

The Problem Gambling Research and Treatment Centre
A joint initiative of the Victorian Government, the University of Melbourne and Monash University

PROFESSIONAL DEVELOPMENT SEMINAR SERIES

IMPORTANT ADVANCE ANNOUNCEMENT

We are pleased to offer a one-day training session on Schema Therapy and its application to problem gambling by Chris Hayes, Clinical Psychologist and Accredited CBT Therapist; Certified Schema Therapist and Clinical Supervisor to be held 6th February 2013



Chris Hayes has had over 10 years of experience working with complex cases using Schema Therapy in both the UK and Australia. He has had extensive experience in both government and private settings working with clients with complex psychological presentations. In Perth, Chris worked within a specialist service for clients with substance abuse and co-morbid psychological problems, and helped establish a specialist team focusing on emerging Personality Disorders. Following his move to the UK, Chris worked in a senior role within a CBT team at a leading private London hospital. He has also worked as a lecturer within the School of Psychology at Curtin University, Perth, and has provided Schema Therapy input and training to the Clinical Psychology program at University College London.

He received specialist advanced training directly by Dr Jeffrey Young at the Schema Therapy Institute in New York. Chris is one of a small handful of fully certified Schema Therapists and Trainers currently working in the UK, and is a full member of the International Society of Schema Therapy (ISST). He currently works primarily in private practice in London, providing treatment as well as supervision in Schema Therapy. He is co-director of Schema Therapy Workshops, which delivers Schema Therapy training throughout the British Isles and Australia.

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Workshop details: Schema Therapy and its application to problem gambling

Schema therapy is particularly well-suited for difficult, resistant clients with entrenched, chronic psychological disorders, including personality disorders (such as Borderline Personality Disorder and narcissism), eating disorders, intractable couple's problems, and criminal offenders. It is also effective for relapse prevention in depression, anxiety, and substance abuse.

Schema therapy is an innovative, integrated therapeutic approach, originally developed as an expansion of traditional cognitive-behavioural treatments. The schema approach draws from cognitive-behavioural therapy, attachment theory, psychodynamic concepts, and emotion-focused therapies. In comparison to cognitive-behavioural therapy, schema therapy emphasises lifelong patterns, affective change techniques, and the therapeutic relationship, with special emphasis on limited re-parenting.

The workshop will cover theoretical issues and background and will allow opportunity for practitioners attending, to workshop their own cases, identifying on practical skills associated with schema-focussed work and how it may be applied to problem gamblers.

By the end of the workshop, participants will have gained an overview of:

- Schema Therapy, including theory and background
- The goals of Schema Therapy
- The basis of Schema Therapy for treating and managing complex clients
- When to use Schema Therapy and why
- Practical techniques for how to effectively apply Schema Therapy to problem gambling clients

Date:

Wednesday 6th February 2013

Time:

10:00am to 4:00pm

Venue:

Upper East Dining Room, University House, Professors Walk, The University of Melbourne, Carlton

Fee:

Fully subsidised places for Gamblers Help staff and Victorian Responsible Gambling Foundation Staff are available; \$225 otherwise (includes coffee and tea on arrival, morning and afternoon refreshment and lunch)

Registration:

The contact for registration is Chelsea Harris, the Problem Gambling Research and Treatment Centre Administrator at the University of Melbourne. RSVP's can be sent to Chelsea by email at chelseah@unimelb.edu.au or by phone on 8344 8220, up to 1st February. A Certificate of Attendance will be issued for CPE purposes.