

Schema Therapy Masterclass Program

Providing resources, education and clinical support to enhance your ability to change the way you think, feel and behave.

Who is the program for?

This program is designed for people who want to learn and apply advanced Cognitive Behavioural Therapy (CBT) techniques using a Schema Therapy framework to manage their mood and anxiety disorders.

Program Content

- Learn what schemas are
- Understand how schemas are maintained
- Recognise different coping styles
- Make changes to maladaptive schemas
- Learn about schema modes
- Strengthen adaptive schemas
- Active healthy modes

About the program

This semi-open program aims to assist patients to address underlying beliefs that perpetuate low mood, poor self-esteem, relationship difficulties, burnout and shame. This program will introduce both schemas and schema modes, using advanced techniques to tackle core issues that are experienced as a deeper level to create more lasting change.

When is it held?

One day a week over 8 weeks as detailed below. Intake is every four weeks. Morning tea and lunch is provided.

8:30am - 9:00am Registration
9:00am - 2:45pm Group Program

Check our website for the current timetable.

Day Program Attendance

If you or your health professional believe this program would be beneficial to you or your loved ones, please obtain a referral from a South Coast Private Psychiatrist or contact us on the details below.

How much does it cost?

South Coast Private has contract arrangements and approved programs with majority of private health funds, however, there may be some out of pocket expenses based on your level of cover.

Patients that do not have private health insurance need to contact us to obtain cost estimate for day programs attendance.

Further Information

For information on this program please contact the South Coast Private Day Programs Team.

T: 02 4286 6847

E: sco.dayprograms@aurorahealth.com.au

