

“Staying Connected When Emotions Run High”



Photo supplied by: Stonemeadow Photography

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” in order 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 working within the Illawarra Shoalhaven Mental Health Service, including Emergency Services, please disregard this flyer and contact Toni: toni.garretty@health.nsw.gov.au for further details.



“Staying Connected When Emotions Run High”

Venue: Worrigee Sports,
131 Greenwell Point Rd, Worrigee

When: Tuesday 23 August 2022

Time: 8.30am registration for a 9.00am start.

Completed registration forms, dietary needs and payment must be submitted by **Thursday 18 August 2022.**

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 and sent 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

Further enquiries: phone Toni Garretty 0421 054 741 or email as above

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