

Welcome to

Metacognitive Training – Silver



Metacognitive Training

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Metacognitive Training

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Cognition: derived from Latin, means "thinking"



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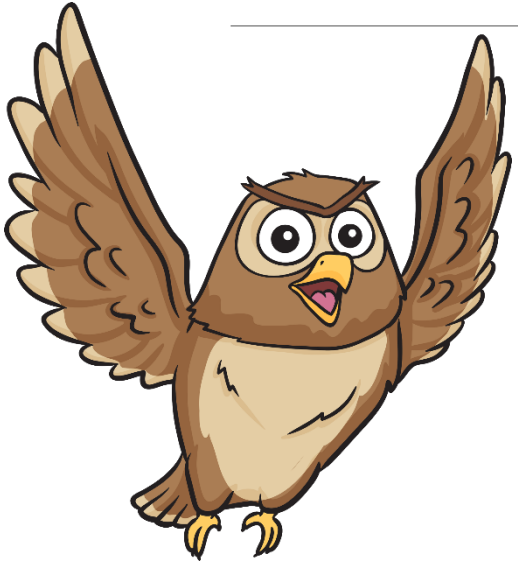
Cognition: derived from Latin, means "thinking"

Metacognition: "Thinking about thinking"

Metacognitive Training



Metacognitive Training



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 4



Jumping to Conclusions

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Jumping to conclusions =

Decisions are made based on limited information.

Jumping to Conclusions and Depression

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Making negative interpretations, although there are no clear facts to support the conclusions.

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1. Mind reading – primarily the negative thoughts of others
2. Fortune telling (e.g., catastrophizing)

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A short story...

A man wants to hang a painting. He has the nail, but no hammer. Therefore, it occurs to him to go over to his neighbor and ask him to borrow his hammer. But at this point, doubt sets in. What if he doesn't want to lend me the hammer? Yesterday he barely spoke to me. Maybe he was in a hurry. Or, perhaps, he's holding something against me. But why? I didn't do anything to him. If he would ask me to lend him something, I would do so at once. How can he refuse to lend me his hammer? People like him make other people's life miserable. Worse, he thinks that I need him because he has a hammer. This has got to stop! And suddenly the guy runs to the neighbor's door, rings the doorbell, and before letting him say anything, he screams: "You can keep your hammer, you bastard!"

(from P. Watzlawick: The situation is hopeless, but not serious: The pursuit of unhappiness.)



Jumping to Conclusions and Depression

Mind reading:



Jumping to Conclusions and Depression



Mind reading:

- "Reading into" or assuming negative thoughts.

Jumping to Conclusions and Depression



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- Thinking that someone disapproves of you, without checking if this is really true.

Jumping to Conclusions and Depression



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Are you familiar with this?

Mind Reading and Negative Thoughts

adapted from Beck et al., 1979; Burns, 1989

| Situation | Negative thoughts | Positive or neutral thoughts |
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| People stand together and laugh. You look at them. | | |



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| Situation | Negative thoughts | Positive or neutral thoughts |
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| People stand together and laugh. You look at them. | "They're laughing about me because they don't like me." | "They're talking about something funny." "They're happy to see me!" |

You can also ask directly!
Personal examples?



Exercise: “What was the artist thinking?”

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- Discuss the the reasons *for and against* the suggested titles.

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- Try to choose the correct title of the classic painting and rule-out incorrect titles.
- Discuss the the reasons *for and against* the suggested titles.
- Pay attention to which details of the picture clearly do not fit with the possible titles.

Exercise: “What was the artist thinking?”



- a) Confession of Adultery
- b) The Marriage Proposal
- c) Notification of the Death of a Relative
- d) The Flower Salesman

Exercise: “What was the artist thinking?”



- a) Confession of Adultery
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- a) The Poisonmixer from Salamanca
- b) The Waterseller from Sevilla
- c) Winetasting in Malaga
- d) The Alcoholic from Madrid

Exercise: “What was the artist thinking?”



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(Diego Velázquez, 1623)
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Exercise: “What was the artist thinking?”



- a) The Pedicure
- b) The Desperate Girl
- c) The Foot Cannot Be Saved
- d) Gangrene



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- a) The Pedicure (Edgar Degas, 1873)
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Exercise: “What was the artist thinking?”



- a) Message of Death
- b) A Visit
- c) The Grey-Haired Literary
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Exercise: “What was the artist thinking?”



- a) Message of Death
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Jumping to Conclusions: Mind Reading

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Jumping to Conclusions: Mind Reading

- Is it helpful to try to read the thoughts of others?
 - Benefit? Danger?
 - If correct, we can adjust our behavior if necessary (i.e., stay away from "enemies").
 - Incorrectly assuming negative thoughts can lead to unnecessary worry, ruin happy moments or hurt friendships.

Jumping to Conclusions: Mind Reading

Can I know what someone else is thinking?

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- When I know someone well, the probability is high. However, I can never 100% know what someone thinks.

Jumping to Conclusions: Mind Reading

Can I know what someone else is thinking?

- When I know someone well, the probability is high. However, I can never 100% know what someone thinks.
- It is best to collect more information and perhaps ask directly before drawing a final conclusion.

Jumping to Conclusions and Depression

2. Fortune telling:

Anticipating that things won't go well – making "gloomy" forecasts or catastrophizing.



Jumping to Conclusions and Depression



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Anticipating that things won't go well – making "gloomy" forecasts or catastrophizing.

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Catastrophizing

Situation: You want to go shopping. It just snowed and is very slippery. You have the thought "**I could fall**".



Catastrophizing



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Catastrophizing



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- "I could fall and hit my head."
- "I could hit my head on a stone."

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Alternative Prediction:

- "I could trip and land on my behind."

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You can stop at any time! The thoughts don't need to get worse!

Exercise

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- You will be shown three pictures that tell a story. Each of the pictures has several possible explanations.

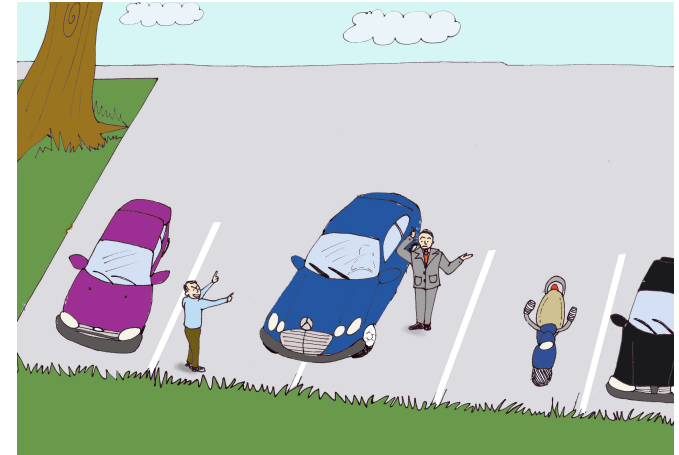
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- You will be shown three pictures that tell a story. Each of the pictures has several possible explanations.
- The pictures are shown in the reverse order (i.e., the last image is shown first).

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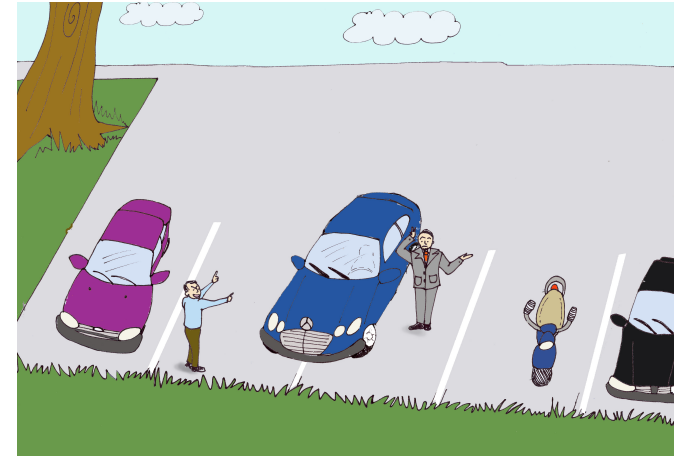
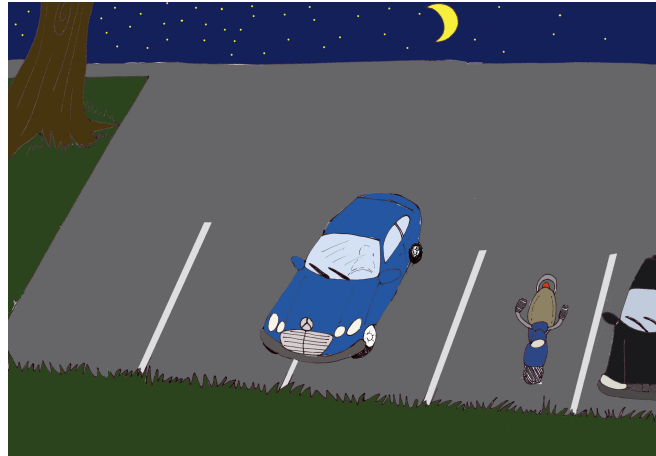
- You will be shown three pictures that tell a story. Each of the pictures has several possible explanations.
- The pictures are shown in the reverse order (i.e., the last image is shown first).
- After each picture, evaluate the explanations for their cause and please discuss your thoughts in the group!

Which answer is most likely?



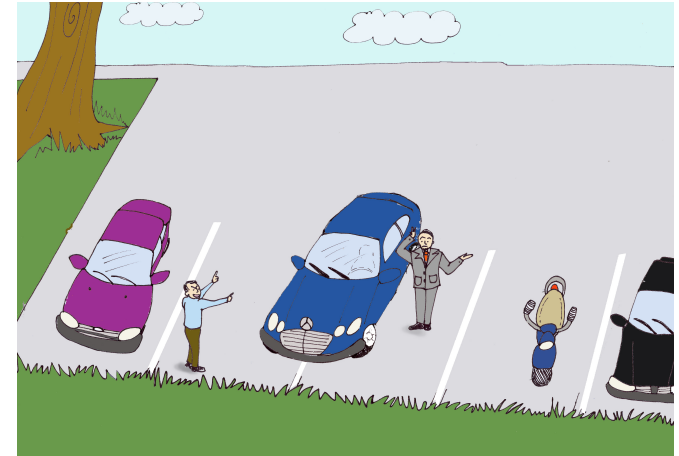
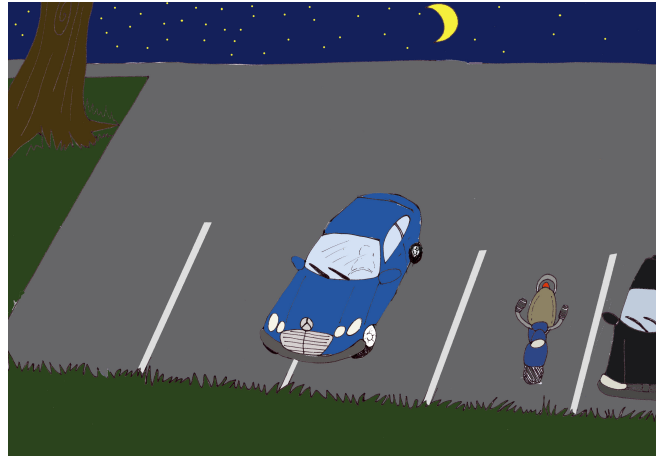
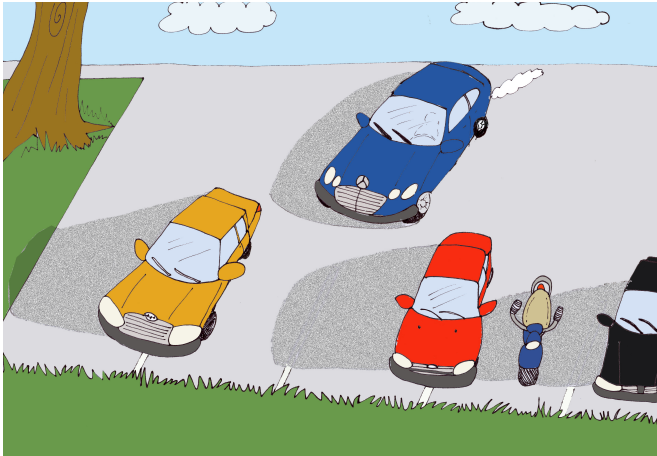
- (1) The men argue over a parking place in the shade.
- (2) One man reprimands the other because he took up two parking spaces.
- (3) The driver of the blue Mercedes is unfairly criticized.
- (4) The two men disagree about a car sale.

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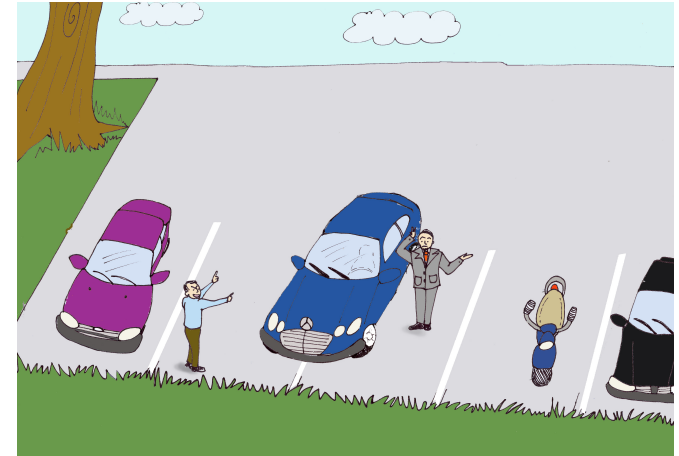
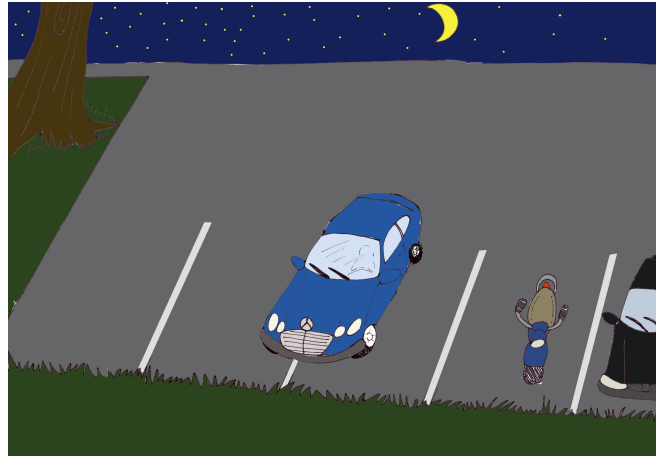
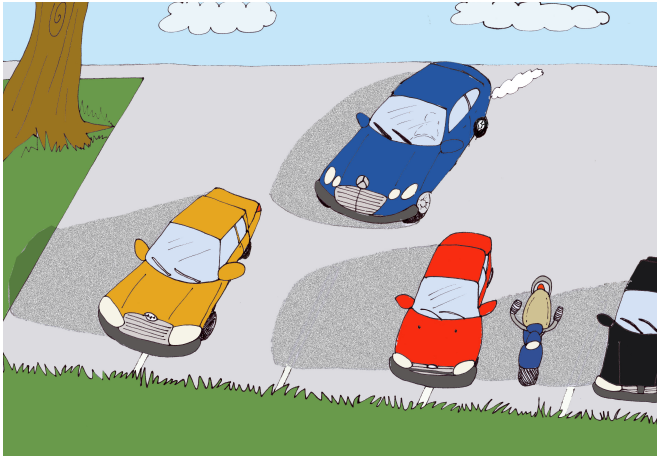
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Video Suite



<https://www.youtube.com/user/AGNeuropsychologie>



Which answer is most likely?



- (1) The boy rushes to help the man, who is being robbed.
- (2) The boy helps a drunk man.
- (3) The boy accidentally hit the man on the head with a table.
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- In order to evaluate complex situations, such as those depicted in the previous exercises, it is important to consider all available information.
- The more information taken into account, the more likely it is that your judgment of the situation will be correct.



Learning Points

- Pay attention to the tendency to jump to conclusions in everyday life (mind reading, catastrophizing, fortune telling).



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- Remember, quick decisions often lead to errors (as illustrated by the pictures and story).



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- Remember, quick decisions often lead to errors (as illustrated by the pictures and story).
- More information and potential explanations should be gathered. Positive and neutral thoughts should also be considered instead of only negative thoughts.



Learning Points

- Pay attention to the tendency to jump to conclusions in everyday life (mind reading, catastrophizing, fortune telling).
- Remember, quick decisions often lead to errors (as illustrated by the pictures and story).
- More information and potential explanations should be gathered. Positive and neutral thoughts should also be considered instead of only negative thoughts.
- If you believe that a catastrophe is likely, try to develop alternative (more positive) predictions for the outcome.



Thanks for your attention!

Trainers: handout worksheets!

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| Robbie | https://www.flickr.com/photos/aussieman02/890874191/in/photolist-2mHXRR-hBZnX-cRaCB5-6wy8W-aE4xF-hBZr8-6pkcio-78QEGj-hBZwJ-hBZtr-nPNgmu-61Bni2-7mEEmd-MAjZV-fwQh5A-8vnKvW-3g63qv-8pA9Kf-cvjFsL-qDFzZ5-5vWmir-7kfAkN-8CqXQQ-8pA9Xd-93Btnz-hBZag-7mqB8R-oubAbD-afhWha-8pwUQg-hBZg3-8pwXnR-3fpHa1-aubNs3-8pwYDB-hBZcC-8pA7DY-5nUH5o-8Vf3nR-eQu5aK-88ycyD-4UtiX-5R41Wt-meJ1Va-7wkA8V-oGXXy-6psje5-V4ifYs-7mnv5X-5ouajg | Maze Cheat | CC | 17.04.18 |
| 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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| Nikolai Voelcker | https://unsplash.com/photos/o1SgB5AsQjY | woman wearing quilted brown jacket and black bottoms walking on snowy ground | Free image | 13.09.18 |
| Simon Wijers | https://unsplash.com/photos//skZplfLeDww | No title | Free image | 31.08.18 |
| Janne Hottenrott | Picture sequence parking space is adapted from the Wechsler Intelligence Scale/Bildersequenz Parkplatz, Motiv ist angelehnt an Aufgaben des Wechsler Intelligenztests | --- | Produced for the MCT/Anfertigung für das MKT; © Arbeitsgruppe Neuropsychologie | --- |

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| Benny-Kristin Fischer | picture sequence table: some motives are adapted from the Wechsler Intelligence Scale/Verschiedene Bildersequenzen Feuer, Koch, Wohltätigkeitsgala, Verbrecher, Junge, Tür, Überfall des Cowboys, Hunde, Tisch, Taxi, einige Motive sind angelehnt an Aufgaben des Wechsler Intelligenztests | --- | Produced for the MCT/Anfertigung für das MKT; © Arbeitsgruppe Neuropsychologie | --- |
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| Gabriel Rocha | www.flickr.com/photos/gabriel_rocha/553422313/ | Look at that! | CC | 02.05.2017 |

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