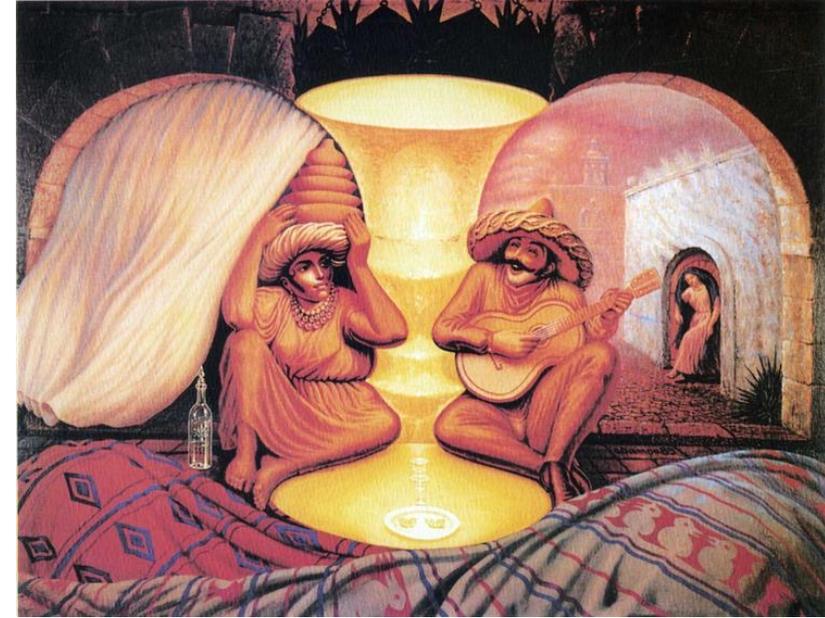
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To what extent are you able to do this?

Self-Esteem + Aging



(reproduced with kind permission by rockypointcollectibles.easystorecreator.net/)

There are many different opinions about aging...

Ingmar Bergmann
(Director)



Joan Collins
(Actress)



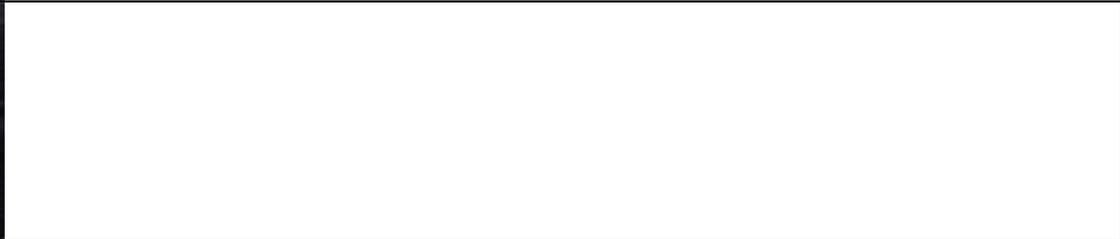
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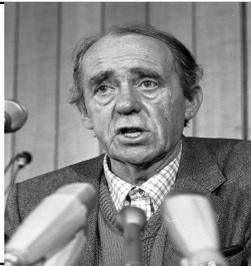
Joan Collins
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“Age is just a number. It’s totally irrelevant unless, of course, you happen to be a bottle of wine.”

There are many different opinions about aging...

Heinrich Böll
(Author)

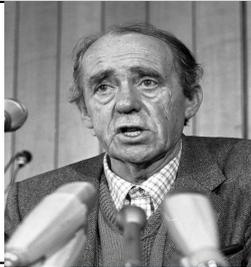


Jeanne Moreau
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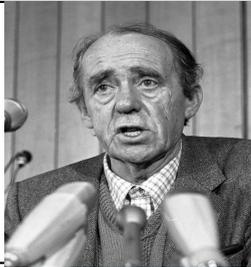
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“Old people are like museums – visited not for the sake of the façade, but for the sake of the treasures stored inside.”

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How do you view aging?

(“Jeanne Moreau and Amos Gitai during filming of *Plus Tard*, 2008 ” by Jacque fresco; “Heinrich Böll (1981)” by Bundesarchiv)

You're only as old as you feel?



("Barbie Basic" by Super Beijing)

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- As a result, we often only pay attention to the negative aspects of ageing. Wrinkles and other marks of aging, which may add character, are thus viewed as a problem.



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Are you familiar with this?

Attitudes toward ageing

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“When I was young, I used to have a lot more energy.”



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“When I was young, I used to have a lot more energy.”



Even if these thoughts are true, are they helpful?

Attitudes toward ageing

➤ NO!



("Vintage 1966 Hair Beauty Ad, Clairol Loving Care Hair Color, "Hate That Gray? Wash It Away!" by Classic Film)

Attitudes toward ageing

- NO!
- When making comparisons with your “younger” self, aspects of old age and aging that are positive and even beautiful are easily forgotten!



Attitudes toward ageing

- NO!
- When making comparisons with your “younger” self, aspects of old age and aging that are positive and even beautiful are easily forgotten!
- Let’s take a moment to try to identify these.



Aging

What do you think are the positive aspects of getting older?



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- Less pressure to perform



Aging

What do you think are the positive aspects of getting older?

- Accumulating general knowledge (wisdom)
- A different life perspective (experience)
- For some: becoming a grandparent (a different role than a parent)
- Less pressure to perform
- More freedom to do what you want with your time
- . . . among other things!



Self-Worth and Mental Images

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Are you familiar with such mental images?



Exercise 2

The following exercise can help you change these negative images of yourself.



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- Beware! This exercise is not so easy. It's a completely different way of thinking! Give it a try – then you can decide whether it might help you.

Imagination Exercise

This exercise is about transforming your negative mental images of yourself.



("Sad statue in Reykjavik" by futureatlas.com; "Spatz in der Hand" by Martin Retj; "kleine Schnecke" by Olisplanet)

Imagination Exercise

Step 1: How do you picture yourself when you feel depressed?

Close your eyes and think of an image or metaphor that you may have used to characterize yourself, or one that you feel is appropriate for you.



Imagination Exercise

Step 2: What would be a more positive image of yourself?

Close your eyes again. Try to find a more pleasant image or metaphor. It could be a more positive version of you, an animal, or an object. Feel free to choose anything you would like. Let your imagination run free to generate strong and positive mental images!



Imagination Exercise

Step 3: Transform the negative image



Imagination Exercise

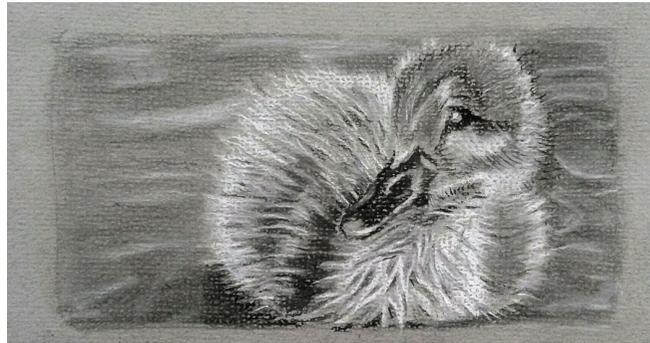
Example: Using your inner eye, imagine the ugly, helpless chick slowly becoming a proud eagle, which no one can harm.



(Zeichnungen von Fiona Braun)

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Imagination Exercise

Example: A sad-looking statue becomes Superman, who can protect himself and others from all the negative in life.



("Sad statue in Reykjavik" by futureatlas.com; "Superman" by Ben Northern)

Imagination Exercise

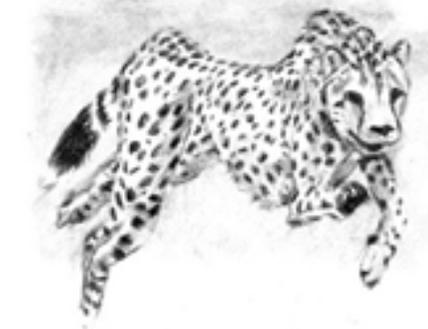
Example: A snail becomes a horse that trots strongly and proudly through life.



("Kleine Schnecke" by Olisplanet; "Proud" by Cowboy Dave)

Imagination Exercise

Example: An ugly blob fish, ignored and despised by everyone, turns into a fast and strong cheetah.



Imagination Exercise

Caution! When completing these exercises, it is important to develop your own personal mental images. You don't have to be Superman or a horse. Maybe you want to imagine a completely different image or rather a more confident version of yourself...



Imagination Exercise



Step 3: Transform the negative metaphor/image

- Close your eyes again. Transform the negative image in your mind's eye into something beautiful, strong, and/or proud.

Imagination Exercise



Step 3: Transform the negative metaphor/image

- Close your eyes again. Transform the negative image in your mind's eye into something beautiful, strong, and/or proud.
- Try to imagine the positive image in as much detail as possible.

Imagination Exercise



Step 3: Transform the negative metaphor/image

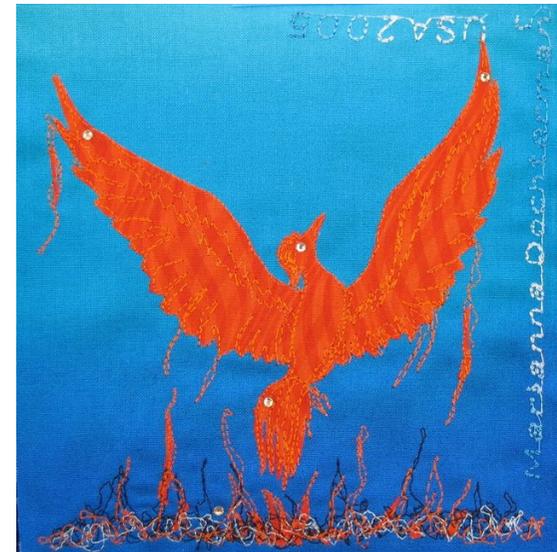
- Close your eyes again. Transform the negative image in your mind's eye into something beautiful, strong, and/or proud.
- Try to imagine the positive image in as much detail as possible.

Careful! The goal is not to suppress negative images – but to transform them. In the same way, an ugly painting can still become a beautiful work of art when it is embellished or painted over.

Imagination Exercise

When you have completed the transformation with your mind's eye, assume your posture for positive self-esteem:

- Stretch your shoulders back and push your chest forward
- Stretch the crown of your head toward the sky



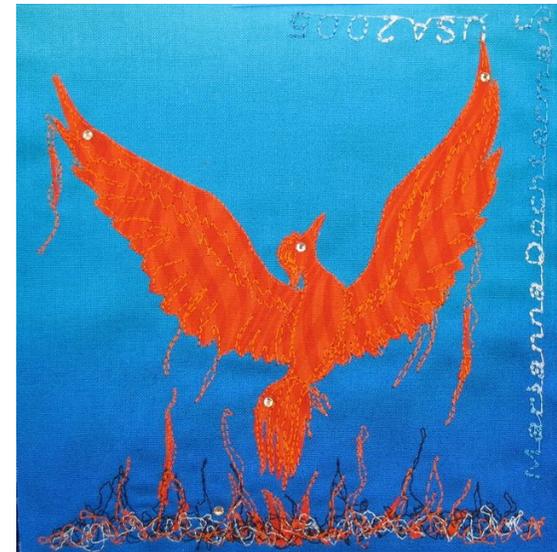
("mvbird" by Marianna)

Imagination Exercise

When you have completed the transformation with your mind's eye, assume your posture for positive self-esteem:

- Stretch your shoulders back and push your chest forward
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Become taller as you imagine rising like a Phoenix from the ashes!



Imagination Exercise

To go one step further, you can also think of positive statements to go along with your mental image, such as “I am allowed to be strong and proud” (it may feel strange, unpleasant or even embarrassing at first due to beliefs like, “Self-praise is no praise at all.”, etc.).



Imagination Exercise

How well were you able to engage in the exercise?

Did it feel strange?



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- Of course neither this short exercise nor the other exercises presented in MCT can reduce chronic, deep-seated depression in an instant! This requires regular practice and time.

Imagination Exercise

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Did it feel strange?

- Of course neither this short exercise nor the other exercises presented in MCT can reduce chronic, deep-seated depression in an instant! This requires regular practice and time.
- However, studies have shown that exercises involving mental images and posture have a very positive effect on mood when used regularly. This does not happen overnight - try it out!

Learning Points





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- Self-worth is the *worth* that a person places on *him* or *herself*.



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- Work toward a balanced self-awareness; for example, by keeping a daily joy diary.



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- Self-worth is the *worth* that a person places on *him* or *herself*.
- Think about the mental images you have of yourself. Try to find a positive, strong image of yourself.
- Work toward a balanced self-awareness; for example, by keeping a daily joy diary.
- When you compare yourself with others or with your younger self, try to be fair! Also consider the positive aspects of getting older.

Homework: The story of a count...



... he became very, very old because he was an enjoyer of life, “par excellence.” He never left his house without a handful of beans in his pocket. He did not chew the beans. No, he took them with him so that he could more consciously notice the wonderful times of the day and he could count them.

For every positive moment that he experienced throughout the day – for example, a friendly chat on the street, a laughing woman, a delicious meal, a fine cigar, a shaded place in the midday heat, a glass of good wine – for everything that pleased the senses, he moved a bean from his right jacket pocket to the left. Sometimes he moved two or three beans at one time.

In the evenings, he sat at home and counted the beans in his left jacket pocket. He celebrated these minutes. In this way, he reminded himself of how many pleasant moments he experienced that day, and this made him happy. And, even on days in which he counted merely one bean, the day was successful – it was worth living.



Thanks for your attention!

Trainers: handout worksheets!



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Martin Reti	https://www.flickr.com/photos/martinreti/6821660306/in/photolist-boNMWS-ezhdQZ-66mqz1-6zbSxq-cBGJej-4Hixb-PDPxUF-4RrqmV-8qwdVa-iHhLS-GoS4ug-HNjo2v-bCAn2h-8qwezH-iHhQS-a2o8Cc-nsK1Yc-c3bA8U-i9WQ-8N4x65-HHKDrE-8qzmAj-8qzmg1-eHWeV9-83xbtb-f41vA7-c3bzsu-81L6QF-c3bErW-VXdGwE-fPYiWu-LvpgG-gXj9oH-bRv5TT-cDXD19-dngpLU-bRv4rT-9LLkNF-8yqHqG-s9wxyn-81L8dP-ddihCg-81PsWu-iYzHwn-81Pg1u-cAs89E-cpqUfo-4NDeE7-bCuRLa-bToexF	Spatz in der Hand	CC	14.06.18

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Cowboy Dave	https://www.flickr.com/photos/8494589@N06/2042560585	Proud	CC	15.06.18
6ustav0	https://www.flickr.com/photos/9700021@N07/727938288/in/photostream/	Fenix 002	CC	15.06.18
futureatlas.com	https://www.flickr.com/photos/87913776@N00/1645381089	Sad statue in Reykjavik	CC	14.06.18

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Jacque fresco	https://commons.wikimedia.org/wiki/Category:Jeanne_Moreau#/media/File:Jeanne_Moreau.jpg	Jeanne Moreau and Amos Gitai during filming of <i>Plus Tard</i> , 2008	Free image	29.05.18
Christian Newman	https://unsplash.com/photos/o1PKM7-8AH4	Elderly woman with care worn face laughs in black and white photo	Free image	29.05.18
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Jacque fresco	https://commons.wikimedia.org/wiki/Category:Jeanne_Moreau#/media/File:Jeanne_Moreau.jpg	Jeanne Moreau and Amos Gitai during filming of <i>Plus Tard</i> , 2008	CC	15.06.18

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Joost Evers	https://de.wikipedia.org/wiki/Ingmar_Bergman#/media/File:Ingmar_Bergman_(1966).jpg	Ingmar Bergman, 1966	CC	15.06.18
Frantogian	https://de.wikipedia.org/wiki/Joan_Collins#/media/File:Joan_Collins_-_Monte-Carlo_Television_Festival.jpg	Joan Collins beim Monte-Carlo Television Festival (2012)	CC	15.06.18
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Classic Film	https://www.flickr.com/photos/29069717@N02/16023768004/in/photolist-qiJaKy-UJvWZB-45afe2-CpT6s1-9xLSu6-7dKEyr-BuNCQR-fBhVk1-ibr4Ah-Vag8tb-rqKL2Z-vedzAc-nuWWeM-jbWnQK-bmTMoB-c5zE3j-nM9AJ6-s7nurP-kHpoo7-dxpM1p-qxTVq9-qpXZY9-ouWsr9-8LtgCY-5DRPPA-nxuyrV-RLDjT3-p9gXn6-5TBJnA-x4sz5q-5AKEPx-fwxHkh-7T3Q6R-qDTeB1-ngySw3-jxVhVS-aegTY3-944qeV-7pwTcc-pvPbQc-WFaHzW-jDUdUH-aN6J2p-p9gXwz-kFxrB6-RNgNS2-oZyyj6-nyJ2kV-8dGGxU-p8DLbW	Classic Film Vintage 1966 Hair Beauty Ad, Clairol Loving Care Hair Color, "Hate That Gray? Wash It Away!"	CC	15.06.18
Brandon Warren	https://www.flickr.com/photos/brandoncwarren/4905494614/	Matriarchal Love	CC	15.06.18
Marianna	https://www.flickr.com/photos/97021901@N00/5019550/sizes/o/	mvbird	CC	19.06.18
Fiona Braun	----	Zeichnungen von Küken, kleine Ente und Adler für Imagery Rescripting Manual angefertigt.	---	---

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Aaron Burden	https://unsplash.com/photos/Bn2rzlYM53g	Fall maple tree photo	Free Image	05.02.19

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