

Welcome!

Introduction Round

Group Rules

1. Be respectful to one another (for example, let others finish speaking).
2. You can decide for yourself what you want to share.
3. If you need a break or would like to leave the group, please leave the room quietly without disturbing the group.

Metacognitive Training (MCT)



Metacognitive Training (MCT)



Meta: comes from the Greek word for “about”

Cognition: comes from the Latin word for “thinking”

Metacognition: Thinking about thinking

Why MCT?

- Experiencing mental health difficulties can make negative thought patterns stronger.
- Many of these thought patterns can be changed through training.

Today's Training Session:
Dealing with a Depressed Mood

Exercise

Goal:

Learn to focus on the here and now

Perceive without judging

Being in the Here and Now

Find a comfortable position for your body.

Find a point in the room where you can comfortably rest your gaze.

Being in the Here and Now

Find a comfortable position for your body.

Find a point in the room where you can comfortably rest your gaze.

In the moment, what do you perceive with your senses?

Being in the Here and Now

Find a comfortable position for your body.

Find a point in the room where you can comfortably rest your gaze.

In the moment, what do you perceive with your senses?

To yourself, name 3 things that you see.

Being in the Here and Now

Find a comfortable position for your body.

Find a point in the room where you can comfortably rest your gaze.

In the moment, what do you perceive with your senses?

To yourself, name 3 things that you see.

Then 3 things that you hear.

Being in the Here and Now

Find a comfortable position for your body.

Find a point in the room where you can comfortably rest your gaze.

In the moment, what do you perceive with your senses?

To yourself, name 3 things that you see.

Then 3 things that you hear.

And then 3 things that you feel.

Being in the Here and Now

Find a comfortable position for your body.

Find a point in the room where you can comfortably rest your gaze.

In the moment, what do you perceive with your senses?

To yourself, name 3 things that you see.

Then 3 things that you hear.

And then 3 things that you feel.

This type of exercise can help you cope with negative thoughts.

Background

Ruminating: Going in circles instead of moving forward

Ruminating: Going in circles instead of moving forward

Many people with psychological symptoms report endless "ruminating" or "brooding".

Have you heard of rumination?

Does ruminating help with...

Does ruminating help with...

... solving problems?

... avoiding future problems?

... thinking things through?

Does ruminating help with...

... solving problems?

... avoiding future problems?

... thinking things through?

NO!

Bottom Line: Ruminating does not help!

Ruminating does not help:

- Your thoughts just go in circles and you will not find a solution.

Ruminating does not help:

- Your thoughts just go in circles and you will not find a solution.
- Helpful and positive thoughts no longer occur.

Ruminating does not help:

- Your thoughts just go in circles and you will not find a solution.
- Helpful and positive thoughts no longer occur.
- The negative thoughts repeat themselves over and over.

Training Session Goals

Session Goals

- Recognize that some of the coping strategies we often use are not helpful at all.
- Understand that these strategies can be harmful.
- Find ways to use these unhelpful coping strategies less.

Rumination – What can help?

Rumination – What can help?

Does suppressing negative thoughts help?

Exercise

Goal:

Recognize that thought suppression is not a helpful strategy

Thought Suppression

Do **NOT** think about elephants!

Thought Suppression
Does it work? No!

Thought Suppression

Does it work? No!

Most of us probably immediately thought of an elephant, or about something similar, such as a zoo or Africa.

It's even more difficult to suppress **unpleasant thoughts**.

For example, negative thoughts about yourself, such as thinking, "*I'm a failure*", often can't be suppressed.

Bottom Line

Problematic coping strategy: "I must not think these negative thoughts".

Actively suppressing negative thoughts often does not work. Trying it anyway can be very frustrating.

The thoughts often become even stronger.

Exercise

Goal:

Demonstrate that the cycle of rumination can be interrupted

Physical Distraction

1. Stand up
2. Put your left hand on your right shoulder
3. Put your right hand on your left shoulder
4. Lift up one leg
5. Move your leg in a circle...

Physical Distraction

1. Stand up
2. Put your left hand on your right shoulder
3. Put your right hand on your left shoulder
4. Lift up one leg
5. Move your leg in a circle...

What are you thinking about right now?

Physical Distraction

1. Stand up
2. Put your left hand on your right shoulder
3. Put your right hand on your left shoulder
4. Lift up one leg
5. Move your leg in a circle...

This exercise helps interrupt the endless circling of thoughts.

Background

What are other unhelpful coping strategies for mental health issues?

What are other unhelpful coping strategies for mental health issues?

Example: Social Withdrawal

Social Withdrawal: How does it happen?

Social Withdrawal: How does it happen?

If you are feeling depressed...

Social Withdrawal: How does it happen?

If you are feeling depressed...

- ... contact with other people can be exhausting.

Social Withdrawal: How does it happen?

If you are feeling depressed...

- ... contact with other people can be exhausting.
- ... you might often feel misunderstood by others (*“They have it so good, I’d rather have their problems”*).

Social Withdrawal: How does it happen?

If you are feeling depressed...

- ... contact with other people can be exhausting.
- ... you might often feel misunderstood by others (*“They have it so good, I’d rather have their problems”*).
- ... you might not feel like doing anything.

Social Withdrawal: How does it happen?

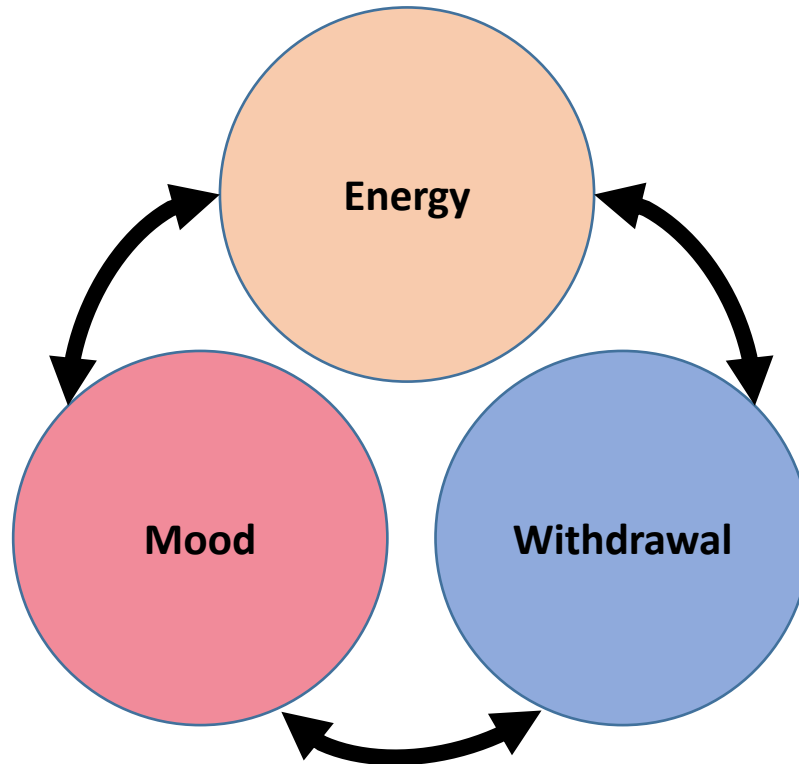
If you are feeling depressed...

- ... contact with other people can be exhausting.
- ... you might often feel misunderstood by others (*“They have it so good, I’d rather have their problems”*).
- ... you might not feel like doing anything.
- ... you might have less interest in others (and their problems).

Withdrawal is understandable.
But is it helpful?

No – Withdrawal can become a vicious circle!

"I don't feel up to it."
"I can't pull myself together."



"My mood is getting
even lower."
"I'm getting worse."

"I'm doing less and less."
"I keep isolating myself."

Try breaking this vicious circle

All beginnings are hard!

But: Try to overcome it! Take small steps forward.

Try breaking this vicious circle

All beginnings are hard!

But: Try to overcome it! Take small steps forward.

Step by step: Start with one small step (for example, getting out of bed) followed by bigger steps (for example, going out). Don't overdo it!

Try breaking this vicious circle

Fulfill responsibilities, for example:

- Personal hygiene
- Make necessary phone calls

But also do things that you enjoy doing, such as:

- Listen to music
- Go outside
- Talk with others
- Paint or draw
- Watch TV
- Read
- Crafts
- Play games
- Exercise

Try breaking this vicious circle

Fulfill responsibilities, for example:

- Personal hygiene
- Make necessary phone calls

But also do things that you enjoy doing, such as listening to music or arts and crafts.

Give it a try: **Activities can improve your mood!**

Learning Objectives

Learning Objectives

- Certain behaviors (such as social withdrawal) are more likely to worsen depression in the long run!

Learning Objectives

- Certain behaviors (such as social withdrawal) are more likely to worsen depression in the long run!
- Rumination does not help solve problems but rather intensifies negative thoughts and feelings.

Learning Objectives

- Certain behaviors (such as social withdrawal) are more likely to worsen depression in the long run!
- Rumination does not help solve problems but rather intensifies negative thoughts and feelings.
- Ruminating thoughts cannot be suppressed.

Learning Objectives

Instead:

Learning Objectives

Instead:

- Practice being in the here and now. When brooding thoughts come, acknowledge them, but try not to judge them.

Learning Objectives

Instead:

- Practice being in the here and now. When brooding thoughts come, acknowledge them, but try not to judge them.
- If you're feeling depressed, try to maintain contact with other people anyway.

Learning Objectives

Instead:

- Practice being in the here and now. When brooding thoughts come, acknowledge them, but try not to judge them.
- If you're feeling depressed, try to maintain contact with other people anyway.
- Do things. Start small. Activities can help improve your mood.

Closing Round

What's your takeaway from today's session?

Thank you for your
participation!