



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) and Hunter New England Local Health District.

Early bird registration \$99 pp

Registrations received after 20/05/2024 are \$121 pp.

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

\$50pp for HNELHD staff, including staff from HNEMHS 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: Wallsend Diggers (The Events Quarter), 5 Tyrrell Street Wallsend 2287.
Date: Thursday 30th May 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

Newcastle, Thursday 30th May 2024

Name:

Email:

Phone:

Workplace:

Dietary requirements and disability / access needs:

Registration:

- \$ 50 HNELHD staff* \$ 99 Early Bird reg'n (non-HNELHD staff)
- FREE HNELHD CAMHS staff* \$ 121 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 Monday 27th May 2024. Payment receipts will be issued after this date. All costs are non-refundable after 27/5/24.

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

