



Stonemeadow Photography

“Staying Connected When Emotions Run High”

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

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

Early bird rate of \$80 per person

Registrations received after Monday 14th October 2024 are \$99 pp.

\$50pp for HNELHD staff, including staff from HNEHMS Adult (\$50 pp) and CAMHS (free registration) 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 – Karpman’s Model
- Introducing the concept of safety planning “Like a Fire Drill” to promote safety when distress or risk escalates.

Individual Registration Form / Tax Invoice

Hunter New England Local Health District ABN: 63598010203

Staying Connected When Emotions Run High – Professionals' Workshop

Tamworth, Wednesday 30th October 2024

Name: _____

Email: _____

Phone: _____

Workplace: _____

Dietary requirements and disability / access needs: _____

Registration:

- | | |
|---|--|
| <input type="checkbox"/> \$ 50 HNELHD staff* | <input type="checkbox"/> \$ 80 Early Bird reg'n (non-HNELHD staff) |
| <input type="checkbox"/> FREE HNELHD CAMHS staff* | <input type="checkbox"/> \$ 99 Full registration |

Includes workshop, workbook, certificate of attendance, 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 ☐ AMEX

Card Number: _____ / _____ / _____ / _____

Card Holders Name: _____ EXP: ____ / ____

Card Holders Signature: _____

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 your 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