



2-day Masterclass: Schema Therapy

Perth 2026

This advanced 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. It is assumed that attendees have previous foundation level training in Schema Therapy.

Topics

- The Schema Therapy model and how it can be used to help those with problems linked to childhood abuse
- Ways to utilize cognitive approaches and behavioral pattern breaking
- Methods to conceptualize 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.

Please note that content may be triggering for some people who have been impacted by trauma

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, 21 and 22nd October 2026
- 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 \$360 including GST. Morning tea and lunch will be provided (please note, if you have coeliac disease or strict dietary requirements, self-catering is recommended).

Registrations and queries

[Register here](#)

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](#)

The Sexual Assault Resource Centre (SARC)

- **24-hour crisis** medical, forensic and counselling support following a sexual assault
- **Counselling** for recent and past sexual assault and sexual abuse
- State-wide **education and training**



24-hour crisis line for
recent sexual assault

Telephone (08) 6458 1828 or
1800 199 888 (free from landlines only)

Crisis telephone support
8.30am - 11.00pm daily
Telephone (08) 6458 1828