

## MCT Masterclass with Adrian Wells and Hans M Nordahl Hannover, Germany

Starting in March 2019 Prof. Adrian Wells and Prof. Hans M Nordahl will provide MCT masterclass in Hannover, Germany, once again. This training program is arranged by the Metacognitive Therapy Institute in Manchester in cooperation with the MCT Institute-German Branch.

Metacognitive Therapy (MCT) is an innovative system of evidence based psychotherapy, which can be used treating a whole range of disorders. It is a treatment manual for some of the specific mental disorders, such as:

- Posttraumatic-Stress-Disorder
- Chronic depression
- General anxiety disorder
- Obsessive-compulsive disorder
- Social phobia disorder
- Borderline personality disorder
- Psychotic disorders

The training will run in 2019 and 2020 and will be held in Hannover, Germany. There will be individual supervision of cases on a regular basis with our nominated supervisors, who are experts in MCT. The supervision process is aided by a supervision log implemented via email. Workshops will be held four times a year. You will learn how to apply MCT to a variety of specific disorders. The schedule for the 1<sup>st</sup> year is the following:

### Content of the workshops:

<i>Block</i>	<i>Content</i>	<i>Coaches</i>	<i>Date</i>
1:	MCT: theory and treatment	Wells/Nordahl	04.-05. March 2019
2:	MCT of GAD	Wells/Nordahl	03.-04. June 2019
3:	MCT of Social Phobia and APD	Wells/Nordahl	02.-03. September 2019
4:	MCT of PTSD and traumatic stress	Wells/Nordahl	25.-26. November 2019
5:	MCT of OCD	Wells/Nordahl	March 2020
6:	MCT of Chronic Depression	Wells/Nordahl	June 2020
7:	MCT of Borderline PD	Nordahl/Wells	September 2020
8:	MCT of Psychosis	Wells/Nordahl	November 2020

**Certificate:** For a certificate of attendance 6 workshops need to be attended. Those who in addition successfully pass the supervision will achieve the ‚level-1-diploma‘.

**Fees:** The fee of € 5250 includes all workshops, supervision, handouts and materials, lunches and beverages.

**Supervision:**

For individual supervision you will exchange standardized logs with your supervisor.

**Language**

The MCT masterclass is an international training program. The official language for teaching and supervision is English.

**Further information:**

- The teaching day usually runs from 10.00am to 5.00pm on day 1 of the workshop and on day 2 from 09.00am to 4.00 pm
- The masterclass will take place at a hotel in Hannover. You will get more details with your application.
- We kindly ask you to make your own travel and accommodation arrangements. Usually we have reservations for hotel rooms which you can book. Further information will be given with your application.
- The best way to reach literature and materials is: [www.mct-institute.com](http://www.mct-institute.com)
- The German branch of the MCT-I helps to coordinate the masterclass in Hannover: [www.mct-institut.de](http://www.mct-institut.de) in cooperation with the medical school Hannover.

**Application: how and when**

To apply please send a short CV (3 pages max.) in English including information about your clinical experience and a contact address to: [Winter.Lotta@mh-hannover.de](mailto:Winter.Lotta@mh-hannover.de). As places are limited applications will be considered in the order of their arrival.

**Deadline for applications is: 1. February 2019**

**Questions or further information:**

You have questions or need further information? We are here to help! Please contact:  
Dr. Lotta Winter: [Winter.Lotta@mh-hannover.de](mailto:Winter.Lotta@mh-hannover.de)

