If you use the MCT or would like to support its further development, please consider making a donation to support our work. We suggest $30 (or 30€) for individuals and $100 (or 100€) for institutions, but any amount would be appreciated. You may donate online via this link, and you will receive an official receipt within a few days. You do not need to donate to use the MCT.

Our research group has been addressing metacognitive processes in psychosis therapeutically since the early 2000s. Through humorous exercises, individuals with psychosis should gain insight into unhelpful cognitive distortions (e.g., jumping to conclusions, overconfidence in decisions) and improve their metacognitive abilities (“thinking about thinking”).

See the links on the right for further information on our metacognitive training and individualized therapy for psychosis (MCT, MCT+), borderline personality disorder (B-MCT), depression (D-MCT), depression in later life (MCT-Silver) and obsessive-compulsive disorder (myMCT). Below is a list of articles on the training and therapeutic programs we have developed.

Publications


