



Stonemeadow Photography

## “Staying Connected When Emotions Run High”

A workshop for professionals working in government and non-government organisations

Presented by Dr. Annemaree Bickerton (Child, Adolescent & Family Psychiatrist), Toni Garretty (Clinical Coordinator, Family & Carer Mental Health Program, ISLHD) and Hunter New England Local Health District.

Organisation / Workplace **Group Booking**  
**5 or more attendees - \$80 per person**

Suitable for those working in private and public sector across health, education, disability, community services, child protection and emergency services.

Morning Tea and Lunch provided

Attendees will receive a Workbook and Certificate recording 6.5hrs of CPD

**Venue:** Moree Services Club, 3 Albert St, Moree  
**Date:** Monday 29<sup>th</sup> April 2024  
**Time:** 9:00am – 4:30pm (registration from 8:30am)

This workshop will introduce professionals to frameworks and relationship strategies to become a resource to someone who has changeable and overwhelming emotions; who displays impulsive or destructive behaviour; or is diagnosed with marked emotional dysregulation (including personality disorder). Based on a highly successful intervention for families and carers, the workshop learning outcomes include:

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

**Registration Form / Tax Invoice for Group Booking (5 or more attendees)**

**Staying Connected When Emotions Run High – Professionals' Workshop**

**Moree, Monday 29<sup>th</sup> April 2024**

Hunter New England Health District ABN: 635 980 102 03

**Contact Name for Group:**

**Email:**

**Phone:**

**Organisation / Workplace:**

PTO to list attendee names, and any dietary requirements or disability / access needs.

**Registration cost for 5 or more people - \$80**

**Total number of people attending: \_\_\_\_\_ x \$80 = \$ \_\_\_\_\_ Total**

Fee includes workshop, workbook, Certification of Attendance, morning tea and lunch.

**Payment Method**

**EFT**

**Bank:** Westpac                      **Location:** North Sydney

**Account Name:** Hunter New England Local Health District

**BSB:** 032-099                      **Account Number:** 520642

**Reference:** *Organisation name, number of attendees, Staying Connected.*

**OR**

**Credit card details – provide below.**

Total Amount: \$ \_\_\_\_\_                      Debit type: VISA / Mastercard / AMEX

Card Number: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Card Holder Name as shown on card: \_\_\_\_\_

Expiry date: \_\_\_\_\_                      Signature of card holder: \_\_\_\_\_

**Registrations close Monday 15<sup>th</sup> April 2024. Payment receipts will be issued after this date. All costs are non-refundable after 15/4/24.**

Please send registration form via email to:

[Amy.Farrar@health.nsw.gov.au](mailto:Amy.Farrar@health.nsw.gov.au)

CAMHS Executive Assistant – Child and Adolescent Mental Health Service

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**Health**  
Hunter New England  
Local Health District





