



METACOGNITIVE TRAINING (MCT) FOR PSYCHOSIS

Why become an MCT certified therapist?

MCT is an evidence-based method developed by Prof. Dr. Steffen Moritz and his team for helping clients identify and correct cognitive biases that contribute to the development and maintenance of psychotic symptoms.



MCT is a reliable program that builds essential **theoretical knowledge**, supports successful **group planning**, and **strengthens client's metacognition**.



The **structured sessions** help clients recognize **cognitive distortions** (like jumping to conclusions bias) in a supportive, interactive group environment.



Clients gain better **critical thinking, problem-solving, and awareness** of their own thought processes, **bridging the gap to daily recovery**.



We offer a unique flexible **supervision program** with clinical experts to support the implementation of your first intervention group.

Your path to become a certified MCT therapist



WHAT'S INCLUDED IN THE MCT TRAINING PACKAGE?

A. ONLINE TRAINING ACCESS

1 ACCESS TO THE TRAINING PORTAL AND THREE EXCLUSIVE ONLINE TRAINING MODULES:

MODULE 1. COGNITIVE HEALTH (2H)



MODULE 2. DIGITAL MENTAL HEALTH TECHNOLOGIES (2H)



MODULE 3. MCT TRAINING (8H)



Each module contains: instructor videos, interactive practice activities, and supporting resources

2 ALL DIGITAL MATERIALS YOU NEED TO FACILITATE INTERVENTION GROUPS*



EXPERT-MONITORED
DISCUSSION FORUM



MATERIAL
UPDATES



ONGOING USER
SUPPORT

3 EXPERT SUPPORT AND TECHNOLOGICAL TROUBLESHOOTING

UPDATED THERAPIST
MANUALS FOR IN-
PERSON
AND REMOTE
DELIVERY



INTERVENTION
SLIDES WITH
THERAPIST
NOTES



PARTICIPANT
HANDOUTS



B. IMPLEMENTATION SUPERVISION

6 SUPERVISION SESSIONS*



EXPERIENCED
MCT THERAPIST



ADAPTED TO
YOUR TEAM'S NEEDS



*EST time, dates & time subject to our supervisor's availabilities,

Supervision is essential for the effective implementation of the MCT intervention in clinical environments. Seasoned therapists will guide you in establishing and administering the intervention for your initial cohort.

Training Costs (2026)

💰 **\$1250 CAD - MCT online training + Supervision Package** (6 sessions, 1 free)

💰 **\$250 CAD - MCT Online training only** (individual access)

💰 **\$200** for one **supervision session**

📢 Group discounts available upon request

- Prices are subject to change and applicable taxes.

How to Get Started:

Let's talk!

Book a short, free meeting with a member of our team for group rates or help deciding if MCT fits your setting!



Form & Booking Link 