



## MCT Masterclass 2025 Hamburg

Welcome to the MCT Master-class training program in Hamburg 2026. 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 two-years education in MCT is arranged by the Metacognitive Therapy Institute in Manchester/Trondheim and Dr. Adrian Wells and Dr. Hans M Nordahl are responsible for the program. In addition, our affiliates of MCT Institute in Germany will also provide supervision and management of training.

The training will run from 2025 and 2026/2027 and will be held in central Hamburg, Germany. There will be individual supervision of cases on a regular basis with our nominated supervisors, who have extended training and experience in MCT. The supervision process is aided by a supervision log implemented via email.

There will be 8 two-days workshops and they will be arranged 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 workshops in 2025 and 2026 are the following. (Any changes will be announced at least 1 month ahead of the scheduled date).

| <i>Block</i> | <i>Content</i>                | <i>Venue/Place</i> | <i>Dates</i>         |
|--------------|-------------------------------|--------------------|----------------------|
| Block 1:     | MCT: Theory and treatment     | Hamburg            | 1-2 October 2025     |
| Block 2:     | MCT of GAD                    | Hamburg            | 19-20 November 2025  |
| Block 3      | MCT of Social phobia and APD  | Hamburg            | 11-12 March 2026     |
| Block 4:     | MCT of PTSD/traumatic stress  | Hamburg            | 24-25 June 2026      |
| Block 5:     | MCT of OCD                    | Hamburg            | 16-17 September 2026 |
| Block 6:     | MCT of Chronic depression     | Hamburg            | 4-5 November 2026    |
| Block 7:     | MCT of Borderline personality | Hamburg            | 2027 (tbc)           |
| Block 8:     | MCT of Psychosis              | Hamburg            | 2027 (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 the MCT competency scale. Participants will receive supervision when doing the exercises in the 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 will be awarded 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' and requires to be present in 6 of 8 workshops and get 10 logs approved by supervisor and also do the video-feedback with the appointed buddy. The level 1 diploma leads to eligibility for MCT-I registration and the benefit of being MCT-I recommended as an authorized MCT practitioner and can use the title "MCTI-registered Therapist™"

**Fee:** The fee for participation is 4900 euros for the whole program. This includes the workshops, supervision, equipment, handouts and materials provided at the venue. The fee can be paid in two or four instalments. Expenses such as travel and accommodation must be covered by the participant. Any special dietary preferences regarding the lunches should be addressed to us before the commence of the training.

**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. You will receive more information about ethics in the first workshop.

## **Language**

The MCT Masterclass is an international training program so the official language for the teaching is English. The logs and feedback on the logs can be in German.

## **Web address:**

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

## **Qualifications for the program:**

The applicant must be an authorised health personell, either bachelor or master degrees, and have experience as a therapist. In addition, the applicant must work with clients during the masterclass, in order to work on the logs during training.

## **How and when to apply**

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 [email@mct-institut.de](mailto:email@mct-institut.de)

## **Applications should be received by 1. September 2025**

For more information contact: [email@mct-institut.de](mailto:email@mct-institut.de)

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Psych. Clin Morten Kaletsch