

EABCT 2023 workshop description Rabea Fischer

Metacognitive Training: Practical Applications for Psychosis, Depression and Borderline Personality Disorder

This workshop will address the original group MCT for psychosis as well as adaptations of MCT for other psychiatric disorders such as depression and borderline personality disorder.

We will cover MCT's scientific background, the practical application of individual modules and difficult situations that may arise during the training. We will also focus on how to conduct MCT in practice so that participants will be able to start their own MCT group right the next day. Previous knowledge on MCT or other metacognitive interventions is not required. All MCT materials are available free of charge from [our website](#).