



MCT master-class 2018: Manchester

We will start a new MCT Masterclass program in Manchester 2018. MCT master-class is a training program for therapists arranged by the Metacognitive Therapy Institute^(TM) in Manchester/Trondheim.

MCT Master-class aims to provide state-of-the-art training for clinicians or specialists to develop a high level of competency in MCT. By completing the program you will be licensed as a MCT registered therapist^(R) by MCT Institute Ltd^(TM).

Dr. Adrian Wells and Dr. Hans M Nordahl are responsible for the program. In addition our colleagues will be assisting in the supervision and management of the training. All supervisors have been trained in MCT and work as clinicians and supervisors.

The training will run in 2018 and 2019 and will be held in Manchester, UK. The supervision process will be aided by a supervision log and implemented via email. Group supervision will be provided at the workshops. The dates for 2019 have yet to be finalised but will be provided by summer 2018. The dates and venues for 2018 are as follows:

| <i>Block</i> | <i>Content</i> | <i>Coaches</i> | <i>Venue</i> | <i>Dates</i> |
|--------------|----------------------------------|----------------|-------------------------------|-------------------|
| Block 1: | MCT: Theory and treatment | Wells/Nordahl | Freemasons Hall Manchester | 3-4 October 2018 |
| Block 2: | MCT of GAD | Wells/Nordahl | Freemasons Hall Manchester | 5-6 December 2018 |
| Block 3: | MCT of Social phobia and APD | Wells/Nordahl | Freemasons Hall Manchester | February 2019 |
| Block 4: | MCT of PTSD and traumatic stress | Wells/Nordahl | Freemasons Hall Manchester | June 2019 |

You will have a study partner, whom is a collaborator and a training buddy. Your buddy is one of the other colleagues at the MCT Master-class, and the two of you will work as a team encouraging and supporting each other's personal and professional growth. On the first gathering in Manchester you will meet your selected training buddy.

The workshops will be in MANCHESTER, at the **Free Masons Hall**

The address is: 36 Bridge Street, Manchester, Greater Manchester M3 3BT. This is in the city centre. The dates are 3-4 October 2018. A map and directions will follow.

You will be notified and directed to all the workshops and venues in due time. You must book your own travel arrangements, but you can use our conference organiser to book everything and to invoice you on afterwards.

Terms & conditions

Attendance: All participants must attend at least 6 workshops in order to get the course accepted. In addition every participant must submit a video tape of an MCT session at the mid-point of training for feedback and evaluation by your designated buddy. The videotape recordings can be in the language in which you agree with your appointed buddy. All participants will get a supervisor, who monitors and supports the candidate in his or her training through the log supervision.

Fees: The fee for participation is GBP 4.950 for the whole program. This includes the workshops, supervision, equipment, handouts and materials provided at the venues. The fee should be paid in one or two instalments. The payment must be made before the commencement of the first workshop, and the second instalment must be made within 1st January 2020. If you need other arrangements for payment then please contact Dr. Nordahl or Dr. Wells. Our secretary will send you an invoice for the fee in due time. If you want a specific invoice address, please send an e-mail to hmor-n@online.no

Cancellation: The MCT-Institute cannot take any responsibility for cancellations on behalf of the participants, regarding hotels, flights or personal expenses. If for any reason participants have to discontinue the course then 50 per cent of the fee will remain payable to MCTI.

Ethical conduct and intellectual property: The participant needs to pay close attention to and maintain ethical codes of conduct throughout the course of training. Knowledge shared about patients and other therapists during training must be treated responsibly and with due care and consideration. Patient-related material is confidential and must not be communicated to other people. Also there are rules to prevent violation of the intellectual property of materials provided at the masterclass. Any violation of these requirements will lead to the termination of the candidate's training within the MCT Master-class and may be taken further.

Other information

Times for lectures and supervision: The teaching day usually runs from 10.00am to 5.00pm on day 1 of the workshop and on day 2 from 09.00 am to 4.00 pm.

Other expenses: Expenses such as travel and accommodation and lunches and beverages' must be covered by the participant.

Main Texts for the Master-class:

Wells, A. (2009). Metacognitive Therapy for Anxiety and Depression. Guilford

Fisher, P & Wells, A. (2009). Metacognitive Therapy: Distinctive Features. Routledge

In addition a list of articles and references will be provided at the first workshop.

**Language**

The MCT Masterclass is an international training program so the official language for the teaching and supervision is English.

Web address

The best way to access literature lists, updates and test materials is through the Internet link: www.mct-institute.com .

How and when to apply

To be eligible for this program you must be a therapist and treat patients during the course of the program.

To apply you can enclose your CV (max 3 pages) with description of your clinical experience and contact address. The application should be addressed by e-mail to:

Dr. Hans M Nordahl (hmor-n@online.no).

Applications should be received by 1. September 2018.

Trondheim /Manchester,

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