

Welcome to

Metacognitive Training – Silver

Metacognitive Training



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Cognition: derived from Latin, means "thinking"



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Cognition: derived from Latin, means "thinking"

Metacognition: "Thinking about thinking"

Metacognitive Training



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Bird's-eye View

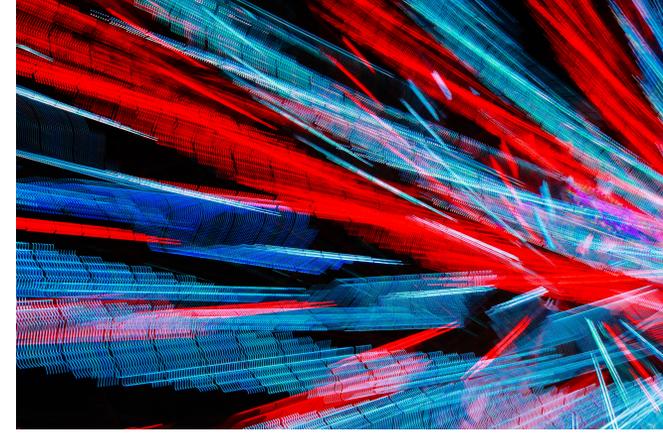


Why Metacognitive Training?

- 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 3

Name spontaneously ...

Two things ...



Name spontaneously ...

Two things ...

➤ ... that did not go well today



Name spontaneously ...

Two things ...

- ... that did not go well today
- ... that went well today



Name spontaneously ...

Two things ...

- ... that did not go well today
- ... that went well today

Which came to mind more quickly?



Name spontaneously ...

Two things ...

- ... that did not go well today
- ... that went well today

Which came to mind more quickly?

Which bothers you more?



Magnification or minimizing



Magnification or minimizing

- Magnification of the **extent** and **severity** of your mistakes and problems



Magnification or minimizing

- Magnification of the **extent** and **severity** of your mistakes and problems
- Minimizing your own abilities or seeing them as unimportant



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Have you experienced this?



Magnification or minimizing Examples

Event	Minimizing More helpful thought
You fix a broken zipper.	??? ???



Magnification or minimizing Examples

Event	Minimizing More helpful thought
You fix a broken zipper.	"Everyone can do that. It's nothing special." ???



Magnification or minimizing Examples

Event	Minimizing More helpful thought
You fix a broken zipper.	"Everyone can do that. It's nothing special." "Zippers are especially finicky. I'm good at repairing zippers. I don't need any help, and, in fact, I can offer my help to others."



Magnification or minimizing

Examples

Event	Magnification More helpful thought
You get lost driving while on vacation. You have to stop and ask for directions.	??? ???



Magnification or minimizing Examples

Event	Magnification More helpful thought
You get lost driving while on vacation. You have to stop and ask for directions.	"I am incapable of reading maps and have a horrible sense of direction. Without help, I would be totally lost. I must be getting Alzheimer's." ???



Magnification or minimizing Examples

Event	Magnification More helpful thought
You get lost driving while on vacation. You have to stop and ask for directions.	"I am incapable of reading maps and have a horrible sense of direction. Without help, I would be totally lost. I must be getting Alzheimer's." "It took longer because I had some difficulty reading the map. It's good that I asked someone for help who knew the way. There is a reason why many people use a GPS."



Magnification or minimizing Examples

Event	Magnification or minimizing More helpful thought
Positive Event	??? ???
Negative Event	??? ???

Attributional Style

Attributions =
your own explanation for the cause of a situation (e.g., blame)

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What could cause the following situation?

Situation: You get in a car accident

Reasons ...

... myself?

... others?

... situation or coincidence?



Situation: You get in a car accident



... Self:

...Others :

... Situation or
coincident:

Situation: You get in a car accident



... Self:

- I drove too fast.
- I'm a bad driver.
- I was tired.

...Others :

... Situation or coincident:

Situation: You get in a car accident



... Self:

- I drove too fast.
- I'm a bad driver.
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...Others :

- The other driver was distracted by his cell phone.
- The other driver didn't signal.

... Situation or coincident:

Situation: You get in a car accident



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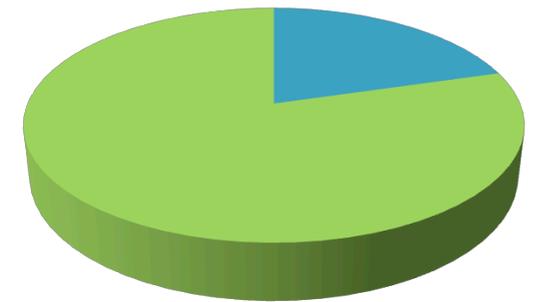
- The other driver was distracted by his cell phone.
- The other driver didn't signal.

... Situation or coincident:

- The streets were very slick from the heavy rain.
- The traffic light was partially covered by a tree branch.

How does this relate to depression?

- Studies show that in situations with negative outcomes (e.g., failures), people with depression tend to assign fault to themselves.

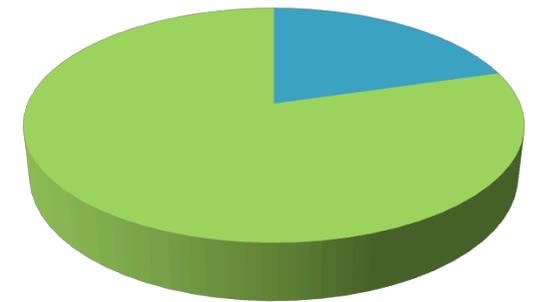


■ Situational factors ■ Me

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- With regard to the car crash example, there could even be legal consequences if you claim that the crash was completely your fault.

What are the consequences of this attributional style?

- Low self-esteem (ex: "I am a failure.")
- Sadness, feeling down
- Withdrawal due to fear of making a mistake
- With regard to the car crash example, there could even be legal consequences if you take full responsibility for the accident.

Be careful not to make one-sided attributions!

Situation: You get in a car accident



Consider a balanced explanation, which includes many different causes (a combination of the: **situation, others and yourself**):

... **self**:

... **others**:

... **situation or coincident**:

Situation: You get in a car accident



Consider a balanced explanation, which includes many different causes (a combination of the: **situation, others and yourself**):

... **self**:

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“I drove a little faster than usual because I was running late to an appointment.”

Situation: You get in a car accident



Consider a balanced explanation, which includes many different causes (a combination of the: **situation, others and yourself**):

... **self**:

“I drove a little faster than usual because I was running late to an appointment.”

... **others**:

“The other driver was distracted by his cell phone.”

... **situation or coincident**:

Situation: You get in a car accident



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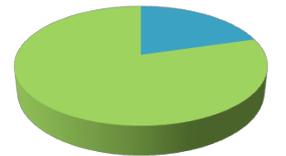
... **others**:

“The other driver was distracted by his cell phone.”

... **situation or coincident**:

“Because of the heavy rain, I couldn't react quickly enough to avoid the accident.”

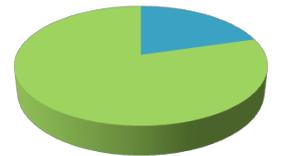
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■ Situational factors ■ Me

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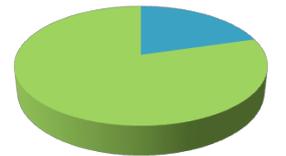
- Many individuals with depression tend to make one-sided attributions of *complex* events and attribute an outcome to general causes.



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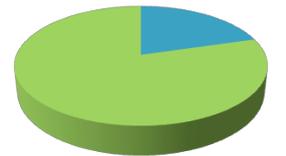
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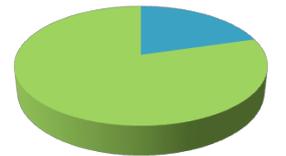
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- Many individuals with depression tend to make one-sided attributions of *complex* events and attribute an outcome to general causes.
- Failures are generally attributed to **oneself**.
- Success is attributed to **the situation / luck / others** or is viewed as unworthy of praise ("nothing special").
- These attributional styles do not reflect reality, and they can promote unhelpful behaviors and reduce self-worth!



■ Situational factors ■ Me

Example

An example to illustrate the consequences of one-sided attributions...



Event	One-sided depressive attribution (cause: self)	Behavior	Long-term consequence
A neighbor does not greet you in the supermarket.			

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An example to illustrate the consequences of one-sided attributions...



Event	One-sided depressive attribution (cause: self)	Behavior	Long-term consequence
A neighbor does not greet you in the supermarket.	"They see that there is something wrong with me. Why should they care what I think. My walker makes me look so old."	Keep your eyes down, do not greet others	Withdraw from others; deny yourself possible opportunities to be socially accepted or to find out whether your assumptions are true

Example



Event	Alternative attribution (cause: combination)	Behavior	Long-term consequence
A neighbor does not greet you in the supermarket.			

Example



Event	Alternative attribution (cause: combination)	Behavior	Long-term consequence
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Example



Event	Alternative attribution (cause: combination)	Behavior	Long-term consequence
A neighbor does not greet you in the supermarket.	"Maybe he did not recognize me right away or he was deep in his own thoughts and did not notice I was here."	Proactively greet the neighbor	Actively maintain or seek out social contact; examine possible assumptions during the conversation; check whether negative assumptions are true.

Positive Situation: A friend gave you a gift

What prompted your friend to give you a gift?

What do you attribute this to?

- Yourself?
- Another person or other people?
- Situation or coincidence?





Positive Situation: A child who lives next door asks for help

Why would the child ask you for help?

What do you attribute this to?

- Yourself?
- Another person or other people?
- Situation or coincidence?



How to make more helpful attributions?

- Consider the different possible causes of a situation (i.e., **myself, others, situation/coincidence**). With negative events, begin with the situation and with positive events begin with yourself.

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- Try to take another perspective (What would you think if someone else experienced a similar situation?).
- Consider how your attributional style influences your behavior and what the possible long-term consequences are.

How to make more helpful attributions?

Try to be realistic in every day life:

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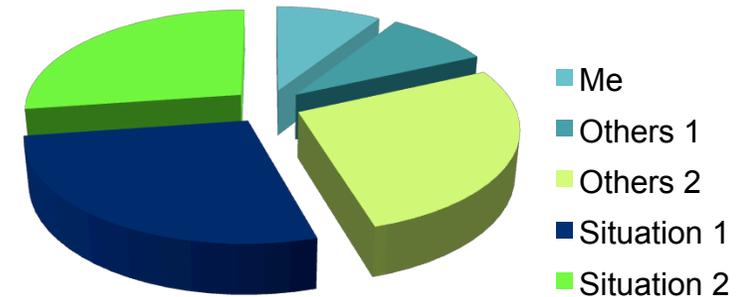
Try to be realistic in every day life:

You are not always at fault for failures – similarly, others are not entirely to blame if something doesn't go well!

Learning Points



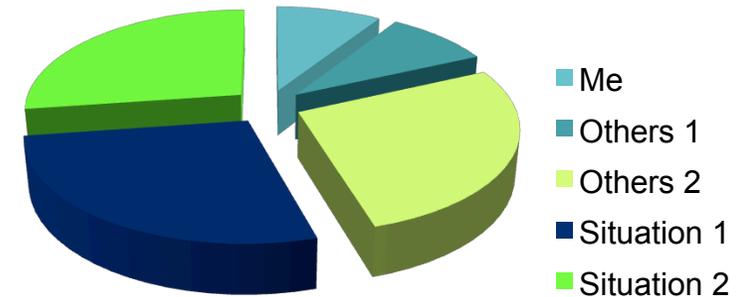
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Learning Points

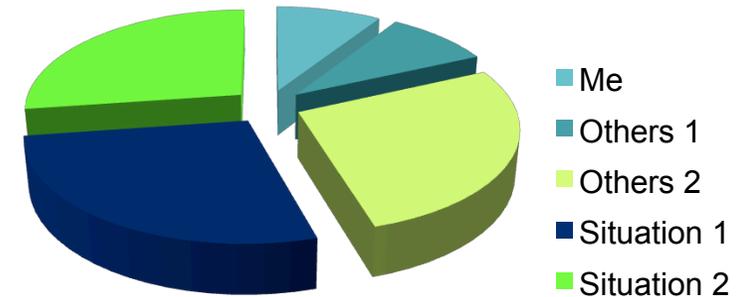
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- Try to avoid one-sided attributions and overgeneralizations in everyday life!





Learning Points

- Pay attention to times when you may magnify mistakes and minimize your strengths and successes!
- Try to avoid one-sided attributions and overgeneralizations in everyday life!
- Try to assess everyday situations realistically: You are not always to blame when something goes wrong! Think about other factors that may have contributed to an event.



Learning Points



- Think about what you would tell someone else in a similar situation. Treat yourself as you would a friend!



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- Think about what you would tell someone else in a similar situation. Treat yourself as you would a friend!
- One-sided attributions of events may promote unhelpful behaviors (e.g., social withdrawal) and lower self-esteem.
- Before making up your mind, consider the consequences (on behavior, mood, self-esteem) of the attributions you make regarding the cause of a situation.



Thanks for your attention!

Trainers: handout worksheets!

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