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Dr Annemaree Bickerton (Child, Adolescent and Family Psychiatrist) and
Toni Garretty (Team/Clinical Coordinator)
Illawarra and Shoalhaven Mental Health Family and Carer Program, presents:

“Staying Connected When Emotions Run High”

A Workshop for Professionals

Proudly Sponsored by Parramatta Mission

COST: \$66

This **professional version workshop** is aimed at those working with people across the life span from ***adult mental health, child and adolescent services, generalist health, drug and alcohol and key community professional agencies e.g. FACS, school counsellors, teachers, Headspace and NGO’s.***

Expected 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

Venue: Chatswood Club Ltd
11 Help Street
Chatswood

Friday 6 April
8am sign in
08:30- 16:30:

Registration through *Eventbrite*: goo.gl/cvb1EP

Participant receives a workbook and certificate recording 6.5hrs for CPD

For all other enquires contact: 8599 4855