

Suggested Contribution

If you use the MCT or would like to support its further development, please consider making a donation (\$30 (or 30€) for individuals; \$100 (or 100€) for institutions). You may donate online via [this link](#), and you will receive an official receipt within a few days (to pay by bank transfer, see our bank details [here](#))










Metacognitive Training (MCT) for Psychosis (Norwegian)

Downloading the materials is permitted with the understanding that any commercial use is prohibited. Copyright regulations apply (e.g., no manipulation of material, no incorporation of slides into other programs without prior consultation of the authors). Via the web-links below, you can download the MCT modules and homework. Please also see two new modules addressing self-esteem and stigma, which can be conducted in addition to the standard modules, or as stand-alone sessions.

To view the modules, you need to install Adobe Reader; a free version can be downloaded [here](#). When presenting the modules, set Acrobat Reader to the full screen mode (Ctrl + L).

Are you a clinician or researcher and would like to receive the manual as well as review articles? Please [register online](#). If you administer metacognitive training for psychosis (MCT), please send us a short notification. We are grateful for comments, criticisms and recommendations for improvement.



Modules (6.0)

-  [1. Module A \(Attributional Style\) Norwegian.pdf \(830.3 KiB\)](#)
-  [2. Module A \(Jumping to Conclusions\) Norwegian.pdf \(3.0 MiB\)](#)
-  [3. Module A \(Changing Beliefs\) Norwegian.pdf \(2.0 MiB\)](#)
-  [4. Module A \(Theory of Mind I\) Norwegian.pdf \(2.7 MiB\)](#)
-  [5. Module A \(Memory\) Norwegian.pdf \(3.9 MiB\)](#)
-  [6. Module A \(Theory of Mind II\) BADE Norwegian.pdf \(1.4 MiB\)](#)
-  [6. Module A \(Theory of Mind II\) Norwegian.pdf \(1.2 MiB\)](#)
-  [7. Module A \(Jumping to Conclusions II\) Norwegian.pdf \(1.4 MiB\)](#)
-  [8. Module A \(Self Esteem\) Norwegian.pdf \(645.5 KiB\)](#)




For module 6, we recommend using the so-called BADE version (see manual). Videos that depict cognitive biases and which can serve as visual aids to improve understanding can be found [here](#).

Because many people with psychosis feel stigmatized and suffer from poor self-esteem, they would like these topics to also be addressed in therapy. Therefore, we decided to incorporate these aspects into MCT. The two new modules can be conducted in addition to the standard modules, or as standalone sessions (the therapist can determine the structure that best meets the needs of their clients). We advise trainers to continue conducting eight modules per cycle (ideally with completion within four weeks).

Additional Modules

-  [Additional Module II \(Stigma\) Norwegian.pdf \(1.8 MiB\)](#)
-  [Additional Module I \(Self-Esteem\) Norwegian.pdf \(653.7 KiB\)](#)

Rules (print out & bring to sessions), Homework and Yellow & Red Card

-  [MCT Homework Norwegian.pdf \(684.0 KiB\)](#)
-  [Rules Norwegian.pdf \(31.3 KiB\)](#)
-  [Yellow and Red Card.pdf \(2.1 MiB\)](#)

Translator and co-author: Anja Vaskinn (anja.vaskinn@medisin.uio.no).

Manual and overview articles can be obtained for free via [online registration](#). Some reviews can also be downloaded from the MCT [main page](#) (at the bottom). Dissatisfied with some modules? No problem - become a member of our [open source initiative](#)!




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Reminder


Every MCT participant receives a yellow and a red card that easily fit into a purse. The yellow card asks three essential questions, which may help to prevent the formation of hasty, false and consequential conclusions:

1. What is the evidence?
2. Are there alternative views?
3. Even if it's like that...am I over-reacting?

Metacognitive Training (MCT): **3 questions**
 ...if you feel insulted, threatened or put down...?

	1. What is the evidence? How do I know this? Real evidence, hearsay, speculation? Do I know the whole truth?
	2. Alternative views? Would people who I trust interpret the situation differently? Am I jumping to conclusions? Am I evaluating the situation fairly & objectively?
	3. Even if it's like that...am I over-reacting? Am I reacting appropriately? Will I spoil anything for the future if I over-react? Think first – then act!

On the red card, the patient is encouraged to write down the names of persons and institutions with corresponding telephone numbers who may help when a crisis occurs.

 Crisis – to whom can I turn?

Friends/relatives	☺ ☎
my therapist/physician	☺ ☎
Telephone counselling	☺ ☎
Institutions that I trust	☺ ☎

Help us to help others!

Given the limited budgets in many psychiatric hospitals, it is our goal to ensure that MCT remains accessible to anyone interested in using it. However, maintaining the MCT program, as well as continuing to improve and develop it, requires significant personnel and financial resources. If you want to support MCT, we would be very grateful for donations. We will, of course, continue to provide support and assistance to anyone using the program.

Thank you for your continued support. We guarantee that all donations will go to the further development of MCT (future tasks: translation of modules into other languages, new graphics, hiring of students to perform MCT in institutions). On request, we can send you a receipt for your donation: please send an email to Steffen Moritz (moritz@uke.de) and include your mail address. Please inquire about different possibilities for sponsorships. Donations can be made to the following account:

Pay to: UKE gGmbH

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Reference/Reason for Payment line (this is crucial to ensure that your donation reaches us): 0470/001 - MCT

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