

Schema Therapy Self-Reflection and Self-Practice Retreat with Chris Hepworth

About the Presenter

Chris is a Clinical Psychologist and accredited advanced schema therapist, trainer and supervisor who lives in Perth, Western Australia. He has a small private practice and is also the Clinical Lead on the DBTeen Program in WA, within which he provides clinical consultation and guidance to DBTeen group clinicians and to Lifeline about clinical aspects of the program. In addition to being trained in Schema Therapy, Chris has been coordinating and delivering Dialectical Behaviour Therapy (DBT) programs for a number of years, and his practice is also informed by EMDR and other cognitive-behavioural therapies.

Chris provides formal training in Schema Therapy both in Australia and abroad, including touring for the Australian Psychology Society in late 2019, in addition to providing training and up-skilling in DBT. From his private practice he also provides individual supervision.



Workshop Synopsis

Self-care is essential for any therapist, this has never been more true than over the past few years. Knowing ones own schemas and modes is also an integral part of schema therapy; it can not only make us better, more self-aware and authentic therapists but it can also lead to less difficulties in our own life and increased life satisfaction.

This two day retreat is based largely on Joan Farrell and Ida Shaw's *Schema Therapy From the Inside Out: Self-reflection and Self-Practice* work. Together, Chris and participants will create a safe, supportive environment so participants can improve their own schema and mode awareness and self-care Chris will share his own experiences, schemas and modes and insights into self-care, in addition to using a number of Schema Therapy techniques, which will lead to participants own knowledge of the techniques for use with clients, in addition to an increase ability to meet one's own needs.

There will also be an option casual dinner for participants to unwind on Monday 7th August (cost not included in the registration).

Location

The retreat is based at the magnificent Caves House, Yallingup, in the beautiful Margaret River region. Caves house has beautiful heritage-listed gardens, art deco accommodation and unique function rooms, is just a short walk from pristine beaches, the famous Ngilgi Cave and award winning vineyards.

Accommodation can be booked directly with Caves House (<https://www.caveshousehotelyallingup.com.au>). There are also other accommodation options within walking distance. Accommodation is NOT included in the price of this event.

Event Details

Date and Time: Monday 28th and Tuesday 29th October 2024. Registration on 28th from 8:30, event starts at 9am both days and concludes by 5pm on 29th October.

Location: Caves House Hotel, 18 Yallingup Beach Road, Yallingup WA 6282

Morning tea, lunch and afternoon tea are provided on both days.

Price: Early Bird \$749 (ends 31st March), \$799 there after

Register (Ticket Tailor): <https://www.tickettailor.com/events/hepworthpsychologyclinic/983750>

Places for this retreat are limited.

