



Suggested Contribution

We provide the present as well as other self-help manuals at no cost. If you have benefited from the manual and/or would like to support its further development, please consider making a donation. A contribution of \$30 (or 30€) for individuals and \$100 (or 100€) for institutions would be helpful, but any amount is appreciated. You may donate online via [this link](#), and you will receive an official receipt within a few days.

Руководство по мойМКТ (русский)/ myMCT OCD Manual (Russian)



Здесь вы можете скачать Бету-версию руководства по мойМКТ и тетрадь для домашних заданий (для более удобного чтения документа используйте увеличение 125%).

Модули (Бета-версия)

-  [rukovodstvo_po_mojMKT_myMCT_Manual.pdf \(4.2 MiB\)](#)
-  [tetrad_dlja_domashnix_zadani_j_myMCT_Worksheets.pdf \(1.2 MiB\)](#)

Предварительная версия данного концепта показала положительные результаты в недавно проведенном научном исследовании, в котором приняли участие 86 пациентов, страдающие ОКР: мойМКТ оказал положительное воздействие на обсессии и депрессию по отношению к контрольной группе. Если вы заинтересованы в результатах, Вы можете скачать соответствующую научную статью ниже.

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) 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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