

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 1st 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
- The German branch of the MCT-I helps to coordinate the masterclass in Hannover: 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. 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

