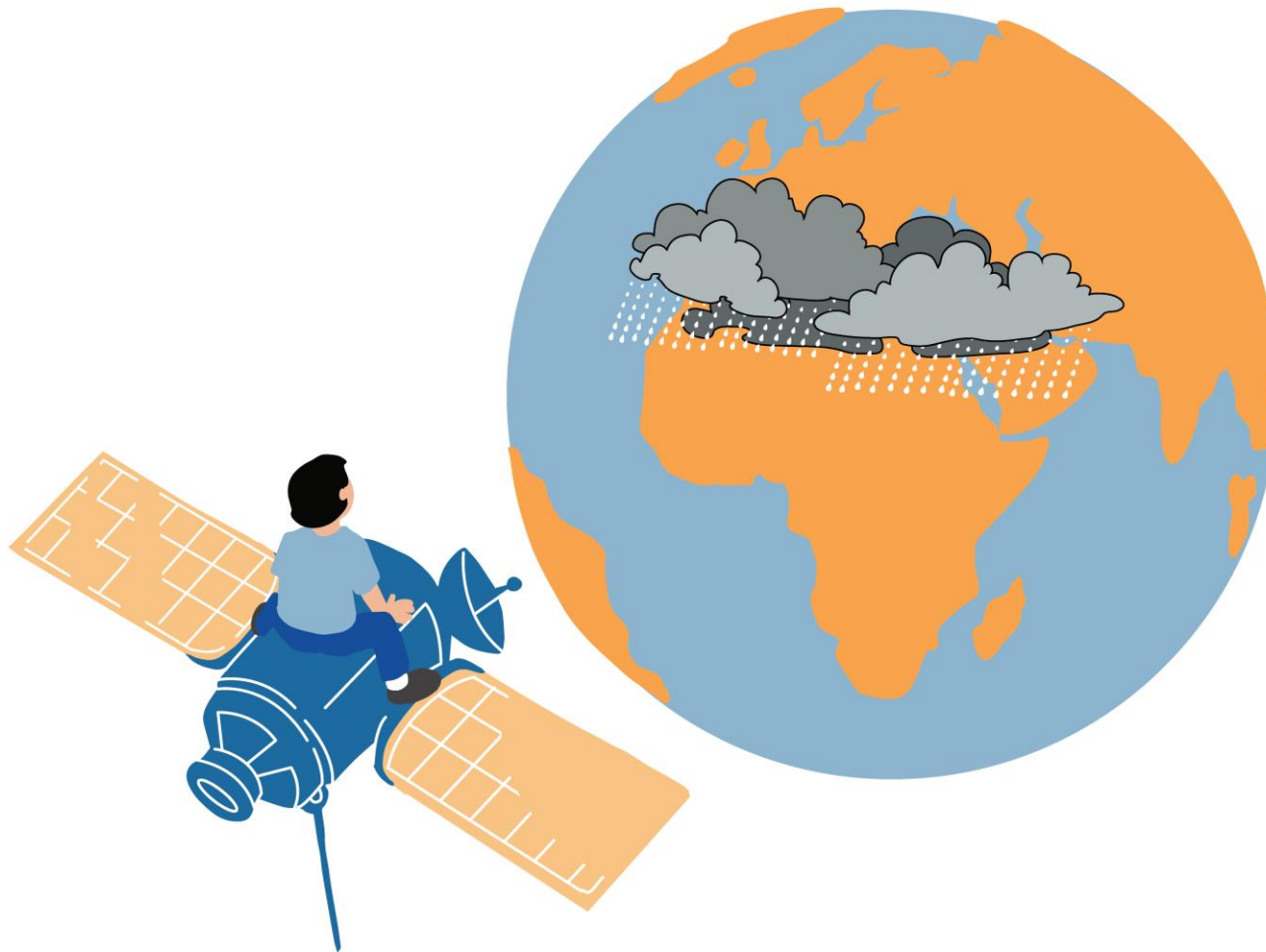




Metacognitive Training for Depression

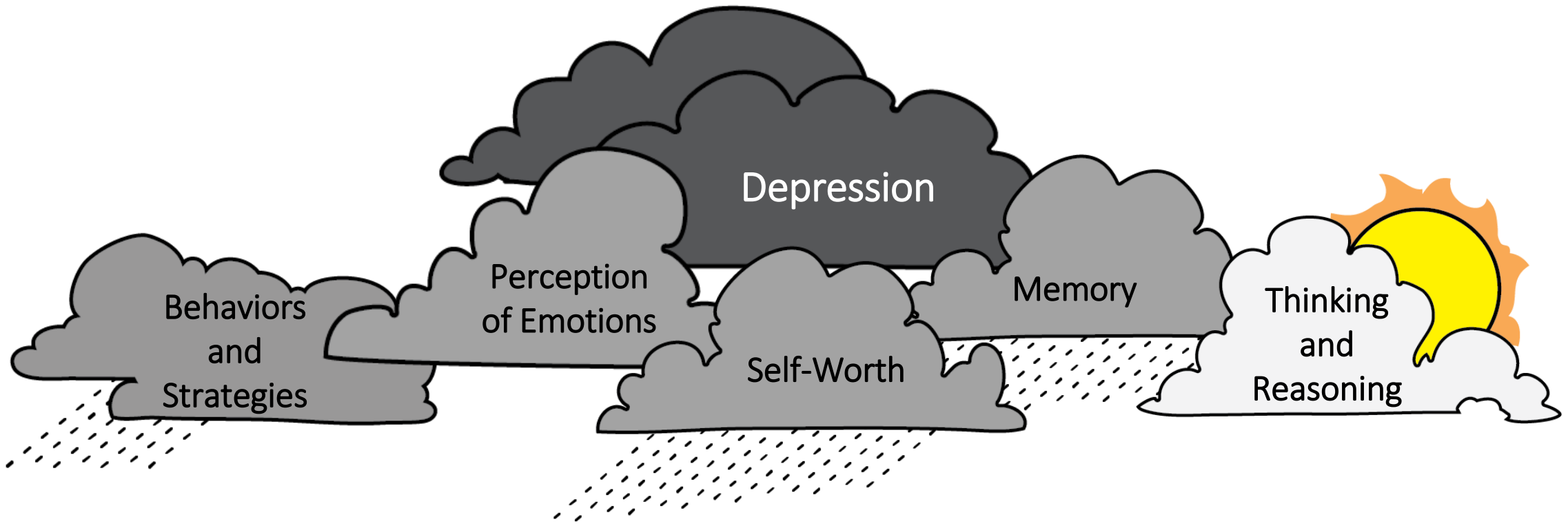


D-MCT: Satellite Position





Today's Topic





Previous session

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



Training session

D-MCT 3 – Thinking and Reasoning 2



How is “thinking and reasoning” related to depression?

- In the USA and Germany, one in five people suffers from depression at least once in their lifetime.



How is “thinking and reasoning” related to depression?

- In the USA and Germany, one in five people suffers from depression at least once in their lifetime.
- Many of them process information differently from people without depression.



How is “thinking and reasoning” related to depression?

- In the USA and Germany, one in five people suffers from depression at least once in their lifetime.
- Many of them process information differently from people without depression.
- These depressive thinking patterns are often very one-sided and are called “thought distortions.” They can contribute to the development or maintenance of depression.



Thought Distortions in Depression

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

1. “Should” Statements
2. Disqualifying the Positive





“Should” Statements

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

- Trying to push yourself by using “should”, “must”, or “have to” statements.





“Should” Statements

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

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





“Should” Statements

What would a more flexible thought be?

“Should” Statement	Flexible Thought
I should always be on time for appointments.	???



“Should” Statements

What would a more flexible thought be?

“Should” Statement	Flexible Thought
<p>I should always be on time for appointments.</p>	<p>“It's not equally important to be on time to everything. For example, it would be more important to be on time to a job interview versus a private barbecue. I try to be on time. If something comes up and I cannot do anything about it, then I can let the other person know that I will be late or can apologize once I get there.”</p>



More examples of “Should” Statements

- “You should always look well-groomed”



More examples of “Should” Statements

- “You should always look well-groomed”
- “You should always seem smart”



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



More examples of “Should” Statements

- “You should always look well-groomed”
- “You should always seem smart”
- “You should only offer guests homemade cake”
- “You should do your job perfectly”

“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”?

- Benefits?
- Costs?





Benefits of high standards?





Benefits of high standards?

- Positive feedback or recognition for special achievements can be good!





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- Possible short-term payoff (such as a salary increase, promotion, improving in a sport).





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





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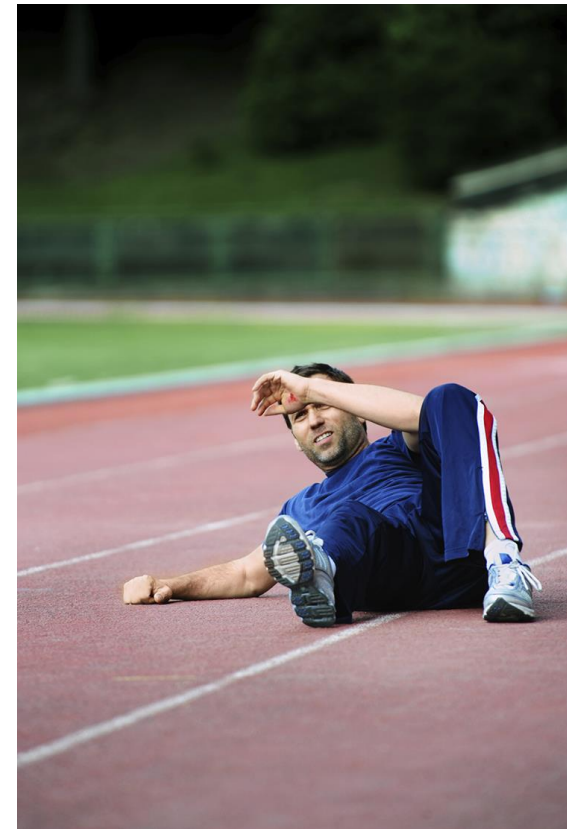
Warning: When you stop setting such high standards, you must also let go of the possible short-term benefits. This makes it more difficult to stop!

Therefore, you should consider the costs.





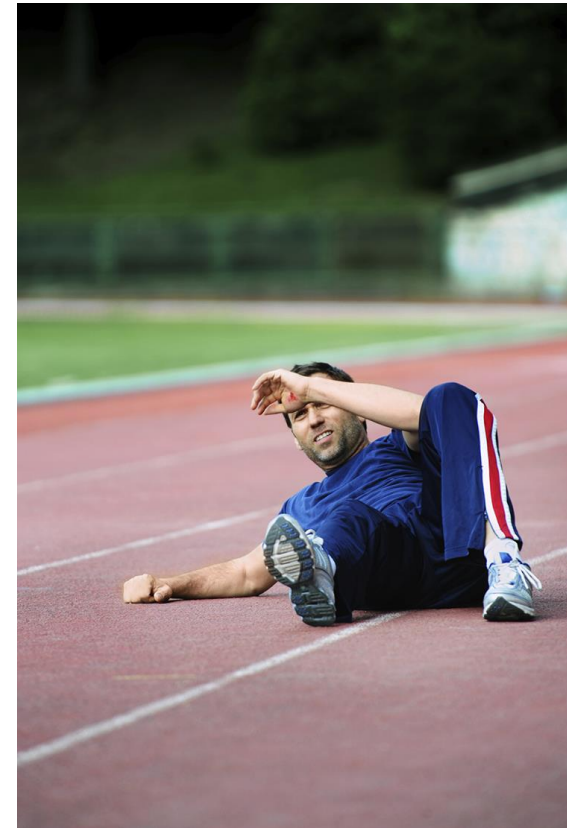
Costs of high standards?





Costs of high standards?

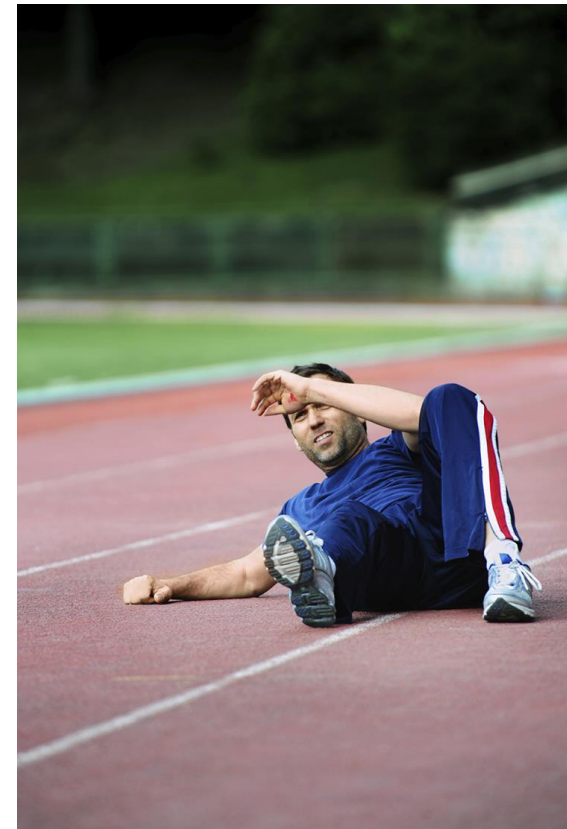
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Costs of high standards?

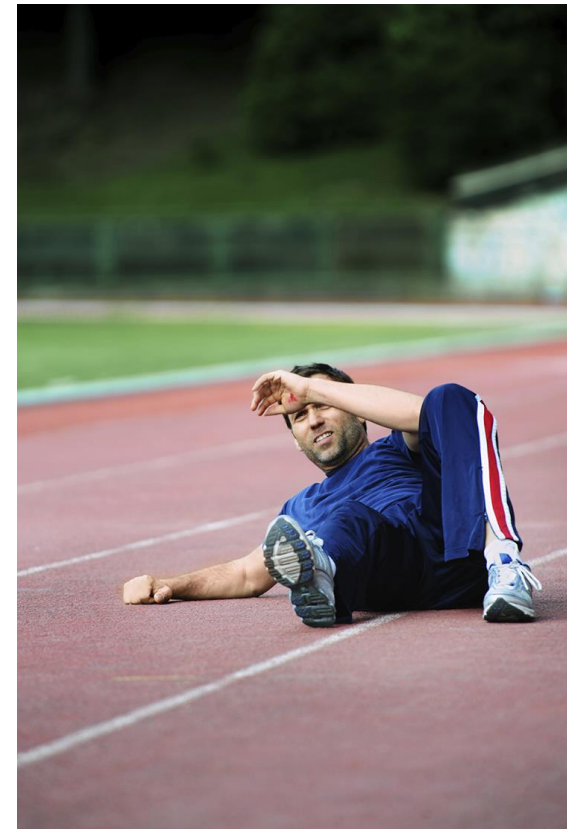
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Costs of high standards?

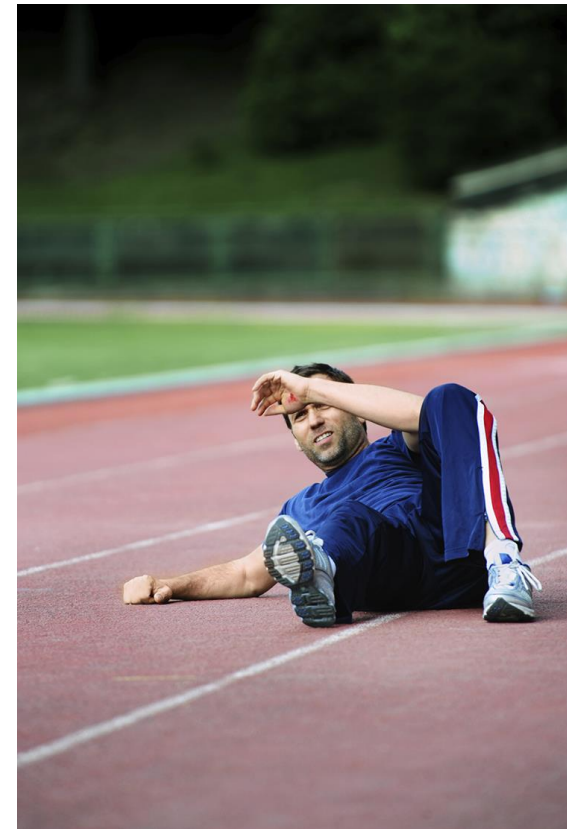
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- Expecting “one's absolute best” every day requires a lot of energy and is next to impossible





Costs of high standards?

- “Raising the bar” is often frustrating.
- “With luck and skill”, one can jump over extremely high hurdles, but it is difficult
- Expecting “one's absolute best” every day requires a lot of energy and is next to impossible
- In the long term, under permanent overload, our ability to achieve is reduced





Black-and-White Thinking

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





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- High demands and “should” statements can encourage black-and-white thinking:





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When something is not perfect (demands are not 100% fulfilled), we are convinced we have totally failed!





Black-and-White Thinking

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

- High demands and “should” statements can encourage black-and-white thinking:
When something is not perfect (demands are not 100% fulfilled), we are convinced we have totally failed!
- This is like an inner critic who wants you to believe that everything in life is only black or white.





Black-and-White Thinking

What if an expectation cannot be met?

“Should” Statement	Black-and-White Thinking
I should always be on time for appointments.	“When I can't show up on time for an appointment, I ...”



Black-and-White Thinking

What if an expectation cannot be met?

“Should” Statement	Black-and-White Thinking
I should always be on time for appointments.	“When I can't show up on time for an appointment, I shouldn't go at all.”



Black-and-White Thinking

What would a more flexible thought be?

“Should” Statement	Black-and-White Thinking
I should always be on time for appointments.	“When I can't show up on time for an appointment, I shouldn't go at all.”



Black-and-White Thinking

What would a more flexible thought be?

“Should” Statement	Black-and-White Thinking
I should always be on time for appointments.	“When I can't show up on time for an appointment, I shouldn't go at all.”



“Arriving late for an appointment happens. It's always better to go late than not go at all.”

“It's better to do something 70% rather than to 100% not do it!”



Finding the right balance!





Finding the right balance!

- Alternative: use a fair measure with realistic demands!





Finding the right balance!

- Alternative: use a fair measure with realistic demands!
- This does not mean that you should not set goals and try to avoid failing!





Finding the right balance!

- Alternative: use a fair measure with realistic demands!
- This does not mean that you should not set goals and try to avoid failing!
- Rather, find your own **personal balance**; explore your capabilities while at the same time realizing your boundaries.





Finding the right balance!





Finding the right balance!

- In the middle of depression, it can be difficult to find a fair measure.





Finding the right balance!

- In the middle of depression, it can be difficult to find a fair measure.
- For example, shopping or preparing a meal can be a huge achievement even though these activities were very easy during other periods of your life.





Disqualifying the Positive

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





Disqualifying the Positive

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

Disqualifying the positive can be indicated by the following:

1. Expecting negative feedback
2. Rejecting positive feedback





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Disqualifying the positive can be indicated by the following:

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Are you familiar with this?

Personal examples?





Expecting Negative Feedback

Example



Event	<i>Expecting negative feedback</i> Helpful thought
You are criticized!	??? ???



Expecting Negative Feedback

Example



Event	<i>Expecting negative feedback</i> Helpful thought
You are criticized!	<i>"They see through me. I am worthless."</i> ???



Expecting Negative Feedback

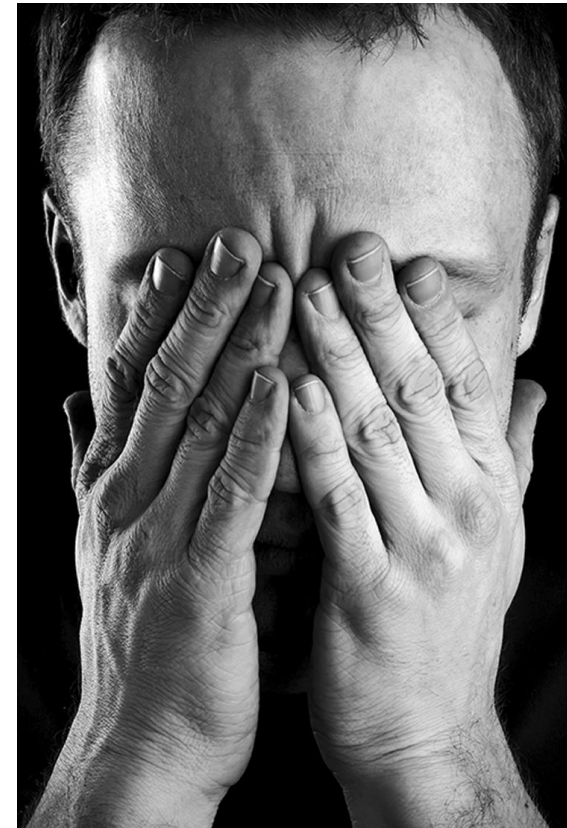
Example



Event	<i>Expecting negative feedback</i> Helpful thought
You are criticized!	<p><i>“They see through me. I am worthless.”</i></p> <p>“Maybe they had a bad day.”</p> <p>“Can I learn something from their criticism?”</p>



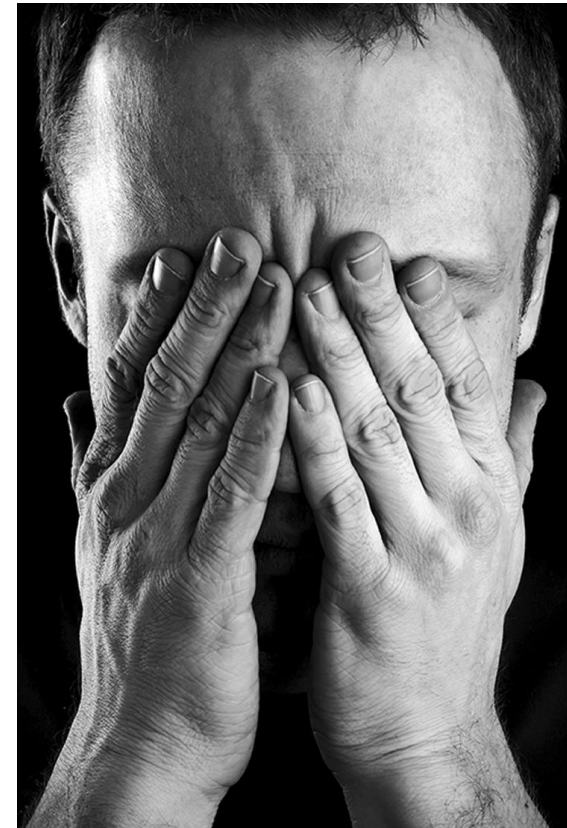
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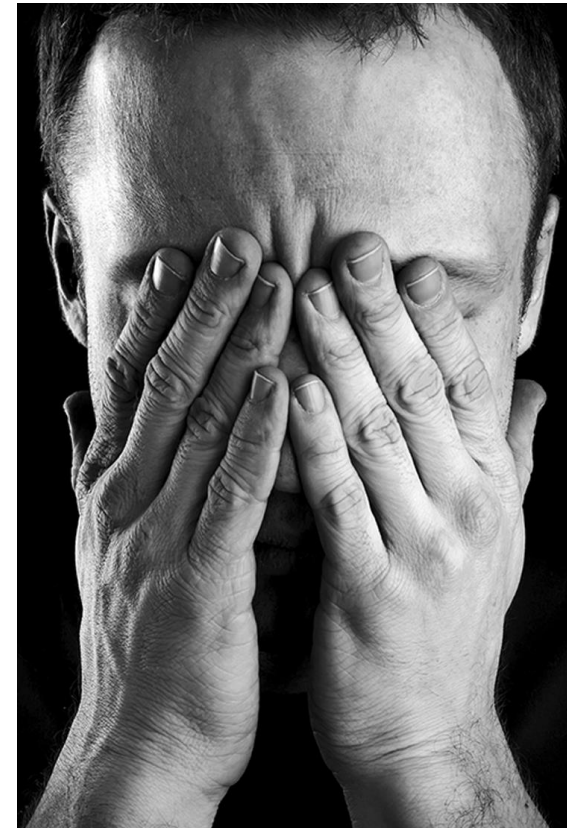
- Differentiate criticism of your behavior from criticism of you as a person.





How can I better handle negative feedback?

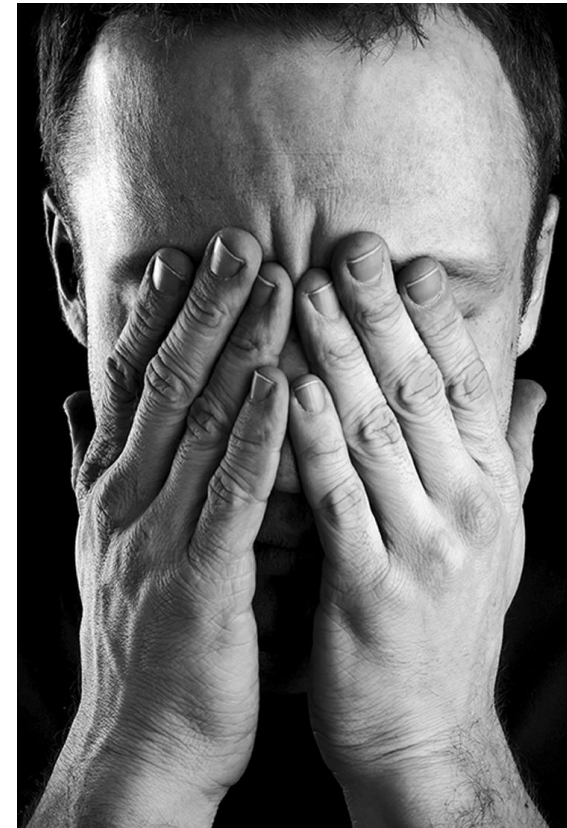
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- Avoid overgeneralizations (“Its not me—it’s my behavior!”).





How can I better handle negative feedback?

- Differentiate criticism of your behavior from criticism of you as a person.
- Avoid overgeneralizations (“Its not me—it’s my behavior!”).
- Handle criticism positively by asking what you could learn (“learn from your mistakes”).





Disqualifying the Positive

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Disqualifying the positive can be indicated by the following:

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Disqualifying the Positive

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

Disqualifying the positive can be indicated by the following:

1. Expecting negative feedback
2. Rejecting positive feedback
 - Denying positive experiences
 - Viewing positive experiences as exceptions





Rejection of Positive Feedback

Example



Event	<i>Disqualifying the Positive</i> Helpful Thought
You are praised!	<p>???</p> <p>???</p>



Rejection of Positive Feedback

What would be a more helpful assessment?



Event	<i>Disqualifying the Positive</i> Helpful Thought
You are praised!	<p><i>“They were just trying to flatter me; they weren't being honest.”</i></p> <p><i>“They are the only ones who think that.”</i></p> <p>???</p>



Rejection of Positive Feedback

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But: Accepting praise is often difficult!



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But: Accepting praise is often difficult!

How well do you accept praise?



When do you praise others?

???



When do you praise others?

- ... when someone has done something well
- ... when someone tries especially hard
- ... when you like someone
- ...



When do you praise others?

- ... when someone has done something well
- ... when someone tries especially hard
- ... when you like someone
- ... when you want to make someone happy



How can I better accept praise?

- Remember that when someone gives praise, it is usually meant as a gift and to make the other person happy!





How do you react when you receive a gift?





How do you react when you receive a gift?

- You are thankful!





How do you react when you receive a gift?

- You are thankful!
- Why?





How do you react when you receive a gift?

- You are thankful!
- Why?
- Most of the time, it's not about the gift itself but the gesture.





How can I transfer the gift metaphor to praise?

- Do not devalue the person's praise (“That's not true!”), but instead see it as a gift.
- You might even be able to thank the person.
- Do your words **match** your tone and your gestures? Pay attention to this!
- This goes also for the praise that you give yourself!





Learning Points



Learning Points

- Pay attention to “should” statements, black-and-white thinking, and disqualifying the positive in your everyday life.



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- Pay attention to “should” statements, black-and-white thinking, and disqualifying the positive in your everyday life.
- Find the right measure for your goals—be fair to yourself so that you have a chance to meet your own demands.



Learning Points

- Pay attention to “should” statements, black-and-white thinking, and disqualifying the positive in your everyday life.
- 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 these cognitive traps.



Learning Points

- Apply strategies to avoid disqualifying the positive and practice them. For example:



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Learning Points

- Apply strategies to avoid disqualifying the positive and practice them. For example:
 - Differentiate criticism of a specific behavior from criticism of you as a person.
 - Find the constructive parts of the criticism.
 - View praise as a gift.
 - Enjoy praise and do not devalue it.



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





Thank you!

