



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 - \$65 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: West Tamworth League Club (Blazes Showroom), 58 Phillip St. Tamworth.
Date: **Wednesday 30th October 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

Tamworth, Wednesday 30th October 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 - \$65 pp

Total number of people attending: _____ x \$65 = \$_____ 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 Sunday 20th October 2024. Payment receipts will be issued after this date. All costs are non-refundable after 20/10/24.

Please send registration form via email to:

Amy.Farrar@health.nsw.gov.au

CAMHS Executive Assistant – Child and Adolescent Mental Health Service

Office Use Only 470400-552279 GST Sales



Health
Hunter New England
Local Health District

Group Registration Attendee List

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