

Welcome to

Metacognitive Training – Silver

Metacognitive Training



Meta: derived from Greek, means "about"



Metacognitive Training



Meta: derived from Greek, means "about"

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.



Thinking and Reasoning 2

("Cogwheels and Pebbles" by Carlos Lorenzo)

Adapted from Beck

Should Statements



("Jockeys on horseback in a race with mountains in the background" by Simson Petrol)

Adapted from Beck

Should Statements

- Setting rigid rules and standards allows little room for deviation!



("Jockeys on horseback in a race with mountains in the background" by Simson Petrol)

Adapted from Beck

Should Statements

- Setting rigid rules and standards allows little room for deviation!
- Trying to push yourself by using statements with “should”, “must” or “have to”.



("Jockeys on horseback in a race with mountains in the background" by Simson Petrol)

Adapted from Beck

Should Statements

Further examples:

- “I should (must) always look put together.”

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- “I should (must) never be a burden on others.”

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- “My house should (must) always be in perfect order.”

Should Statements

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 - “I should (must) never be a burden on others.”
 - “A good housewife should (must) only offer home-cooked meals to guests.”
 - “My house should (must) always be in perfect order.”
 - “I should (must) always be in a good mood.”
- 

Should Statements

“Should” statements are excessively high standards that we place on ourselves!



Should Statements

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Are you familiar with this?



Should Statements

“Should” statements are excessively high standards that we place on ourselves!

Are you familiar with this?

Which high standards do you hold yourself to?



Cost-benefit analysis of “setting the bar high”?

➤ Benefit?

➤ Cost?



Benefits of high standards?



("Babies away" by monsieuricon)

Benefits of high standards?

- Possible short-term payoffs (e.g., compliments).



Benefits of high standards?

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- Positive feedback or recognition for special achievements feels good!



Benefits of high standards?

- Possible short-term payoffs (e.g., compliments).
- Positive feedback or recognition for special achievements feels good!

Warning: When you stop holding yourself to such high standards, you must also let go of the possible short-term benefits. This makes it more difficult to stop!

Therefore, you should consider the costs!



Costs of high standards?



("Golden Bear Open" by Sangudo)

Cf. Potreck-Rose, 2006

Costs of high standards?

- There is the danger of (repeated) failure.



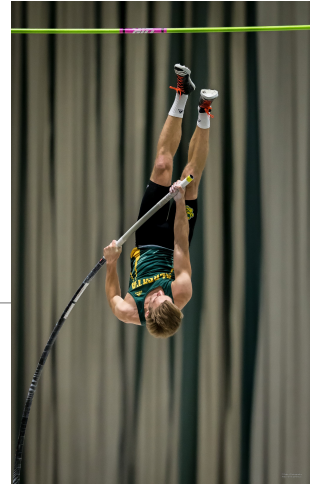
Costs of high standards?

- There is the danger of (repeated) failure.
- With luck, one can jump over extremely high hurdles, however, it is difficult!



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- It is difficult to check whether you could also reach the goal when exerting less effort.



Costs of high standards?

- There is the danger of (repeated) failure.
- With luck, one can jump over extremely high hurdles, however, it is difficult!
- It is difficult to check whether you could also reach the goal when exerting less effort.
- Setting too high of standards can lead to “burn out” and also cause depression.



Should Statements

What would be a more flexible thought?

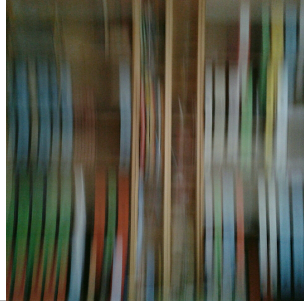
Should Statement	More flexible thought
I should always be on time for appointments	???

Should Statements

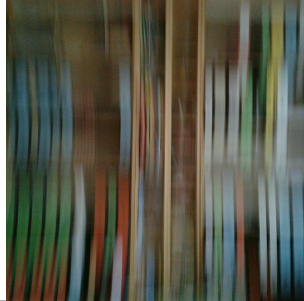
What would be a more flexible thought?

Should Statement	More flexible thought
I should always be on time for appointments	“I do not necessarily need to be right on time for each and every appointment. It is more important to be on time for a doctor’s appointment, for example, than for a card playing group. I will try my best to show up on time. If something comes up and I absolutely cannot arrive on time, I will let the others know or apologize once I am there.”

Black and White Thinking

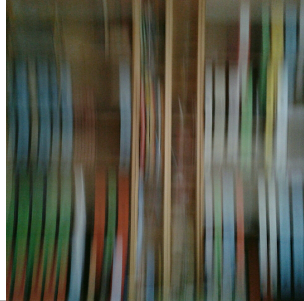


Black and White Thinking



- Having overly high standards and using “should statements” can encourage “Black and White” thinking:

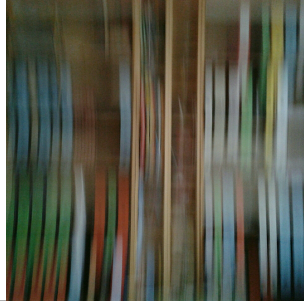
Black and White Thinking



- Having overly high standards and using “should statements” can encourage “Black and White” thinking:

To be convinced of total failure when something is not perfect (demands are not 100% fulfilled)

Black and White Thinking



- Having overly high standards and using “should statements” can encourage “Black and White” thinking:
To be convinced of total failure when something is not perfect (demands are not 100% fulfilled)
- Like an inner critic that sees everything only in black or white.

Black and White Thinking

What if the expectation cannot be met?

What would be a more flexible thought?

Should Statement	Black and White Thinking
I should prepare <i>everything</i> myself for a family dinner.	???

Black and White Thinking

What if the expectation cannot be met?

What would be a more flexible thought?

Should Statement	Black and White Thinking
I should prepare <i>everything</i> myself for a family dinner.	If I cannot make everything myself, then I should not invite my family over for dinner at all.

Black and White Thinking

What if the expectation cannot be met?

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Should Statement	Black and White Thinking
I should prepare <i>everything</i> myself for a family dinner.	If I cannot make everything myself, then I should not invite my family over for dinner at all.



Everyone needs help from time to time.
If I ask my family for help, it doesn't mean that I am totally incapable. It is better to do something 70% rather than to 100% NOT do it!



Black and White Thinking

What if the expectation cannot be met?

What would be a more flexible thought?

Should Statement	Black and White Thinking
When I am meeting a friend, they should not see how bad I feel.	???



Black and White Thinking

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Should Statement	Black and White Thinking
When I am meeting a friend, they should not see how bad I feel.	"If I cannot pull myself together the whole time, then I shouldn't go at all."



Black and White Thinking

What if the expectation cannot be met?

What would be a more flexible thought?

Should Statement	Black and White Thinking
When I am meeting a friend, they should not see how bad I feel.	"If I cannot pull myself together the whole time, then I shouldn't go at all."



"I could go anyway and let them know that I am not doing so well today. Perhaps I could go home early. It's better to see my friend for a little bit than not at all!"



Be flexible!

- Alternative: use a fair measure with realistic demands



Be flexible!

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- Flexibility is the goal! You can wish for something, but certain situations "must" not "always" happen exactly a certain way. And maybe sometimes it is even better if you deviate from your goal!



Be flexible!

- Alternative: use a fair measure with realistic demands
- Flexibility is the goal! You can wish for something, but certain situations "must" not "always" happen exactly a certain way. And maybe sometimes it is even better if you deviate from your goal!
- Try to consciously compare the costs and benefits of your goals.



Coping with negative feelings



("Pantaneiro Seu Dito Verde" by paulisson miura)

Coping with negative feelings

Successful aging means accepting who you are in this phase of life. So try not to worry about:



("Pantaneiro Seu Dito Verde" by paulisson miura)

Coping with negative feelings

Successful aging means accepting who you are in this phase of life. So try not to worry about:

- What you could have been
(fruitless brooding about the past).



Coping with negative feelings

Successful aging means accepting who you are in this phase of life. So try not to worry about:

- What you could have been
(**fruitless brooding about the past**).
- The things you wanted to do at some point, but cannot anymore
(**fruitless brooding about the future**).



Coping with negative feelings

Successful aging means accepting who you are in this phase of life. So try not to worry about:

- What you could have been
(fruitless brooding about the past).
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Are you familiar with this?



Coping with irreversible changes

- It is true that some difficult changes occur in life over which you have little or no control. Life tends to be uncertain.

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- Additionally, no one has lived a perfect life.

Coping with irreversible changes

- It is true that some difficult changes occur in life over which you have little or no control. Life tends to be uncertain.
- Additionally, no one has lived a perfect life.
- Negative thoughts and feelings are often triggered when individuals with depression focus on regrets or things that can no longer be changed (e.g., when ruminating).

Which path would you like to take?



There are two possible paths for coping with negative emotions:

("A fork in a foothpath in the middle of a forest?" by Jens Lelie)

Which path would you like to take?



There are two possible paths for coping with negative emotions:

1) You already know the first path. You carry your worries/negative feelings with you and give them a lot of attention or expend a lot of energy trying to suppress them. Therefore, this path is very tiring.

Which path would you like to take?



There are two possible paths for coping with negative emotions:

- 1) You already know the first path. You carry your worries/negative feelings with you and give them a lot of attention or expend a lot of energy trying to suppress them. Therefore, this path is very tiring.
- 2) The second path is unknown. In order to take this path, you have to deal with your worries and negative feelings in a different way: Acknowledge them, but don't concern yourself with them too much. The worries go with you on the journey, but they are not so hard to carry. Thus, you can reach your destination more easily.

Which path would you like to take?



It is useful to consciously consider which path you want to take. And, yes – you have the choice!

Consider whether it is helpful to fight negative feelings (path 1) or whether you could let them be, which would allow you to focus on your life again (path 2)?

Creating Willingness

What does that mean?



Creating Willingness

What does that mean?

This refers to the willingness to allow and perhaps even accept negative feelings. It is the opposite of avoiding, suppressing or fighting them!

A metaphor...



Imagination exercise

Imagine that you have broken your leg. You want to go to the 4th floor to visit a friend. Would you stand in front of the stairs and curse at your leg because you can't go up the stairs with it broken?



Imagination exercise

No! What's the use of getting mad at it?



Imagination exercise



No! Maybe you would be annoyed for a moment, but then you would either take the elevator or ask your friend to come to you.

Coping with negative feelings



- It's the same in real life. The more willing you are to allow space for negative feelings, e.g. about yourself or unchangeable situations, the less busy you will be fighting negative feelings...

Coping with negative feelings



- It's the same in real life. The more willing you are to allow space for negative feelings, e.g. about yourself or unchangeable situations, the less busy you will be fighting negative feelings...
- ...AND the better you can participate in life again because your mood will improve!

Willingness and life changes

- However, willingness does not mean that you should accept all situations or no longer try to actively change things.



Willingness and life changes

- However, willingness does not mean that you should accept all situations or no longer try to actively change things.
- It is much more about your inner attitude – if you are willing to allow your difficult feelings and thoughts, you can become a better advocate for your needs!

A poem...



Poem

This human being is a guest house
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
As an unexpected visitor.
Welcome and entertain them all! [. . .]
The dark thought, the shame, the malice,
meet them at the door laughing
and invite them in.

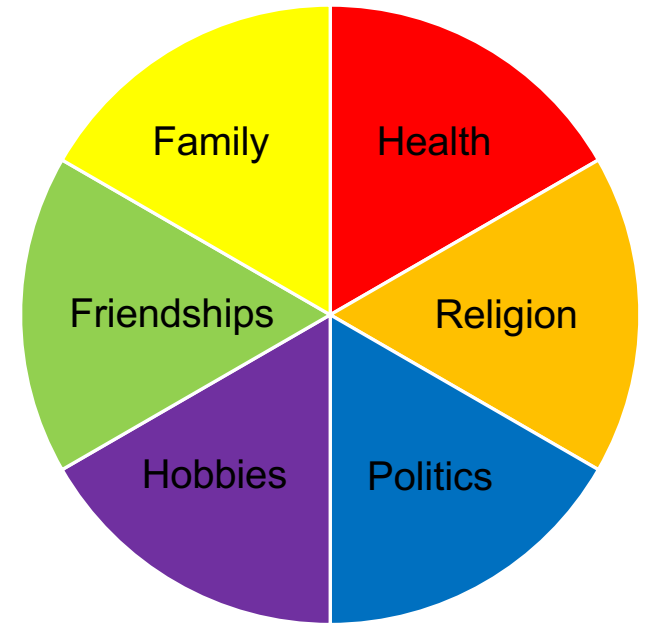
—Rumi -
„*The Guest House*”



Willingness in everyday life

What does it look like for you?

- In which areas of your life would you like to open up more and practice willingness?
- If you could create more willingness in these areas, how could your life be different?



What does willingness have to do with depression and life changes?

Unhelpful thought:

“This is harder for me now and that really gets to me. Before I fail, I’d rather not do it at all!”



What does willingness have to do with depression and life changes?

Unhelpful thought:

“This is harder for me now and that really gets to me. Before I fail, I’d rather not do it at all!”

Instead: Acknowledge the situation and feelings, but also search for alternatives!

A couple of examples...



Willingness in everyday life

Example: Six months ago a very good friend whom you shared a lot of activities with suddenly passed away.



Willingness in everyday life

Example: Six months ago a very good friend whom you shared a lot of activities with suddenly passed away.

Give yourself permission to grieve and mourn the loss of this friend. Try to do the same (or similar) activities on your own or consider if there are other people with whom you could do these activities. Allow room for the possibility of meeting new people with similar interests or try out new activities.



Willingness in everyday life

Example: You notice that it has become more difficult to make your bed. You lack the strength and energy. Every day, you get frustrated about it...

How could you practice willingness in this situation?



("no title" by Randy Fath)

Willingness in everyday life



Example: You notice that it has become more difficult to make your bed. You lack the strength and energy. Every day, you get frustrated about it...

Think about how important it is for you to make your bed. Does it really improve your life in the long run? Is it possible to get help (e.g., from your spouse or a caretaker)? Can you buy new bedsheets or a different blanket to make it easier for you? Perhaps you could do it every other day.



Willingness in everyday life



Example: During a depressive episode, you find that you have great difficulty concentrating while reading a book...



Willingness in everyday life



Example: During a depressive episode, you find that you have great difficulty concentrating while reading a book...

Instead of getting so frustrated that you can't read at all anymore (e.g., ruminating about your rumination), you could try to read only one or two pages at a time and then stop. You could also choose a book that you find particularly entertaining.



Willingness in everyday life



Example: After a half hour of tinkering in the garage, your hands and back hurt. Instead of giving up your hobby altogether,...

("Close-up of woodworking tools on a flat wooden surface" by Dominik Scythe)



Willingness in everyday life



Example: After a half hour of tinkering in the garage, your hands and back hurt. Instead of giving up your hobby altogether,...

Take breaks more frequently and consider having a higher work surface installed to protect your back.



Willingness in everyday life



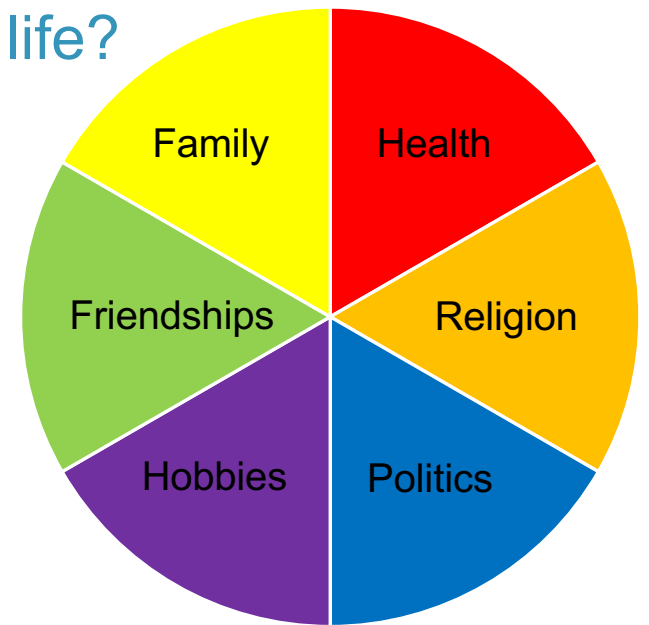
Example: After a half hour of tinkering in the garage, your hands and back hurt. Instead of giving up your hobby altogether,...

Take breaks more frequently and consider having a higher work surface installed to protect your back.

Can you think of similar examples from your life?

Willingness in everyday life

Can you think of similar examples from your life?



Practicing willingness

How can I practice willingness?



???

Practicing willingness

How can I practice willingness?

- 1) Identify and describe which feelings you want to allow yourself in the future. Are these feelings connected to a concrete situation?



Practicing willingness



How can I practice willingness?

- 1) Identify and describe which feelings you want to allow yourself in the future. Are these feelings connected to a concrete situation?
- 2) Remind yourself that the reality is as it is. For example by saying to yourself: "It is as it is for now. If I resist this, I'll only make it more difficult for myself. But that doesn't mean I will give up trying to change the situation!"

Practicing willingness



How can I practice willingness?

- 3) Practice “opposite action” – pretend you accepted the feelings / situation long ago, e.g. by saying aloud to yourself: “I have accepted this situation. I can allow these negative feelings to be present.”

Practicing willingness



How can I practice willingness?

- 3) Practice “opposite action” – pretend you accepted the feelings / situation long ago, e.g. by saying aloud to yourself: “I have accepted this situation. I can allow these negative feelings to be present.”
- 4) Imagine what it would be like if you could accept the situation / feelings. Could this be helpful?



Learning points

- If you notice “should” statements or all-or-nothing thinking in everyday life, try to change these thoughts/statements so that they are fairer.



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Learning points

- If you notice “should” statements or all-or-nothing thinking in everyday life, try to change these thoughts/statements so that they are fairer.
- Find the right measure for your goals – be fair to yourself so that you have a chance to meet your own demands!
- This also means forgiving yourself when you find yourself falling into one of those cognitive traps!



Learning points

- If you notice “should” statements or all-or-nothing thinking in everyday life, try to change these thoughts/statements so that they are fairer.
- Find the right measure for your goals – be fair to yourself so that you have a chance to meet your own demands!
- This also means forgiving yourself when you find yourself falling into one of those cognitive traps!
- Willingness means acknowledging and allowing negative feelings.



Learning points

- When you notice that you can no longer do an activity that you enjoy, try to find a (similar) alternative.



Learning points

- When you notice that you can no longer do an activity that you enjoy, try to find a (similar) alternative.
- Try to practice willingness with regard to your current feelings and not to despair or get angry when you are not feeling well.



Thanks for your attention!

Trainers: handout worksheets!



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Carlos Lorenzo	https://www.flickr.com/photos/carlos_lorenzo/3528214668/in/photolist-6nM2io-oCVMEp-dAz8QF-re4bCM-7QKpT1-oSnV2J-5hw6XA-7P54k9-6RbEs-pMbbeQ-4nKMZM-CKYJQh-aSoikV-oQofEM-768AiU-8TobL2-34hHEY-koYjE-3dZJxk-6wCvHr-bBGQBE-nCTaBG-5xD8Mu-XgKKGy-cSuR4S-uRdwGN-5hwzCm-5MncTi-4nKNTv-9cHs4w-4nKNBe-4nPQ5G-9cEmwt-9cHspN-4nKNdr-4nKPfB-9zAPoL-4nPQwY-4nKMEM-cCEVmG-6k1kh6-6UhnU6-5DAp8R-5MndBD-bG3SuZ-bZw3D3-imruke-bzic4U-aCjRei-4RWnbB	Cogwheels and Pebbles	CC	17.04.18

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Israel Gil	https://unsplash.com/photos/jB7Zg8InaSk	No title	CC	24.04.18
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Jens Lelie	https://unsplash.com/photos/u0vgclOQG08	A fork in a foottpath in the middle of a forest	CC	24.04.18
John Moeses Bauan	https://unsplash.com/photos/8YVaEljM-9l	No title	Free image	18.05.18

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Kate Ter Haar	https://www.flickr.com/photos/katerha/8180180280/in/photolist-dsRyB3-ereuj3-88R3NS-69Y9Vr-SLo-ereu7s-qK5ZNh-q5RvsX-5BevXj-dcdsgR-fpTKzF-pNLUpG-7Q4eP7-8Gvnfz-3JM5ta-6d4RBx-byW9TU-8CASjV-bkaNC5-c6MuFG-puPyKm-edcgSf-hnPARQ-azvP5A-hoxu46-dfTB9C-9uDazj-cuPT3f-4rtjRW-8rbvTw-mJz1bX-sczEM-7b4E4u-5WTsEh-9LWhte-dyNDqE-eJLraV-mFXhhu-7wA67r-jyjkzx-fmBgbP-8fubgg-4ps6DS-azfq9T-91XhSg-5wDsYy-tMerrQ-8rFXW6-cbdWLM-9QP8TZ	He told me one time he forgot himself & his heart opened up like a door with a loose latch & he tried for days to put it all back in proper order but finally he gave up & left it all jumbled up there in a pile & loved everything equally. Brian Andreas	CC	18.05.18
Dominik Scythe	https://unsplash.com/photos/v8vz-Roj8zo	Close-up of woodworking tools on a flat wooden surface	CC	24.04.18
Randy Fath	https://unsplash.com/photos/T9bi6qjxnhc	No title	CC	15.02.19

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Daniel von Appen	https://unsplash.com/photos/NVnU0WlhC28	A big wooden door with brass handles	Free image	12.06.18
Jilbert Ebrahimi	https://unsplash.com/photos/HAWA1N2gjo8	Man reading books	Free image	16.11.2018

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