



## Masterclass Metacognitive Therapy - Stockholm 2020

You are invited to participate in MCT Masterclass in Stockholm Sweden 2020. MCT masterclass is a training program for therapists arranged by the Metacognitive Therapy<sup>(R)</sup>Institute in Manchester/Trondheim in collaboration with the Swedish branch of MCT Institute.

MCT Master-class aims to provide state-of-the-art training for clinicians to develop a high level of competency in MCT. In completing MCT masterclass you will be licensed as a **MCT-Institute® registered therapist**. This is a protected title showing that you have the certified training in MCT by MCT Institute® Ltd <sup>(TM)</sup>

Dr. Adrian Wells and Dr.Hans M Nordahl are responsible for the program. In addition, some of our colleagues in Sweden and Norway will be assisting in the supervision and management of the training. All supervisors have been trained in MCT and work as experienced clinicians and supervisors.

The training will run in 2020-2022 and consists of 8 workshops with log-supervision. All workshops will be held in the city centre of Stockholm. The supervision process will be aided by a supervision logs and implemented via email. The dates for 2021 have yet to be finalised but will be provided in September 2020. The dates and venues for 2020 are as follows:

Block 1:	MCT: Theory and treatment	Wells/Nordahl	Stockholm	23-24 September
Block 2:	MCT of GAD	Wells/Nordahl	Stockholm	2-3 December
Block 3	MCT of Social phobia and APD	Wells/Nordahl	Stockholm	March 2021 tbc
Block 4:	MCT of PTSD and trauma	Wells/Nordahl	Stockholm	June 2021 tbc
Block 5	MCT of OCD	PapaGeorgiou	Stockholm	September 2021 tbc
Block 6	MCT of Chronic depression	Wells/Nordahl	Stockholm	November 2021 tbc
Block 7	MCT of Borderline spectrum Dis	Nordahl/Wells	Stockholm	March 2022 tbc
Block 8	MCT for psychotic distress	Wells/Nordahl	Stockholm	June 2022 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 (study partner) on the basis of MCT competency rating scale. It is a course requirement that participants submit a minimum of 10 completed supervision logs that have been implemented by email during the 2 years training 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.

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.

## **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 Gøran Parment (email: [goran@parment.nu](mailto:goran@parment.nu)). The application should be received by 1. August 2020

For more information about the program, please contact: Peter Myhr, psychologist consult. ([petermyhr@me.com](mailto:petermyhr@me.com)) or Gøran Parment, psychologist consult. [goran@parment.nu](mailto:goran@parment.nu)