



CONTINUING PROFESSIONAL DEVELOPMENT PROGRAMME

JANUARY- JUNE 2022

Welcome to the Continuing Professional Development programme. We hope you are able to join us at our CPD events this year. Our CPD events bring counsellors, family mediators, sex therapists, supervisors and other practitioners across Scotland together to hear from presenters from a variety of different fields and countries. Our aim is to provide events that challenge and inspire, and most of all support you in the development of your practice.

CPD PROGRAMME: JANUARY – JUNE 2022

<i>Rescheduled from 2021</i> Thursday, 20 th January 9.30-4.15pm	Rainbow After the Storm: Same-sex, Trans, and Non-binary Parents in Family Mediation	Maria Moscati	Family Mediators
Thursdays 3 rd and 24 th February 1.30-4.30pm	Transforming Attachment Scripts within Family Mediation	Mike Saini	Family Mediators
Saturday, 26 th February 9.30-4.15pm	Working with Compulsive Sexual Behaviours	Silva Neves	Counsellors and Sex and Relationship Therapists
Thursday 12 th May 9.30-4.15pm	Hearing the Voice of the Child using Play-based Techniques	Carol Platteuw	CYP Counsellors and Child Consultant Mediators
Friday 24 th June, 10.00-4pm (in-person)	Mediating Through the Autistic Spectrum: Understanding and Working with Neurodiversity	Maxine Aston	Family Mediators
Saturday 25 th June 10.00-4pm (in-person)	Counselling Relationships affected by Autism: Understanding and Working with Neurodiversity	Maxine Aston	Counsellors

NEW FOR 2022: LEARNING EXCHANGE PILOT EVENTS

CPD events are delivered online using the Zoom platform unless otherwise stated. In response to requests we are delivering two in-person events in this programme. These will be held at 18 York Place, Edinburgh and will be in line with any COVID-19 guidance in place at the time. Further information will be sent out prior to the event.

Relationships Scotland CPD events are for practitioners who are currently working in any capacity for a Service that is a Member of Relationships Scotland. They may be open to practitioners from external organisations when spaces are available. Booking forms are available on our website:

<https://www.relationships-scotland.org.uk/about-us/training-and-cpd>

Rainbow After the Storm: Working with Same-Sex, Trans, and Non-Binary Parents in Family Mediation



Date: Thursday 20th January, 9.30-4.15pm

Presenter: Maria Moscati

For: Family Mediators

CPD Points: 6 Category A

Cost: Relationships Scotland Members £60/ Non-Members: £120

This rescheduled interactive workshop aims to open up a conversation on the practical implications for family mediators when dealing with parenting disputes involving same-sex parents, trans parents and non-binary parents. Attention will also be given to the manner in which sexual orientation and gender identity influence the resolution of family disputes through mediation. Questions to be answered during the session include: What issues do same sex, trans and non-binary parents face when experiencing family conflicts? What are the issues and challenges that mediators might face in such cases? How may the voices of children raised in sexually and gender diverse families be heard?

Over the last six years, Dr Moscati's research has explored issues that same-sex partners/parents and trans partners/parents face when seeking to resolve family disputes. Families based on same-sex relationships, or on relationships where one or both partners self-identify as trans or non-binary, meet multiple and unique challenges in accessing appropriate and supportive services for the resolution of family disputes. And yet, consideration of these parents and their children is frequently absent from theory, practice, and policy. This workshop will develop participants' awareness and knowledge about these concerns to make mediation more inclusive for sexually and gender diverse families. The workshop will inform Dr Moscati's current research and the format of the workshop is interactive. If participants are interested in specific aspects, please email questions to Dr Moscati at least three days before the event at: m.f.moscati@sussex.ac.uk

Dr Maria Federica Moscati, is Senior Lecturer in Family Law at the University of Sussex. She holds a PhD from SOAS; she is a trained mediator and non-practicing lawyer. Before joining Sussex, she worked for Save the Children Italy where she specialised in children's rights. Her research interests relate to issues concerning dispute resolution, family law, children's rights, sexual orientation and gender identity, and their intersections. Her research projects have been awarded funding by the EU Commission. Among her other work, she was PI for the project *Litigious Love: Same-Sex Couples and Mediation in the European Union* which developed the first comparative analysis on the recourse to mediation for resolving intra-family disputes between same-sex partners. She is co-director of the Centre for Cultures of Reproduction, Technologies and Health at University of Sussex and co-editor of the journal *Mediation, Theory and Practice*. As lawyer she has been involved in a number of domestic and European court cases including among others: *Case of Orlandi and Others v. Italy*, App nos. 26431/12; 26742/12; 44057/12 and 60088/12 (ECtHR, first section, 14 December 2017). She has also served as adviser for the National Committee of Nepal on Sexual Orientation, and Same-Sex Marriage.



Transforming Attachment Scripts within Family Mediation



Date: Thursday 3rd February, 1.30-4.30pm and
Thursday 24th February, 1.30-4.30pm

Presenters: Mike Saini

For: Family Mediators

CPD Points: 6 Category A

Cost: Relationships Scotland Members £60/Non-Members: £120

This two-part event (three hours each session) will assist family mediators to address the impact and role of attachment theory in mediation. Attachment theory applies across the lifespan beginning in early childhood until adulthood. This series will assist participants to engage with families stuck in interparental conflict by exploring the connections of mediation with emotional regulation, adult attachment patterns, and fear-based relationships. Emotional awareness within the mediation process will be foundational to identify and repair errors in neutrality and engagement. Reflecting on developments in adult attachment, the workshop will offer practical tips for developing responsive approaches to engage with clients.

Session 1:

Understanding conflict in the heart: Insecure and fearful adult attachment patterns

The first session will focus on adult attachment (from cradle to grave), adult attachment patterns, primary and secondary emotions and the association of fearful attachment and conflict. This session will provide input on adult attachment with opportunities for Q&A.

Session 2:

Practical considerations for infusing adult attachment frameworks into family mediation

The second session will be an interactive session with participants to consider practical strategies to connect adult attachment, conflict resolution and decision making in mediation. Case studies, videos, and discussions will provide an opportunity for participants to ask the facilitator questions and to expand on any area covered within the sessions.

Michael A. Saini, PhD, is a Professor at the Factor-Inwentash Faculty of Social Work, University of Toronto and holds the endowed Factor-Inwentash Chair in Law and Social Work. He is the Co-Director of the Combined J.D. and M.S.W. program and with the Faculty of Law, University of Toronto. Dr. Saini is a Board Member of the Association of Family Conciliation and the Courts and an editorial board member for the *Family Court Review* and the *Journal of Divorce and Remarriage*. He provides risk management consultation for both child protection agencies and children's mental health agencies for working with families involved in high conflict child custody disputes.



Working with Compulsive Sexual Behaviours



Date: Saturday, 26 th February, 9.30-4.15pm	Presenter: Silva Neves
For: Counsellors and Sex and Relationship Therapists	CPD Points: 6 Category A
Cost: Relationships Scotland Members £60/ Non-Members £120	

This workshop will focus on how to assess compulsive sexual behaviours and how to help clients explore their sexual themes. During the day Silva will address the various underlying causes of sexual compulsivity to help therapists make appropriate formulations and clinical interventions. The training will be interactive, with discussions of case studies and practice. There will be an opportunity for counsellors and therapists' self-reflection on sex-positive best practice.

Silva Neves is a COSRT-accredited and UKCP-registered psychosexual and relationship psychotherapist, and a trauma psychotherapist. He is a Pink Therapy Clinical Associate. Silva works online currently. He sees individuals and couples presenting with a wide range of sex and relationship issues. Silva is a COSRT-accredited clinical supervisor. He is a Course Director for CICS (Contemporary Institute of Clinical Sexology).

Silva is a member of the editorial board for the leading international journal *Sex and Relationship Therapy* and is the author of *Compulsive Sexual Behaviours, A Psycho-Sexual Treatment Guide for Clinicians* (Routledge, 2021).



Hearing the Voice of the Child Using Play-based Techniques



Date: Thursday 12 th May, 9.30-4.15pm	Presenter: Carol Platteuw
For: Children and Young People Counsellors and Child Consultant Mediators	CPD Points: 6 Category A
Cost: Relationships Scotland Members £60/ Non-Members: £120	

This workshop will examine how to engage and listen to children and young people through play to ascertain their wishes and feelings, and to help them make sense of their experiences. The focus will be the context of separation and divorce; however, the techniques can be applied more widely. Participants will learn: play-based techniques to engage a child or young person; how to structure sessions with children and young people; how to help children and young people to communicate their wishes and feelings through play; and how to stay with and manage feelings. The workshop is experiential with time to learn and practice techniques using a range of materials. There will be the opportunity for practitioners to consider the application of the techniques in their particular setting.

Carol Platteuw is the clinical lead of Play Therapy Services Ltd, an independent play therapy team which provides a range of therapeutic interventions for children and their families. She is a Certified Theraplay practitioner and runs a clinic for a local authority post adoption team offering bereavement work, therapeutic life story work, Theraplay, DDP and EMDR. Carol delivers training for professionals focussing on effective communication with children and guest lecturer on the MA in Play Therapy course at Roehampton. She qualified as a social worker in 1980, as a play therapist in 2002, as a Certified Theraplay practitioner in 2013 and as an Accredited EMDR practitioner in 2021. Publications include: 'Play Therapy with Adopted Children' in *Narrative Play Therapy Theory and Practice*. Aileen Taylor De Faoite (ed). 2011. Jessica Kingsley; 'The role of clinical supervision in play therapy practice' in *Becoming and Being a Play Therapist – Play Therapy in Practice*. Peter Ayling, Harriet Armstrong and Lisa Gordon Clark (eds). 2019. Routledge; *The New Road Friends* series of books for adopted children. 2017. Troubador.



Mediating Through the Autistic Spectrum: Understanding and Working with Neurodiversity		
Date: Friday 24 th June 10am-4pm (in-person)	Presenter: Maxine Aston	
For: Family Mediators	CPD Points: 6 Category A	
Cost: Relationships Scotland Members: £70/ Non-Members £140		

Difficulties in communication, both verbal and nonverbal, form part of the diagnostic criteria for an Autism Spectrum Condition (ASC). The mediation process encourages separated parents to communicate; for the mediator working with neurodiverse parents it can feel very challenging, especially if their awareness or understanding of Autism is limited. It is the aim of this workshop to increase understanding of parents and families affected by ASC and to learn the importance of working with a dualistic approach. This workshop will also consider specific challenges that may arise where children are on the autistic spectrum and participants will increase their awareness of the diverse needs of both parents and children affected by ASC in a mediation context.

This workshop will be **in-person** and is highly interactive. The session will include discussion groups, pair work, video clips, role plays, exercises, PowerPoint presentations and time for questions and answers.

Maxine Aston has an MSc in Health Psychology and worked as an BACP accredited counsellor for over twenty years. Maxine is also qualified as a supervisor and a teacher in Adult Education. Maxine runs her own Counselling Centre and has specialised in individuals, couples and families affected by Autism since 1998. Maxine is the author of six books on this topic. Maxine's book 'The Other Half of Asperger Syndrome' was the first book published worldwide on relationships when one partner has Asperger Syndrome. Maxine has been running workshops for therapists and professionals for over twenty years. Maxine's workshop for partners that live with a person with on the Spectrum, has been highly successful and attended by participants from all over the world. For more information about Maxine's books, articles, research and training see: <https://www.maxineaston.co.uk/>



Counselling Relationships affected by Autism: Understanding and Working with Neurodiversity		
Date: Saturday 25 th June, 10am-4pm (in-person)	Presenter: Maxine Aston	
For: Family Mediators	CPD Points: 6 Category A	
Cost: Relationships Scotland Members £70/ Non-Members £140		

One of the reasons that counselling couples affected by Autism is often unsuccessful is down to the lack of knowledge and understanding by the therapist. It is the aim of this workshop to provide a better insight and understanding of what being in a neurodiverse relationship means for both partners. Participants will learn the importance of working with a dualistic approach and how a therapist can help provide a way forward for couples to learn better to communicate and appreciate the differences between them.

This workshop will be **in-person** and is highly interactive. The session will include discussion groups, pair work, video clips, role plays, exercises, PowerPoint presentations and time for questions and answers.

Maxine Aston has an MSc in Health Psychology and worked as an BACP accredited counsellor for over twenty years. Maxine is also qualified as a supervisor and a teacher in Adult Education. Maxine runs her own Counselling Centre and has specialised in individuals, couples and families affected by Autism since 1998. Maxine is the author of six books on this topic. Maxine’s book ‘The Other Half of Asperger Syndrome’ was the first book published worldwide on relationships when one partner has Asperger Syndrome. Maxine has been running workshops for therapists and professionals for over twenty years. Maxine’s workshop for partners that live with a person with on the Spectrum, has been highly successful and attended by participants from all over the world. For more information about Maxine’s books, articles, research and training see: <https://www.maxineaston.co.uk/>



NEW FOR 2022: LEARNING EXCHANGE PILOT EVENTS	
<p>Relationships Scotland are piloting Learning Exchange events during 2022. These events will be delivered online using Zoom and will be an opportunity for practitioners across the Relationships Scotland Network to share learning about specific practice areas. The Learning Exchange events will be open to Relationships Scotland Members only. They will be free and attendance could be used for Category B CPD points.</p> <p style="text-align: center;">Look out for more information early in 2022!</p>	

HOW TO BOOK

Relationships Scotland CPD events are for practitioners who are currently working in any capacity for a Service that is a Member of Relationships Scotland. They may be open to practitioners from external organisations when spaces are available. Booking forms are available from the Relationships Scotland website: <https://www.relationships-scotland.org.uk/about-us/training-and-cpd>

- Practitioners who are **self-funding** can book a place by using the **Booking Form**.
- Practitioners that are booking through their **Member Service** must ask the Service to make the booking on their behalf.

If you have any questions about the booking process please contact Diana Reilly or Liz Thackwray diana.reilly@relationships-scotland.org.uk or liz.thackwray@relationships-scotland.org.uk

CANCELLATION POLICY

- Cancellation 11 days or more before the date of the event: 100% refund
- Cancellation between 10 days and 4 days before the date of the event: 50% refund
- Cancellation 3 days or less before the date of the event: no refund, but services can send a replacement.

If a course or event is cancelled by Relationships Scotland (because of insufficient numbers or unforeseen circumstances) then all fees will be fully refunded. Unfortunately, we are unable to reimburse out of pocket expenses, such as travel and accommodation.

In exceptional circumstances, Member Services or individuals may request a refund of the cost of CPD event or a free place at a future event. Examples of exceptional circumstances include, for example, the admission to hospital at short notice or a family bereavement. Requests for refunds and/or free places at future events will be considered by the Office Bearers Group (Chair, Vice-Chair and Treasurer of the National Office). All requests for refunds and/or free places at future events should be made in writing or by e-mail to the CPD Manager, sonia.bruce@relationships-scotland.org.uk

ACCESSING THE EVENT ONLINE

SYSTEM REQUIREMENTS: The session will be delivered using the Zoom platform. You can attend this webinar from anywhere using a compatible computer or tablet connected to the internet. You will need to download Zoom to access the session: <https://zoom.us/> Please make sure you have the most recent version of Zoom. Please note, some organisations have additional security settings that may prevent you from accessing the CPD event on an organisational device.

Please also ensure that you have the required bandwidth and internet speed. You can test whether you are able to join a Zoom meeting here: <https://zoom.us/test> Relationships Scotland are unable to provide refunds when there are issues with a participant's IT which prevent them from accessing the CPD event. Please contact the CPD Manager if you are unsure about the use of the technology sonia.bruce@relationships-scotland.org.uk

ACCESSING THE EVENT: A link to the session will be sent out a few days before the event. Please ensure that the email address to which the link should be sent is clear in the Booking Form. It is also important that the Zoom account uses the same name that you used to register for the event. The Relationships Scotland CPD Host will use this information to admit participants into the event and to confirm attendance certificates. The username for your Zoom account can be amended by signing into Zoom and going to the profile section of your account.

ACCESSING THE EVENT IN-PERSON

Venue: Relationships Scotland National Office, 18 York Place, Edinburgh, EH1 3EP. Refreshments will be available, however please bring your own lunch.

Accessibility: there are five steps at the front and ten at the rear of York Place. The training room is on the first floor. We have a small lift which runs from the ground floor to the third floor and that cannot be used in the event of fire. If you experience any difficulty with mobility, or if there is anything else that could inhibit your participation in this training, it is important that you let us know, to ensure your safety at the event. We have a hearing induction loop available. Please let us know prior to the event if you would like to make use of this facility.

COVID-19: Please do not attend the event if you have any COVID-19 symptoms. Relationships Scotland will take precautions as outlined in the Scottish Government guidance that is in place at the time of the event. Further information will be sent out prior to the event.

CPD SURVEY

Thank you for your feedback to our survey about CPD events.
We have used this information to inform the design of the events in this programme,
and our next programme that will be available in June 2022.

