



2 day Masterclass: Schema Therapy

Perth 2025

This workshop will focus on the application of Schema Therapy approaches specifically for individuals who have experienced childhood sexual abuse. Schema Therapy is an approach specifically designed to treat complex, enduring and chronic mental health conditions (originating from childhood). The workshop will provide an outline of the model and assist participants in developing skills used in schema therapy.

Topic areas

- The Schema Therapy model and how it can be used to help those with problems linked to childhood abuse
- Ways to utilise cognitive approaches and behavioural pattern breaking
- Methods to conceptualise difficulties commonly associated with childhood sexual abuse
- The use of imagery rescripting as a tool to process trauma
- Ways to work with shame and defectiveness and fear of
- Ways to work with dissociation, detachment, avoidance and disengagement
- How to better understand and assist with self-harm and suicidal ideation

Audience

This is an intermediate level workshop. It is assumed that attendees have some prior knowledge of the schema therapy model. The training is suitable for experienced practitioners with a solid understanding of trauma who are providing counselling/therapy to adult/adolescent clients with a history of childhood sexual abuse.

Details

- 2 full days, dates TBA
- 9am start; 4.30pm finish
- Delivered in Subiaco (details will be provided to registered participants)
- Facilitated by Clinical Psychologist Chris Hayes (see over for details)

Cost

The cost of this workshop is \$300 including GST

Morning tea and lunch will be provided.

Registrations and queries

To register, <https://events.humanitix.com/2-day-masterclass-schema-therapy-perth-2025>

Queries can be directed to SARCTraining@health.wa.gov.au

Facilitator



Chris Hayes is a Clinical Psychologist and Accredited Advanced Schema Therapist based in Perth, Western Australia. He served as the International Society of Schema Therapy Board Secretary from 2014 to 2018 and has worked as an advanced Schema Therapist, supervisor, and trainer in private practice since 2015.

Chris has conducted workshops across Europe, Asia, and Australasia, and is the co-author of the acclaimed Schema Therapy Clinician's textbook "The Cambridge Guide to Schema Therapy". Chris is renowned for his innovative teaching methods, particularly in experiential techniques, which he applies as a professional facilitator.



SARC Education and Training

Email training enquiries and requests to: SARCTraining@health.wa.gov.au

Further information and resources: SARC website

