



Schema therapy

Approaches to helping childhood sexual abuse survivors



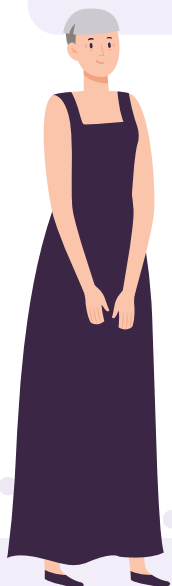
This two-day masterclass will focus on the application of schema therapy for individuals who have experienced childhood sexual abuse. Schema therapy is specifically designed to treat complex, enduring and chronic mental health conditions that originate in childhood. The masterclass, which will be facilitated by Clinical Psychologist and Accredited Advanced Schema Therapist Chris Hayes, will provide an outline of the model and assist participants to develop 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 use 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 thereof
- 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.



**When:**

17-18 September 2025, 9.00am to 4.30pm

**Where:**

The workshop will be held in Subiaco. Participants will be forwarded details once they have registered.

**Cost:**

\$300, including GST. Morning tea and lunch are included.



Please register here or scan the QR code

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

Scan the
QR code »



If you have any further queries, please email SARCTraining@health.wa.gov.au



About the facilitator

Chris Hayes is a Clinical Psychologist and Accredited Advanced Schema Therapist based in Perth. 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 clinicians' 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

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