

# “Staying Connected When Emotions Run High”



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An introductory workshop  
for **Professionals**  
who work in **Government**  
and **Non-Government**  
**Organisations**

Proudly facilitated by

**Dr Annemaree Bickerton** (Child, Adolescent and Family Psychiatrist) and  
**Toni Garretty** (Clinical Coordinator) Family and Carer Mental Health Program,  
Illawarra Shoalhaven Local Health District.

This workshop introduces professionals to some frameworks and relationship strategies that can become a resource to people, 12yrs – 100yrs, who has;

- changeable and overwhelming emotions
- who displays impulsive and destructive behaviour or
- a diagnosis of marked emotion dysregulation (including personality disorder).

This workshop is based on the highly successful intervention for families and carers.

## Learning outcomes

- Increased understanding of emotion dysregulation
- Identify the “four carer dances” and their role in emotion dysregulation
- Knowledge of the “five key relationship strategies” to become a helpful resource to someone in distress
- Understanding “relationship triangles” – Karpman’s Model
- Introducing the concept of Safety Planning “Like a Fire Drill” to promote safety when distress or risk escalates

***If you are a staff member employed with the Illawarra Shoalhaven Mental Health Service, please contact your CNE within your team for registration details.***



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**Venue:** Worrigee Sports,  
131 Greenwell Point Rd, Worrigee

**When:** Tuesday 21 May 2024

**Time:** 8.30am registration, 9:00am start – 4:30pm.

Completed registration forms returned (see details below) and payment through finance dept must be submitted by **14 May 2024**.

**COST \$95 per person**- Morning tea, lunch, workbook and certificate provided.

**Payment can be made via:**

- Credit Card Payments over the phone – by calling ISLHD Finance on: 4267 7311
- Cash, Credit Card, Cheque and Money Order at any ISLHD Cashier
- Cheque or Money Order mailed to ISLHD Finance, PO Box 239 Port Kembla, NSW, 2505

Please make all Cheque/Money Orders payable to: Illawarra Shoalhaven Local Health District

**REGISTRATION:** Please complete payment as above and return completed registration form to Toni Garretty email: [toni.garretty@health.nsw.gov.au](mailto:toni.garretty@health.nsw.gov.au)

**Further enquiries:** Phone Family & Carer Mental Health Team 4252 9730.

NAME	WORKSHOP DATE
ROLE	ORGANISATION
EMAIL	
MOBILE	
DIETARY REQUIREMENTS	
PAYMENT	<b>Registration payment \$95.00 completed</b> <b>PLEASE INCLUDE DATE OF PAYMENT MADE WITH CASHIER:</b>