



Photo supplied by: Stonemeadow Photography

Dr Annemaree Bickerton (Child, Adolescent and Family Psychiatrist) and Toni Garretty (Clinical Coordinator) Family and Carer Mental Health Program, Hunter New England Local Health District presents:

## “Staying Connected When Emotions Run High”

A Workshop for Professionals working in Government & Non-Government Organisations

**Early bird\* Registration \$99 pp / \$50 for HNELHD Staff**

\*Registrations received after 30/09/2022 @ \$121 pp

**This workshop is free for HNELHD CAMHS Employees**

Morning Tea and Lunch provided

Professionals will receive a workbook and a certificate recording 6.5hrs for CPD

**Venue: West Tamworth League Club- 58 Phillip Street, West Tamworth**  
**Date: Wednesday 26<sup>th</sup> of October 2022**  
**Time: 9:00am – 4:30pm (Registration from 8:30am)**

**Please note, attendees MUST be FULLY VACCINATED for COVID19 or hold a valid exemption certificate to enter the venue**

This workshop will introduce professionals with frameworks and relationship strategies to become a resource to someone (12yrs – 100yrs) who has changeable and overwhelming emotions; who displays impulsive and destructive behaviour or is diagnosed with marked emotion dysregulation (including personality disorder). This 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 – 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

## Professional Session Only

Hunter New England Local Health District ABN: 63598010203

**Wednesday 26<sup>th</sup> of October 2022**

West Tamworth League Club – 58 Phillip Street West Tamworth

**Attendees MUST be FULLY VACCINATED for COVID19 or hold a valid exemption certificate**

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Contact Phone No.: \_\_\_\_\_

Workplace: \_\_\_\_\_

Special dietary requirements: \_\_\_\_\_

### Registration Cost:

- ☐ \$ 50 HNELHD Staff
 ☐ \$ 99 Early Bird rego (non-HNELHD staff)
- ☐ FREE HNELHD CAMHS Staff\*
 ☐ \$ 121 Full registration

Price includes Workshop, certificate of attendance, workbook, morning tea and lunch

\*HNELHD employees to apply via this registration form and remember to add on  
My Health Learning>Select 'My Learning'>'My External Learning'>'Add Activity')

### PAYMENT METHOD

☐ EFT  
 Bank: Westpac  
 Location: North Sydney  
 Account Name: Hunter New England Local Health District  
 BSB: 032-099  
 Account Number: 520642  
 Reference: 'Last name', 'first initial' 'Staying Connected'  
 (e.g.: Smith, S, Staying Connected)

☐ Credit Card Amount: \$ \_\_\_\_\_  
 Please debit my: ☐ Visa ☐ Mastercard ☐ Bankcard ☐ AMEX

Card Number: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
 Card Holders Name: \_\_\_\_\_ EXP: \_\_\_\_ / \_\_\_\_  
 Card Holders Signature: \_\_\_\_\_

**Registrations close Friday 7<sup>th</sup> of October 2022**  
**All costs are non- refundable after Friday 7th of October 2022**

Please send your registration form via email to  
 Ebonee Byrnes Administration Manager  
 from Child and Adolescent Mental Health Service  
 Email: [ebonee.byrnes@health.nsw.gov.au](mailto:ebonee.byrnes@health.nsw.gov.au)  
 Office Use Only 470400-552279 GST-Sales

