



Health
Hunter New England
Local Health District

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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 29/04/2022 @ \$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: Mater Hospital, Edith Street, Waratah
Lecture Theatre, Level 4, Mental Health Administration Building**

Date: THURSDAY 26th May 2022

Time: 8.30am – 4.00pm (Registration from 8.00am)

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

Thursday 26th May 2022

Mater Hospital, Edith Street, Waratah - Lecture Theatre, Level 4, Mental Health Administration Building
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 (applies after 29/04/2022)

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 13th of May 2022
All costs are non-refundable after Friday 13th May 2022

Please send your registration form via email to
Alissa Jamieson, Acting Administration Manager
for Child and Adolescent Mental Health Service
Email: alissa.jamieson@health.nsw.gov.au

Office Use Only 470400-552279 GST-Sales



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