

# “Staying Connected When Emotions Run High”



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**Hosted by – Stride, Family & Carer Mental Health Program**

An introductory workshop  
for **Professionals**  
who work in **Government**  
and **Non-Government**

**STRIDE** For better  
mental health

## **Proudly facilitated by**

**Dr Annemaree Bickerton** (Child, Adolescent and Family Psychiatrist) and  
**Toni Garretty** (Mental Health Educator)

Staying Connected When Emotions Run High is a set of Five Strategies empowering professionals to be a resource to a person in distress. The training is proudly facilitated by Dr Annemaree Bickerton (Child, Adolescent and Family Psychiatrist) and Toni Garretty (Mental Health Educator).

Professionals will learn about the typical relationship patterns "fear and worry dances" which instinctively activate between closely connected humans in distress.

Participants will be invited to think how they may utilise the strategies to manage their own "dances" in their professional lives and how to use the strategies to educate the families, carers and clients when symptoms of distress are high. These symptoms are most commonly experienced by people with mental health issues, substance misuse and or developmental disorders.

## **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" – Karpman's Model
- Introducing the concept of Safety Planning "Like a Fire Drill" to promote safety when distress or risk escalates

**A workbook and certificate recording 6.5hrs training will be supplied.**

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If you are working within the **SESLHD, Mental Health**, please disregard this flyer (registration details) and contact Danielle/Stride – [familyandcarer@stride.com.au](mailto:familyandcarer@stride.com.au) for further details.

**Venue:** The Juniors Club Kingsford  
558A Anzac parade, Kingsford NSW 2032

**When:** Tuesday 24<sup>th</sup> March 2026

**Time:** 8:40am for registration (9am start) to 4:30pm.  
Registration Open

Completed registration, dietary needs and payment must be submitted by **Monday 23rd March 2026.**

**COST \$95 per person-** Morning tea, lunch, workbook and certificate provided.

**Payment & Bookings can be made via: TryBooking**

Scan QR Code or visit the link -



<https://www.trybooking.com/DJJMM>

**REGISTRATION:** Please complete payment and relevant questions for the event in Trybooking

**Further enquiries:** [familyandcarer@stride.com.au](mailto:familyandcarer@stride.com.au) or

Danielle Carson 0431 163 617

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