

WSTD 2025

World Schema Therapy Day

'A day to share knowledge , exchange ideas, build bridges and foster collaboration '

An Online Programme on the 7th November 2025

United Kingdom Programme



INTERNATIONAL SOCIETY OF
SCHEMA THERAPY



United Kingdom Programme

Join Us for World Schema Therapy Day – UK Programme

Celebrate World Schema Therapy Day with us at this free one-day event designed for therapists who want to explore the powerful framework of schema therapy.

Whether you're new to the model or looking to deepen your understanding, this programme offers a rich line-up of presentations from experienced UK-based schema therapy trainers. Come and connect with fellow professionals, gain valuable insights, and discover how schema therapy can enhance your clinical practice.

How to connect

The programme will be hosted in Zoom. Please use the link below to register to the event:

[World Schema Therapy Day - UK Programme Registration](#)

Have a look at our day programme below.

United Kingdom Programme

Time	Presenter	Topic	Length	Live/pre-recorded
9am – 9.10am	Dr Jo White	Welcome to World Schema Therapy Day	10 minutes	Live
9.10am – 9.40am	Dr Jo White	What is schema therapy?	30 mins	Live
9.40am – 9.50am	Dr Jo White & Dr Gillian Heath	Overview of Research supporting Schema Therapy	10 mins	Live
9.50am – 11.20am	Dr Helen Startup & Dr Gillian Heath	The Inner Critic	90 minutes	Live
11.20am – 11.35am	Break	Break	15 mins	Break
11.35am – 1pm	Dr Jo White & Dr Kate Williams	Introduction to Chair Work in schema therapy	85 minutes	Live
1-1.30pm	Lunch	Lunch	30 minutes	Lunch
1.30pm – 2.30pm	Dr Tara Cutland-Green & Louise Coates	Imagery in Schema Therapy	60 minutes	Live
2.30pm- 3.30pm	Dr Helen Startup & Janis Briedis	Strengthening the HA	60 minutes	Pre-recorded
3.30pm- 3.45pm	Break	Break	15 minutes	Break
3.45pm – 4.45pm	Dr Gillian Heath, Robert Szymanek, Beatrice Ng-Kessler, Louise Coates	Panel Discussion: Applications of schema therapy	60 minutes	Live
4.45pm	Dr Jo White	Closing comments.	15 minutes	Live