

# ***“Staying Connected When Emotions Run High”***



*Photo supplied by: Stonemeadow Photography*

A training workshop for  
**Professionals**  
who work within **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 is based on the highly successful intervention for families and carers and introduces professionals to 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
- has a diagnosis of marked emotion dysregulation.

## **Learning outcomes**

- Increased understanding of emotional distress and dysregulation
- Identify the “four carer dances” and their role in emotion dysregulation
- Knowledge of the “five key relationship strategies” 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

**Date:** Tuesday 22 October 2024

**Venue:** Port Kembla Golf Course, Primbee Rd Primbee

**Time:** 0830am - 0855 registration for a 9.00am start – 1630 close.



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***COST \$95, includes morning tea, lunch, workbook and certificate recording 6.5hrs of training.***

## **Payment Details:**

- Credit Card payments can be made on the NSW Health Payment Portal  
URL Link: [NSW Health Payment Portal](https://paynswhealth.health.nsw.gov.au)

Or navigate to <https://paynswhealth.health.nsw.gov.au/other-payments>  
and select the following:

**Health Organisation:** Illawarra Shoalhaven Local Health District

**Hospital/Facility:** All - Centralised Services

**Service:** Course – Staying Connected when Emotions Run High

- Payments can be made at any ISLHD Hospital Cashier



**REGISTRATION:** Please complete section below, include any dietary needs & receipt of payment and forward to: [toni.garretty@health.nsw.gov.au](mailto:toni.garretty@health.nsw.gov.au)

NAME	WORKSHOP DATE
ROLE	ORGANISATION
EMAIL	
MOBILE	DIETARY REQUIREMENTS