



[MCT-Institute.ldt.uk]

## *Metacognitive Therapy: Masterclass*

MCT masterclass is a training program at the Metacognitive Therapy Institute based in Manchester. Dr. Adrian Wells and Dr. Hans M Nordahl are responsible for the program. The training will be held both in Manchester and in Oslo/Trondheim.

The purpose of this training program is to provide opportunities for experienced CBT clinicians or specialists to achieve a high competency (specialist level) in MCT and CBT.

MCT masterclass is intended to be a highly needed supplement to the existing programs run by the NFKT and other institutions in Norway. The program will offer cutting edge clinical updates, advancing and refining clinical knowledge and skills (participants will already have reached the standards required for practicing as a CBT therapist). To foster a network of highly specialised professionals from a range of backgrounds with a common interest in MCT/CBT that can encourage and support each other's personal and professional growth.

### **Objectives**

At the completion of the training program therapists will:

1. Acquired and refined skills of assessment and interviewing in MCT/CBT
2. Have a basic knowledge of empirical background to this approach
3. Have developed skills in metacognitive case-formulation
4. Be able to administer MCT for a wide range of disorders
5. Be able to use metacognitive techniques, such as ATT, Detached mindfulness and PETS

### **Course format**

The course is taught twice every semester, in all 8 workshops over about 24 months. Teaching is organised in blocks of 2-3 days. In addition, participants will need to set aside 2 hours per week throughout the course as time for private study of relevant literature. This is crucial to meeting the demands of the course.

### **Supervision**

During the program peer-supervision is compulsory on at least one session on a monthly basis. This will happen in groups of four and will be organised in the first workshop. An important tool in the peer- supervision is video feedback and the discussions.

## Content in each workshop

<i>Block</i>	<i>Content</i>	<i>Coaches</i>	<i>Venue</i>	<i>Date</i>
Block 1:	MCT: Theory and treatment	Wells/Nordahl		
Block 2:	MCT of Social phobia	Nordahl		
Block 3	MCT of GAD	Wells		
Block 4:	MCT of PTSD and traumatic stress	Wells		
Block 5:	MCT of OCD	Fisher		
Block 6:	MCT of Chronic depression	Papageorgiou		
Block 7:	MCT of Borderline PD	Nordahl		
Block 8:	MCT/CBT of Psychosis	Morrison/Turkington		

## Evaluation of competency and skills

Understanding of theory, research and clinical issues will be evaluated through extended case studies and in supervision, covering both straightforward and complex, comorbid cases. To provide an evaluation of clinical competency, we will be rating tapes of a selection of mid-treatment therapy sessions for each of the participants (videotaped cases) and provide a written feedback to each. The videotape recordings can be either in English or Norwegian.

## Practice Log

To encourage continuous learning and self-reflection, the candidates are asked to keep a practice log, detailing training and supervision experiences on the course and elsewhere, relevant client contact, and goals in their private study. Also a review of the literature the participants have used should be written in this practice log.

## Requirements

All participants should have patients during the program and have a professional qualification in a relevant area (e.g. psychiatric nursing, clinical or counselling psychology, psychiatry, occupational therapy, social work).

The participants should:

- Have acquired sufficient grounding in CT theory and practice to be eligible according to established NFKT criteria (see [www.kognitiv.no](http://www.kognitiv.no) for details).
- Be using CT as a primary therapeutic approach with patients
- Be actively engaged in delivering CBT treatment.

Given this level of experience and commitment, we anticipate that the candidates will have much to offer each other, and will be prepared to take an active role in their own learning.

## **Reading list**

The reading list consists of following texts:

- 1) Wells, A. (2008). Metacognitive Therapy for Anxiety and depression. New York: Guilford
- 2) Nordahl, H.M. & Wells, A (2009). Changing Beliefs in Cognitive Therapy: A therapist's guide. Chichester: Wiley& Sons

The texts should be used in parallel to the course and presented chapter by chapter in the peer-supervision as support to the workshops.

## **Fee for participation**

The MCT masterclass will be based on self-financing. Fees for the candidates for the 2008 intake will be 48 000 NOK for the two year program (24 000 per year). External institutions will be applied for financial support in order to reduce the costs of participation. Included in the fees are teaching, supervision support, venue, and drinks/beverages for the participants.

## **Other expenses**

Accommodation, lunch and travel expenses for the individual participant must be covered by the participant.

## **Institutional collaboration**

The training programs will preferably be offered by the MCT-Institute in UK in collaboration with The Norwegian Association for Cognitive Therapy (NFKT) in a supporting role.

## **Language**

The language of presentation in the two-year masterclass program will be English and Norwegian.

## **Sign up**

If you want to participate you need to submit your CV, name and contact address to Mrs Lene Finnerud, NFKT, Modum Bad, 3370 Vikersund. By e-mail: [post@kognitiv.no](mailto:post@kognitiv.no)  
Applications should be submitted *before 1 Desember 2008*.

## **More information**

Contact Hans M Nordahl on e-mail [hans.nordahl@svt.ntnu.no](mailto:hans.nordahl@svt.ntnu.no) for more details.