

You are invited to a one-day workshop on

# MOOD SURFING

## The Art of Emotion Regulation: Challenges and Interventions

Presented by

**Clinical Psychologist Dr Julie Peterson**

### About the Workshop

#### **Mood Surfing: The Art of Emotion Regulation: Challenges and Interventions**

Individuals in everyday life regularly experience both strong positive and negative emotions within themselves and those around them. While strong emotions themselves are not inherently bad and often serve a very important role in our daily lives, the over-expression of strong emotion can at times be confronting, challenging, terrifying and exhausting for all involved if emotions are not regulated well.

Emotions often take on a wave like quality with some individuals experiencing larger and more frequent waves. Unfortunately, without the appropriate knowledge, skills and strategies many individuals, couples and families find themselves being dumped or drowned by the waves. This is particularly so for individuals with Autism Spectrum Disorders, ADHD and other significant mood disorders.

This workshop incorporates the latest neuroscience and clinical research in the area of emotion regulation and covers the essential knowledge and skills needed to surf, negotiate, ride and survive emotional waves.

### About the Presenter

Dr Julie Peterson, the Founder and Clinic Director of Embracing the Other Half Psychology Clinic, has a Doctorate in Psychology (Clinical) from Macquarie University. She is an Australian Psychological Society identified Practitioner for Autism and Pervasive Developmental Disorders and has a Graduate Diploma in Systemic Therapy (Couple Therapy) from the Australian Institute for Relationship Studies. She also has a diploma in Sexual Health Counselling from the Australian College of Sexual Health Physicians. Dr Peterson has 11 years experience in clinical assessment and has worked in private practice for 7 years.

Julie's specialist Clinic, Embracing the Other Half (ETOH) is located in Pymble NSW. She has a team of Clinical and Senior Psychologists dedicated to assisting individuals, couples and families with a diverse range of relationship difficulties and psychological concerns, including Autism, Asperger's Syndrome and ADHD.



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## Workshop Details

**DATE** SATURDAY 26 JUNE 2010

**TIME** 8.30am – 4.30pm

**COST** \$154 per person (inclusive of GST)  
Price includes all refreshments and lunch

**VENUE** Macquarie University, Talavera Road, North Ryde  
**Macquarie Graduate School of Management  
(MGSM)**

**Room 121 (Caltex Amphitheatre)**

(see map provided)

Parking conveniently located on site

Accommodation is available

(For accommodation please contact MGSM direct on (02) 9850 9300)

This Workshop is open to anyone with  
an interest in this topic

**APS endorsed** for Generalist PD Points

Limited places available.

Please book early to avoid disappointment.



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# Registration Form & Tax Invoice

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| 2.                                |                                       |
| 3.                                |                                       |
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- Or telephone ASPIA on 0432 507 828 to register and make a credit card payment over the phone.



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