



## myMCT OCD Manual (Español)



Aquí puede descargarse la versión beta del Manual para el Trastorno Obsesivo Compulsivo y las hojas de trabajo (podrá ver mejor las tablas si aumenta el tamaño del documento a 125%).

### Módulo

-  [myMCT\\_Espanol\\_2014.pdf \(3.5 MiB\)](#)
-  [myMCT\\_Espanol\\_hojas de trabajo.pdf \(305.0 KiB\)](#)

Una versión preliminar del concepto fue probada con éxito en un reciente ensayo clínico realizado con 86 pacientes con TOC: el Manual para el Trastorno Obsesivo Compulsivo tuvo un impacto positivo en las obsesiones y depresiones relacionadas con el control. Si está interesado en los resultados, puede descargarse el artículo científico que encontrará abajo.

### Article and concept

-  [Dialogues\\_Clinical\\_Neurosciences\\_Moritz\\_2010.pdf \(351.2 KiB\)](#)
-  [Doubt therapy for OCD.pdf \(385.9 KiB\)](#)

### Please help us to help others!

Recognizing the difficult financial situation of many people suffering from obsessive-compulsive disorder (OCD), we offer this manual and other treatment programs we have developed free of charge.

Moreover, it is our explicit goal to evaluate and further improve myMCT by continuing scientific research. However, research is expensive. We therefore rely on federal funding and donations. If you would like to support us in providing free treatment materials to people with psychological disorders, we would be very grateful. We will of course provide these materials to you at no cost whether or not you make a donation. No one should feel morally obligated to donate! Donations will be used to further develop myMCT. Upcoming projects include translation of our manuals into other languages, improvements of the manual, and payment of staff members who conduct research studies. If needed for tax purposes, we are happy to

send you a receipt (please send an email to Steffen Moritz ([moritz@uke.de](mailto:moritz@uke.de)) and include your postal address and full name). Donations may be made to the account below or [online](#).

Please inquire about different possibilities for sponsorship. Please donate to the following account (tax certificates will be issued on request):

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