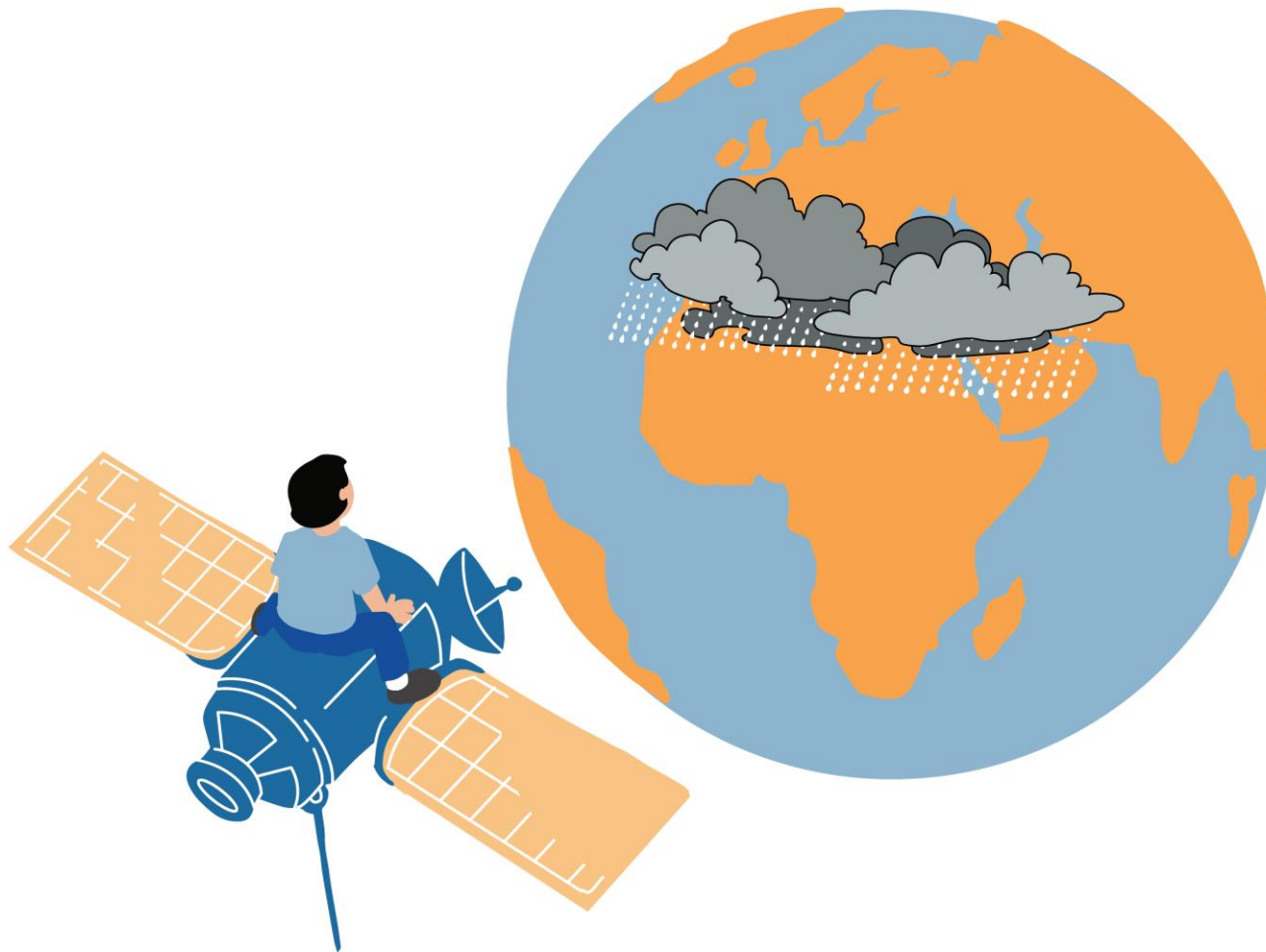




# Metacognitive Training for Depression

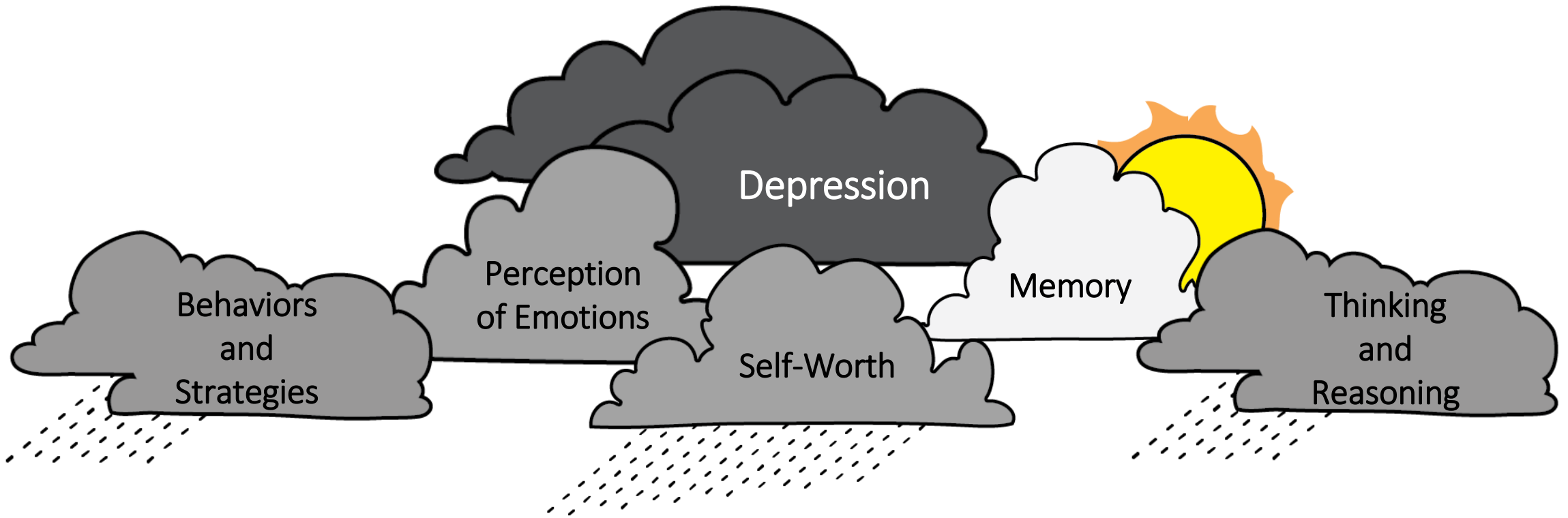


# D-MCT: Satellite Position





# Today's Topic





## Previous session

- What did you do for follow-up?
- Do you have any questions or success stories?



Training session

# D-MCT 2 – Memory



# How is memory related to depression?

- Many individuals with depression complain of having problems with concentration and memory.





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- Decreased concentration may even be a symptom of depression.





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Have you experienced this?





Is it theoretically possible to remember everything?



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- Imagine that I tell you a story. How much would you be able to remember half an hour later?



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On average, only about 60% of the information from a story can be recalled (40% cannot!).



Forgetting is normal.



# Forgetting is normal.

- Advantage: ...



# Forgetting is normal.

- **Advantage:** Our brains are not overloaded with irrelevant information, **but ...**



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- Advantage: Our brains are not overloaded with irrelevant information, but ...
- Disadvantage: ...





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- **Advantage:** Our brains are not overloaded with irrelevant information, **but ...**
- **Disadvantage:** A lot of important information is also lost (appointments, vacation memories, information learned in school).



## Forgetting is normal.

- **Advantage:** Our brains are not overloaded with irrelevant information, **but ...**
- **Disadvantage:** A lot of important information is also lost (appointments, vacation memories, information learned in school).

A memory exercise ...



# Exercise

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

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





# Camping Trip

## What was shown?

- Mobile home
- Awning
- Table with place settings
- Bicycles
- Tablecloth
- Chairs
- Blue sky



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# What was shown?

- Horse
- Fire
- Crown
- Wing
- Sword
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■ = not depicted



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- Our brain fills in and mixes current impressions with past similar events (such as with the camping scene), and we also supplement our memories through “logic” (for example, the awning)



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This phenomenon is also evident in everyday life:



# False Memories in Everyday Life

**Example:** Childhood memories



- Sometimes we think that we clearly remember experiences that, in reality, we know only through photographs or stories from our parents.
- Classmates often remember the same event completely differently.



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**Example:** When situations are very similar

- A woman is certain that she has her wallet and remembers putting it in her red jacket. Instead, the woman put the wallet in her blue jacket the day before.



Does this mean I can no longer trust my memories?





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

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



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

- **No!** False memories are normal and affect everyone.
- Keep in mind that (like everyone else) you will make errors because memory is not like a video camera.



# Concentration & Memory

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





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How good is your attention? Here's a little math problem ...



## Math Problem

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

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





# Math Problem

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

Correct answer: 6 times.

At the end, 7 passengers remain on the bus, but that was not the question.





# Concentration







# Concentration

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- We can only correctly remember things that we have previously focused our attention on (for example, either the number of passengers getting on and off the bus or the number of bus stops)!





# Concentration

- 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 (for example, either the number of passengers getting on and off the bus or the number of bus stops)!
- It is impossible to focus our attention on all the information in our environment at the same time.





# How do problems with concentration & memory occur?

- During strong ruminations, circling thoughts often claim all of our attention.





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- There is hardly any attentional capacity left that can be focused on other (more important) things in the environment. The spotlight is focused “virtually inward.”





## How do problems with concentration & memory occur?

- During strong ruminations, circling thoughts often claim all of our attention.
- There is hardly any attentional capacity left that can be focused on other (more important) things in the environment. The spotlight is focused “virtually inward.”
- As a result, we can later barely remember some of the details in our environment.





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- Often, memory problems in depression are subjective, a result of self-imposed perfectionism, and cannot always be detected in tests.



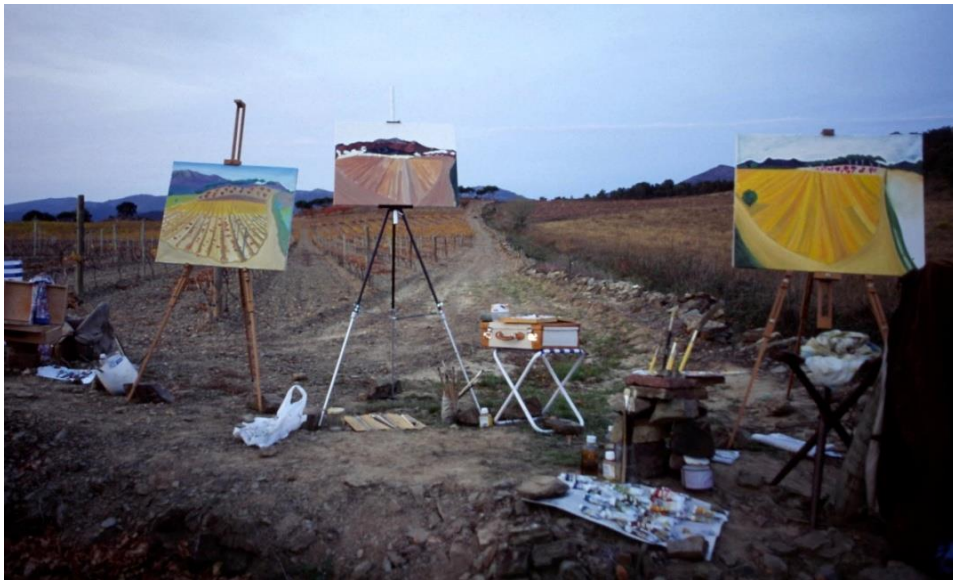
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- The loss of motivation, apathy, and lack of energy that often occur during depression can also explain reduced information intake.
- Often, memory problems in depression are subjective, a result of self-imposed perfectionism, and cannot always be detected in tests.
- When ruminations/depression are reduced, individuals can attend to other things again and remember them.



# Do we all see and remember the same things?



Example: 3 artists painting the same Catalan countryside...



# Pay attention to the differences in the colors and the sizes in the three paintings!

Are there things that each artist depicted or omitted differently?



Andreas Weißgerber



Bernd Hampel



Helmut Schack



# Pay attention to the differences in the colors and the sizes in the three paintings!

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Andreas Weißgerber: The hills in this picture are flatter than those in the other two paintings.



Bernd Hampel: The colors in this landscape are much earthier than in the other paintings. The tree on the right side of the street is missing (red circle).



Helmut Schack: In this picture, a different field appears to extend to the horizon. The landscape is almost colorful. In comparison to the other pictures, the cluster of trees is more visible on the horizon.



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# Do we all see and remember the same things?

- No, every person perceives things differently! As in the three paintings—the same landscape is visible but with different accents!
- In general, we focus our attention on information that is **personally meaningful**, sometimes because it fits our mood.
- Studies show that our **current mood** influences the types of memories we have access to.



## What does this have to do with depression?

- Depressive moods often lead to remembering more negative experiences—pleasant or neutral experiences are not so easily remembered.





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Have you experienced this?



# Remembering through gray-tinted glasses

- The emotional **coloring** of memories also relates to false memories!





## Remembering through gray-tinted glasses

- The emotional **coloring** of memories also relates to false memories!
- This can impede a realistic view of the world and encourage depressive processing (thus providing additional “evidence” through depressive processing).



# What can I do about it?



## What can I do about it?

Practice remembering positive events more frequently in your daily life. For example, keep a [joy diary](#) in which you write down joyful events from your day every evening.



# What helps with memory problems in everyday life?

???



# What helps with memory problems in everyday life?

1. Try to incorporate as much **structure** into your daily schedule as possible. The more routine your behavior is, the less risk there is of forgetting something.



# What helps with memory problems in everyday life?

1. Try to incorporate as much **structure** into your daily schedule as possible. The more routine your behavior is, the less risk there is of forgetting something.
2. It is also helpful to maintain the best possible “**external order**”. You can find items more quickly and remember better when everything has a specific place.



## What helps with memory problems in everyday life?

3. Post important notes in logical **places** (e.g., put your medication schedule on the refrigerator or bathroom mirror; put a list of items to remember to take with you on the front door).



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4. Use an **appointment calendar** or other types of **memory aids**, such as a Smartphone or email program.
5. Make it a habit to write things down (digitally or in a **notebook**).



## What helps with memory problems in everyday life?

6. When you are traveling and want to remember an idea but have no way to write it down, try to **anchor** it by linking the idea to an object (e.g., “tie a knot in your handkerchief”).



## What helps with memory problems in everyday life?

6. When you are traveling and want to remember an idea but have no way to write it down, try to **anchor** it by linking the idea to an object (e.g., “tie a knot in your handkerchief”).
7. The more senses and methods used while learning, the better the retention rate. Therefore, try to use various “channels”, such as hearing, seeing, discussing, and applying.



# Learning Points



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## Learning Points

- Memory problems in depression can be explained and partly traced back to other problems (for example, concentration problems, frequent rumination).
- Unlike in dementia, the concentration and memory problems in depression are less severe and can improve if the depression decreases.
- In general, our memory is deceptive! Our memory is prone to bias. Memory is especially dependent upon our current mood.



# Learning Points

- Use memory aids during periods of depression (calendars, sticky notes) and keep a joy diary.





# Learning Points

- Use memory aids during periods of depression (calendars, sticky notes) and keep a joy diary.
- Nobody's perfect; we all forget things. This is normal and sometimes even a good thing!



## Final round

- What was most important for you today?
- Which thought distortion would you like to do an exercise on as homework?



# For trainers

Please hand out the worksheets. Introduce our app COGITO (download free of charge).



[www.uke.de/mct\\_app](http://www.uke.de/mct_app)





Thank you!

