



## MCT Masterclass 2019-2021, Copenhagen

Welcome to the MCT Master-class training program 2019. MCT Master-class aims to provide state of the art training for clinicians or specialists to develop a high level of competency in MCT.

This training program is arranged by the Metacognitive Therapy Institute in Manchester and the MCT Institute, Danish Branch.

Dr. Adrian Wells and Dr. Hans M Nordahl are responsible for the program. In addition, our affiliates of MCT-I, who will provide supervision and management of training. The supervisors are experienced clinical psychologists and have been trained in MCT and work as clinicians and supervisors in health and academic settings.

The training will run in 2019 (2 workshops), 2020 (4 workshops) and 2021 (2 workshops). These will be held in Copenhagen, Denmark. 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 such as; anxiety disorders, chronic depression, personality disorders and psychotic symptoms. The schedule for the 8 blocks are the following:

<i>Block</i>	<i>Content</i>	<i>Coaches</i>	<i>Venue</i>	<i>Dates</i>
Block 1:	MCT: Theory and treatment	Wells/Nordahl	Copenhagen	23-24 September 2019
Block 2:	MCT of GAD	Wells/Nordahl	Copenhagen	9-10 December 2019
Block 3	MCT of Social phobia and APD	Wells/Nordahl	Copenhagen	March 2020 (tbc)
Block 4:	MCT of PTSD and traumatic stress	Wells/Nordahl	Copenhagen	June 2020 (tbc)

Block 5:	MCT of OCD	Wells/Nordahl	Copenhagen	September 2020 (tbc)
Block 6:	MCT of Chronic depression and MDD	Wells/Nordahl	Copenhagen	November 2020 (tbc)
Block 7:	MCT of Borderline personality disorder	Nordahl/Wells	Copenhagen	March 2021 (tbc)
Block 8:	MCT of psychotic symptoms and summary	Wells/Nordahl	Copenhagen	May/June 2021 (tbc)

### Terms & conditions

Attendance and Assessments: 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. The evaluation is

undertaken by your buddy on the basis of a competency rating scale. Participants are also expected to attend the group supervision sessions with the expert supervisor that are held at the training workshops. It is a course requirement that participants submit a minimum of 10 completed supervision logs that have been implemented by email before they can have the course accepted.

Level 1 diploma: Two levels of acceptance are available as exit awards from the programme. For those who do not complete the minimum required supervision but otherwise meet course requirements a 'certificate of attendance' is awarded. The full award is a 'level 1 diploma.' The level 1 diploma leads to eligibility for MCT-I registration and the benefit of being MCT-I recommended as a basic level MCT practitioner.

Fee: The fee for participation is (4.950 GBP) for the whole program. This includes the workshops, supervision, equipment, handouts and materials provided at the venues. The fee can be paid in two or more instalments. Expenses such as travel and accommodation and some lunches and beverages' must be covered by the participant. Any special preferences should be addressed to our organizer.

Ethical conduct: All participants are required to pay close attention to the ethical codes of conduct during their 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. Any violation of this requirement will lead to the termination of the candidate's training within the MCT Master-class.

## **Language**

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

