

Welcome to the MCT Master-class


MCT Master-class aims to provide state of the art training for clinicians or specialists to develop a competency in MCT and achieve the title: MCT registered therapist™

This training program is arranged by the Metacognitive Therapy Institute in Manchester/Trondheim and it is Dr. Adrian Wells and Dr. Hans M Nordahl, whom are responsible for the program.

In addition, our affiliates of MCT-Institute Ltd will provide supervision and management of training. The supervisors are experienced clinicians, who have been trained in MCT and work as clinicians and supervisors in health and academic settings.



Block:	Content:	Dates
B1	MCT: Theory and treatment	7-8 October 26
B2	MCT for GAD	9-10 Decem 26
B3	MCT for Social phobia and APD	20-21 January 27
B4	MCT for PTSD and traumatic stress	21-22 April 27
B5	MCT for OCD	23-24 June 27
B6	MCT for Chronic depression	8-9 Septemb 27
B7	MCT for Borderline personality disorder	17-18 Novem 27
B8	MCT for Psychosis	8-9 Decem 27

Venue: Online via Zoom 
Presenters: Wells / Nordahl
Language: English



During 2026/2027



Two-days online workshops via Zoom



Individual log supervision by experts in MCT



The supervision process is aided by a supervision log implemented via email



Learn how to apply MCT to a variety of specific disorders

Applications should be received by

1st of September 2026

Resources

Literature lists, updates and test materials: <https://mct-institute.com>

How to apply:

Enclose your CV (max 3 pages) with description of your clinical experience, name and contact address.

The application should be addressed to Dr. Hans Nordahl: hans@mct-online.org



Price: 3980 GBP

Includes:

- All workshops
- Supervision throughout the course
- All equipment needed
- Handouts and workshop material

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.

The fee can be paid in two or three instalments. Other expenses must be covered by the participant.

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. 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. 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 online-attendance will be listed at every workshop. 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.