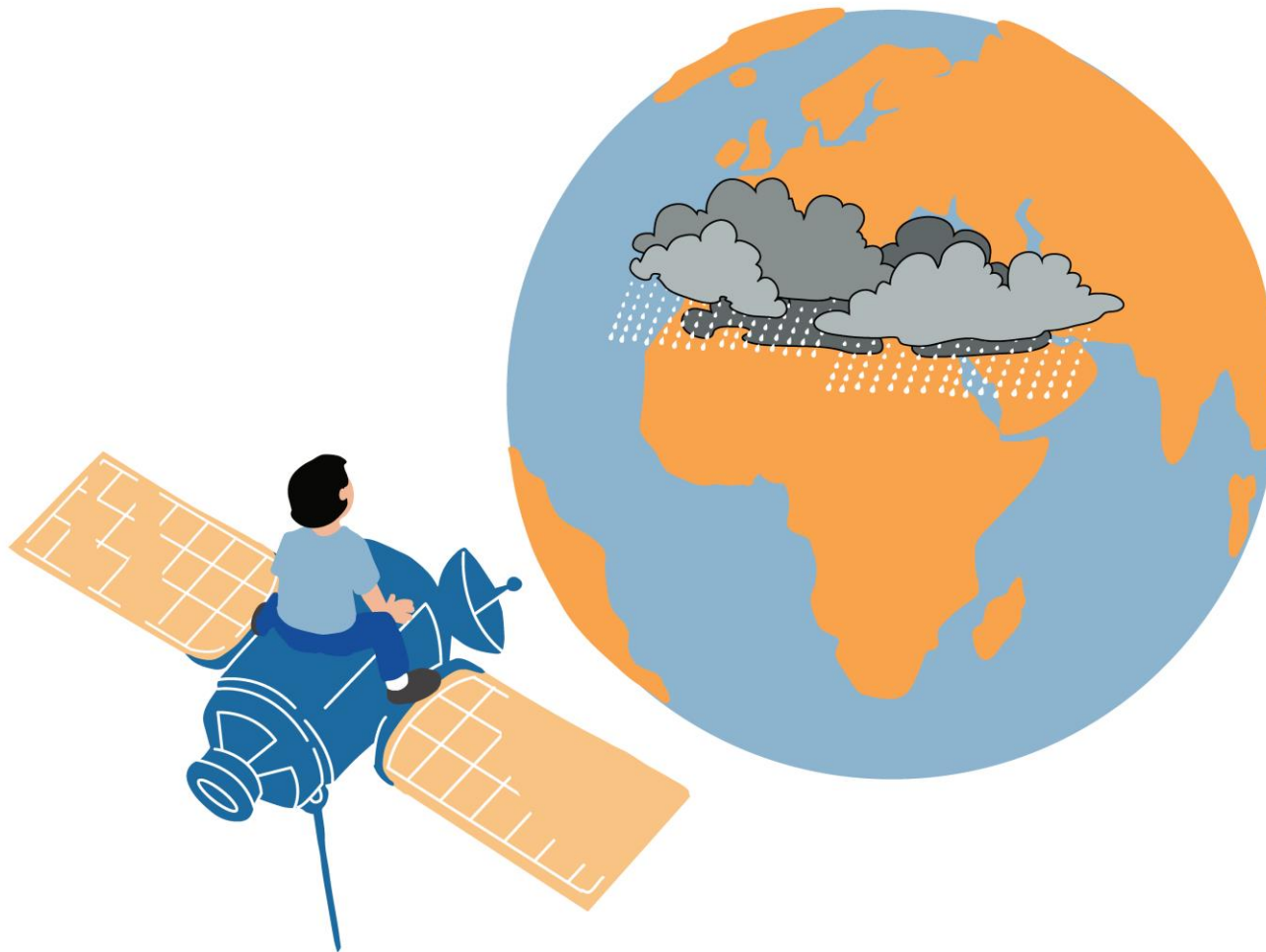




# Metacognitive Training for Depression

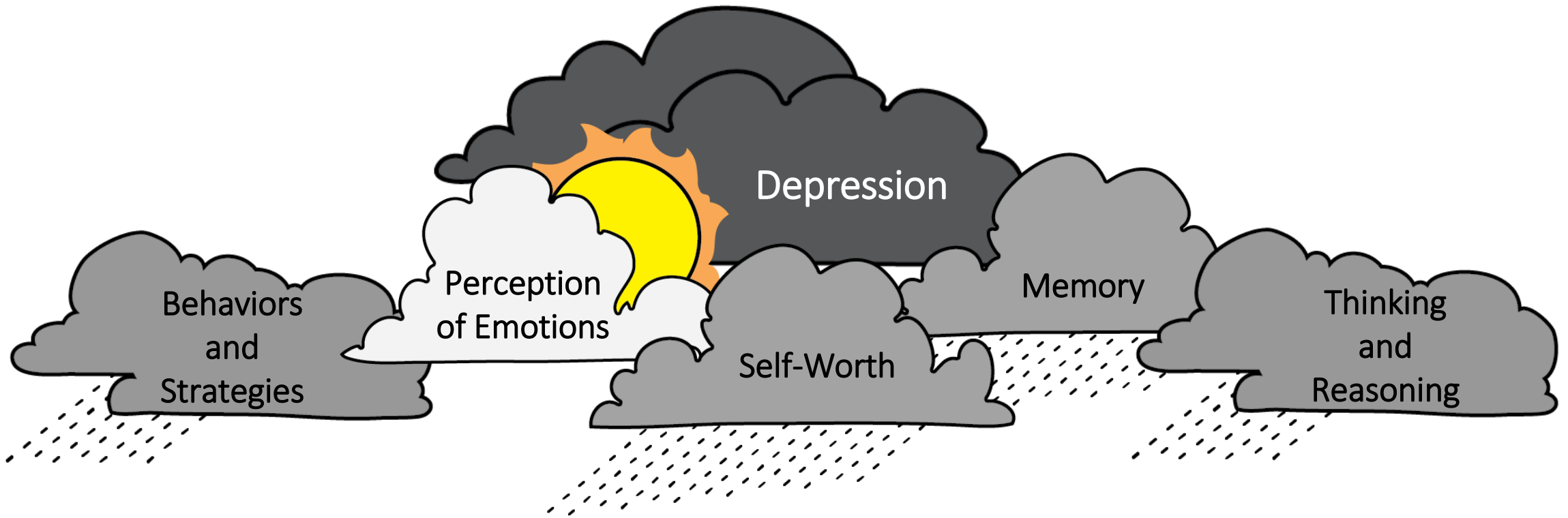


# D-MCT: Satellite Position





# Today's Topic





## Previous session

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



Training session

# D-MCT 8 – Perception of Emotions



# Perception of body language

Example: A person crosses their arms.





# Perception of body language

Example: A person crosses their arms.

*Why do you think they crossed their arms?*





# What helps answer the question?





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- Prior knowledge about the person → Does the person tend to be anxious, arrogant, nervous, etc.?



# What helps answer the question?

- **Prior knowledge about the person** → Does the person tend to be anxious, arrogant, nervous, etc.?
- **Environment/situation** → When someone crosses their arms in the winter, it's probably because they're cold!



## What helps answer the question?

- **Prior knowledge about the person** → Does the person tend to be anxious, arrogant, nervous, etc.?
- **Environment/situation** → When someone crosses their arms in the winter, it's probably because they're cold!
- **Self-observation** → When do I cross my arms? (Be careful—you can't always assume the reasons for your behaviors are the same as others'!)



# What helps answer the question?

- **Prior knowledge about the person** → Does the person tend to be anxious, arrogant, nervous, etc.?
- **Environment/situation** → When someone crosses their arms in the winter, it's probably because they're cold!
- **Self-observation** → When do I cross my arms? (Be careful—you can't always assume the reasons for your behaviors are the same as others'!)
- **Facial expressions** → Does the other person look annoyed, friendly, etc.?



# How does this relate to depression?



# How does this relate to depression?

Studies show that many people with depression ...

- have difficulty assessing the emotional expressions of others
- and tend to judge **neutral** facial expressions as **sad or disapproving**.



# Which emotions are you familiar with?



# Feelings

- Happiness
- Surprise
- Fear
- Sadness
- Anger
- Disgust
- Shame
- Guilt





# Feelings

- Happiness
- Surprise
- Fear
- Sadness
- Anger
- Disgust
- Shame
- Guilt

Basic emotions

Socially induced feelings



# Different basic emotions

## Who has which emotion?

???



???



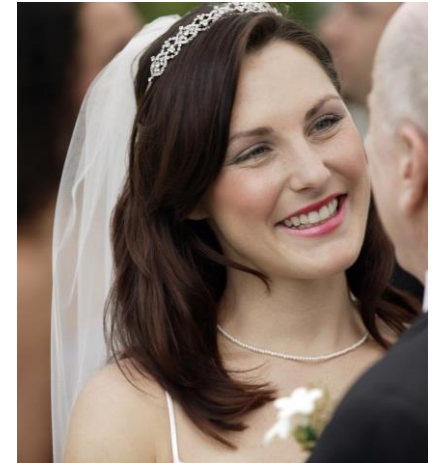
???



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# Different basic emotions

## Who has which emotion?

Sadness



Anger



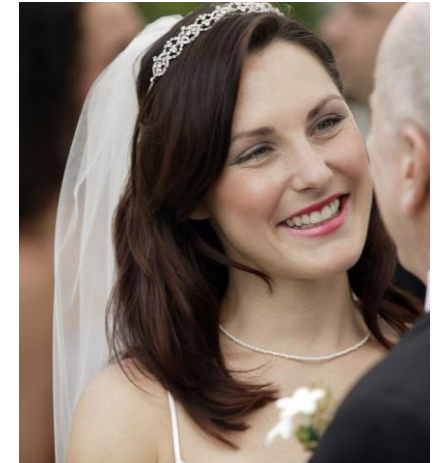
Disgust



Surprise



Happiness





# Different basic emotions

## What helped you in your assessments?

Sadness



Anger



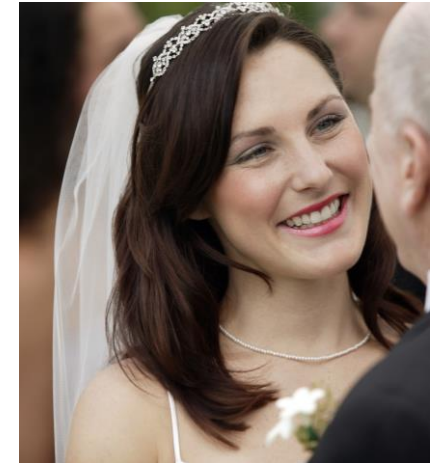
Disgust



Surprise



Happiness





# Different basic emotions

Further information (clues about the situation) can help to reveal what is going on inside someone.

Sadness



Anger



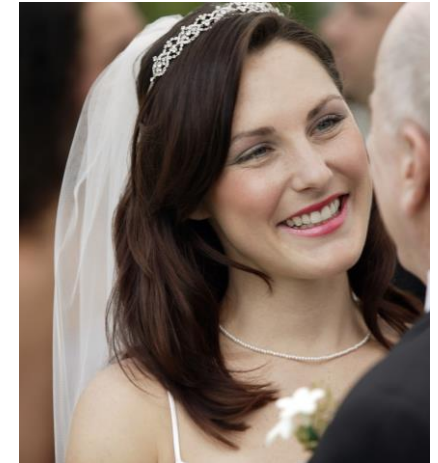
Disgust



Surprise



Happiness





1.



2.



3.



4.



5.



It is more difficult to interpret an expression when we do not know the person and do not have any other clues!



1.



2.



3.



4.



5.



It is more difficult to interpret an expression when we do not know the person and do not have any other clues!

Try to assign specific emotions to figures 1 through 5.



1.



anger

2.



surprise

3.



sadness

4.



happiness

5.



anxiety

It is more difficult to interpret an expression when we do not know the person and do not have any other clues!

Try to assign specific emotions to figures 1 through 5.





1.



anger

2.



surprise

3.



sadness

4.



happiness

5.



anxiety

It is more difficult to interpret an expression when we do not know the person and do not have any other clues!

It becomes even more difficult when the feelings are less intense!



# Exercise

You will be shown parts of a picture and possible interpretations.

Which of the four interpretations do you think is the most probable?



1. Man trying to solve a puzzle.
2. Man playing music passionately.
3. Man upset about a bill.
4. Man grieving the death of his pet.

*Cropped photo!*





1. Man trying to solve a puzzle.
2. Man playing music passionately.
3. Man upset about a bill.
4. Man grieving the death of his pet.

Concentration!





1. Man swinging a punch.
2. Man who's just caught a big fish.
3. Man posing for a photo with friends.
4. Man disgusted by an animal carcass.

*Cropped photo!*





1. Man swinging a punch.
2. Man who's just caught a big fish.
3. Man posing for a photo with friends.
4. Man disgusted by an animal carcass.

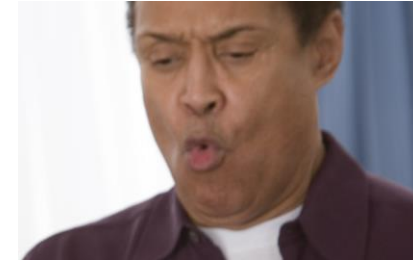
Proud!





1. Man alarmed by a bloody finger.
2. Man upset about spilled coffee.
3. Man excited about a birthday cake.
4. Man shocked by a message.

*Cropped photo!*





1. Man alarmed by a bloody finger.
2. Man upset about spilled coffee.
3. Man excited about a birthday cake.
4. Man shocked by a message.

Happiness!







1. Man shocked by a motor-vehicle accident.
2. Man pleased by a surprisingly good offer.
3. Man admiring a magician performing on the street.
4. Man angry about his boxed-in car.

*Cropped photo!*





1. Man shocked by a motor-vehicle accident.
2. Man pleased by a surprisingly good offer.
3. Man admiring a magician performing on the street.
4. Man angry about his boxed-in car.

Surprise!





# First conclusions!

- Facial expressions and gestures are not always easy to interpret!



## First conclusions!

- Facial expressions and gestures are not always easy to interpret!
- Sometimes a disease (e.g., Parkinson's disease) or substance (e.g., Botulinumtoxin/Botox<sup>®</sup>, antipsychotics) can lead to reduced facial expressions. This makes it even more difficult to draw clear conclusions about the person's emotional life.



## First conclusions!

- Facial expressions and gestures are not always easy to interpret!
- Sometimes a disease (e.g., Parkinson's disease) or substance (e.g., Botulinumtoxin/Botox<sup>®</sup>, antipsychotics) can lead to reduced facial expressions. This makes it even more difficult to draw clear conclusions about the person's emotional life.
- Additional knowledge about the person should be consulted before facial expressions and gestures can be interpreted with certainty.



Imagine you enter a bank and meet the following consultant:





# You may assess the situation based on your mood



Your mood is:

Possible thoughts:



happy



sad



angry



# You may assess the situation based on your mood



Your mood is:



happy

Possible thoughts:

*He looks nice. Let's hear his advice.*



sad

*He is so young and already so successful. I'm sure he thinks I am ridiculous.*



angry

*He knows that he can sell me anything. He wants to rip me off.*





## Second conclusions

- Studies show that your own mood influences how you interpret the facial expressions and gestures of others!





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- When we are depressed, we often assume that others are rejecting us (“reading negative thoughts of others”).





## Second conclusions

- Studies show that your own mood influences how you interpret the facial expressions and gestures of others!
- When we are depressed, we often assume that others are rejecting us (“reading negative thoughts of others”).
- We often do not see emotional signals through “rose-colored glasses” but instead interpret them through gray lenses.





# What are feelings actually good for?

???





# What are feelings actually good for?



## 1. Feelings are used for communication

- Feelings are shown in facial expressions. They often convey information faster than words, sometimes even before we are consciously aware of them (“gut instinct”).



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## What might a dejected expression signal to myself or others?

- Others: ???
- Self: ???



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## 1. Feelings are used for communication

- Feelings are shown in facial expressions. They often convey information faster than words, sometimes even before we are consciously aware of them (“gut instinct”).

## What might a dejected expression signal to myself or others?

- **Others:** you need help
- **Self:** I am exhausted, overworked, dealing with unresolved conflicts



# What are feelings actually good for?



2. Emotions prepare us for **action**.

- They allow us to act quickly in important situations without having to think about it.





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Can dejection also cause positive behavior?

- ???



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2. Emotions prepare us for **action**.

- They allow us to act quickly in important situations without having to think about it.

Can dejection also cause positive behavior?

- Withdrawal (wound licking)
- Removing oneself from an overwhelming situation and taking time to recharge
- Giving up unattainable and unrealistic goals



# What are feelings actually good for?



3. Emotions ensure that we feel **alive**!

- Without negative feelings, we would not have any positive ones!



# Do our emotions always reflect reality?





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- No, our emotions are not always “correct”!





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  - When I feel worthless, that does not mean I am worthless!





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- No, our emotions are not always “correct”!
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  - Sometimes, our feelings are not reliable!





# Do our emotions always reflect reality?

- No, our emotions are not always “correct”!
  - When I feel worthless, that does not mean I am worthless!
  - Sometimes, our feelings are not reliable!
- People with depression tend to use “emotional reasoning”, which means that they believe their negative feelings express exactly what is really happening (“I feel unloved—so no one loves me!”).







# Learning Points



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- Behavior that accompanies emotions is very efficient. It has many functions and is important for survival.



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- But emotions are not always “facts.” Just because I feel rejected, that does not mean that I actually am rejected.



## Learning Points

- Behavior that accompanies emotions is very efficient. It has many functions and is important for survival.
- But emotions are not always “facts.” Just because I feel rejected, that does not mean that I actually am rejected.
- Other people’s facial expressions and gestures are important clues to their emotions. However, we can be misled!



## Learning Points

- To assess other people, consider other information in addition to their facial expressions (previous knowledge of the person, the actual situation, etc.), or ask them what they're feeling.



## Learning Points

- To assess other people, consider other information in addition to their facial expressions (previous knowledge of the person, the actual situation, etc.), or ask them what they're feeling.
- Your own mood has a large impact on how you perceive the world around you.



## 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!

