

Metacognitive therapy (MCT)

Masterclass 2010-2011

MCT masterclass is a training program offered by the Norwegian Association of Cognitive Therapy (NFKT) and the Metacognitive Therapy Institute based in Manchester. Dr. Adrian Wells, Manchester and Dr. Hans M Nordahl, Trondheim are responsible for the program. The purpose of this training program is to provide opportunities for experienced CBT clinicians or other mental health specialists to achieve a high competency in MCT. The training will be held in Oslo, Trondheim and in Manchester, UK, with two of the seminars each year in Manchester. The masterclass will start in March 2010, and end by December 2011.

MCT Masterclass is a highly specialised program intended to build competence in the practice of this new and highly effective treatment approach. The program offers cutting edge clinical updates, advancing and refining clinical knowledge and skills (participants may have already reached the standards required for practicing as a CBT therapist). The program aims to develop 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. On successful completion of this training participants will become eligible for registration by the MCT-institute as MCT therapists.

Course format 2010-2011:

| <i>Block</i> | <i>Content</i> | <i>Lecturers</i> | <i>Date/Venue</i> |
|--------------|----------------------------------|------------------------|----------------------|
| Block 1: | MCT: Model and treatment | Wells/Nordahl | March, 2010 Oslo |
| Block 2: | MCT of GAD | Wells/Nordahl | May, 2010 Manchester |
| Block 3 | MCT of Social phobia and APD | Wells/Nordahl | Aug. 2010 Trondheim |
| Block 4: | MCT of PTSD and traumatic stress | Wells/Nordahl | Nov. 2010 Manchester |
| Block 5: | MCT: OCD | Fisher | Feb. 2011, Oslo |
| Block 6: | MCT of chronic depression | Wells/Nordahl | May 2011, Manchester |
| Block 7: | MCT of Borderline PD | Nordahl/Wells | Aug. 2011 Trondheim |
| Block 8: | MCT of psychosis/closing session | Morrison/Nordahl/Wells | Nov. 2011 Manchester |

The course is taught bimonthly over about 2 years. 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 supervision is compulsory in a small group format twice a year and there will be ongoing supervision implemented via e-mail using the MCTI-supervision log.

Requirements

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

- Have acquired sufficient grounding in CBT theory and practice to be eligible according to established NFKT criteria (see www.kognitiv.no for details) , the BABCP criteria or equivalent.
- Are using CBT as a primary therapeutic approach with patients
- Are actively engaged in delivering treatment in parallel with the training program.

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.

Practice Log

To encourage continuous learning and self-reflection (the most effective learning method for experienced therapists), 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.

Evaluation of competency and skills

Understanding of theory, research and clinical issues will be evaluated through rating of individual logs and submission of a complete training journal. Knowledge of treatment principles will be assessed during supervision.

Fees

The MCT- Masterclass will be based on self-financing. Fees will be 4.800 GBP or NOK 48.000; for the two year program. These fees include teaching, supervision, cost of venue and drinks/beverages for the participants. In addition, through sponsorship we are often able to offer lunch at no extra personal costs at selected events.

Other expenses

Accommodation, lunch and travel expenses for the individual participant will come in addition to the fee. Through our conference organiser we are able to offer special rates for accommodation/travel for participants of the MCT Masterclass.

Language

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

Institutional collaboration

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

How and when to apply

The Norwegian Association for Cognitive Therapy (NFKT) will be responsible for the selection of candidates and you should enclose your CV (max 3 pages) with description of your clinical experience and contact address. The application should be addressed to:

Lene Finnerud

NFKT, Modum Bad

3370 Vikersund, Norway

Applications should be received by December 20th 2009

For more information about MCT Masterclass:

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