



# CONTINUING PROFESSIONAL DEVELOPMENT PROGRAMME

## JANUARY- JUNE 2024

Welcome to the Continuing Professional Development programme. We hope you can join us at our CPD events this year. Our CPD events bring practitioners across Scotland together such as counsellors, family mediators, sex and relationship therapists, supervisors and child contact centre services practitioners.

Practitioners will have an opportunity to hear from presenters from a variety of different fields and countries and share learning. 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 2024

Saturday 27 <sup>th</sup> January 9.30-4.15pm	<b>Transforming Relational Wounds</b>	Miriam Taylor	Counsellors	Page 3
Wednesday 7 <sup>th</sup> February 9.30-4.15pm	<b>Shuttle Mediation</b>	Shona Manson and Rhona Wilson	Family Mediators	Page 4
Thursday 21 <sup>st</sup> March, and Thursday 25 <sup>th</sup> April, 4.00-6.00pm	<b>Understanding ADHD</b>	Hilary Maddox and Beth Ross-Gillies	Child Contact Centre Practitioners	Page 5
Wednesday 15 <sup>th</sup> May 9.30-4.15pm	<b>Open and Polyamorous Relationships in Family Mediation</b>	Niki D	Family Mediators	Page 6
Saturday 18 <sup>th</sup> May 9.30-4.15pm	<b>Working with Open and Polyamorous Relationships</b>	Niki D	Sex and Relationship Therapists and Counsellors	Page 6
Saturday 8 <sup>th</sup> June 9.30-4.15pm	<b>Working with Anxiety: A Person-Centred Approach with Children and Young People</b>	Susan Dobson	Children and Young People Counsellors	Page 7
Thursday 13 <sup>th</sup> June 9.30-4.15pm	<b>Feeling the Fear and Saying it Anyway: Supporting Anxious Children in CCM</b>	Susan Dobson	Child Consultant Mediators	Page 8

CPD events are delivered **online using the Zoom platform** unless otherwise stated. We offer at least one in-person event each calendar year held at **Relationships Scotland National Office, 18 York Place, Edinburgh**. More information about each event can be found in the programme and in the fliers which are available from:

[Training and CPD – Relationships Scotland \(relationships-scotland.org.uk\)](https://relationships-scotland.org.uk)

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## HOW TO BOOK

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Relationships Scotland CPD events are for practitioners who are currently working for a Service that is a Member of Relationships Scotland. Booking early is encouraged as spaces may be limited. Spaces may be open to practitioners from external organisations where appropriate and available. We use an online booking process, the link to the online booking form for each event can be found in the relevant section of this programme and in the flier for the event. The online booking form can be used by:

- Member Services to book on behalf of practitioners.
- Practitioners from Member Services who wish to self-fund.
- Practitioners from external organisations.

If you have any questions about the booking process please contact the relevant administrator: Counselling: Liz Thackwray [liz.thackwray@relationships-scotland.org.uk](mailto:liz.thackwray@relationships-scotland.org.uk) ; Mediation: Cassie Bremner [cassie.bremner@relationships-scotland.org.uk](mailto:cassie.bremner@relationships-scotland.org.uk) ; Child Contact Centre Services: Diana Sinclair [diana.sinclair@relationships-scotland.org.uk](mailto:diana.sinclair@relationships-scotland.org.uk)

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## BOOKING TERMS

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Booking for CPD events will be confirmed by email within 10 days of submission. Please check your inbox and/or junk mail, if you have any issues receiving this email please contact us immediately. Member Services or Self-funded practitioners will be sent an invoice for the course fee before the event, please do not make a payment until you have received this invoice as it will have a unique invoice number for the payment reference.

Cancellations within 14 days of the event and non-attendance will be charged in full. Member Services/practitioners must notify us of any cancellations by email. Where appropriate, Member Services may transfer a place to another attendee if the original person cannot attend, we must be informed of this ahead of the event taking place. If a CPD event is cancelled by Relationships Scotland (because of insufficient numbers or unforeseen circumstances) then all fees will be fully refunded. We are unable to reimburse out-of-pocket expenses, such as travel and accommodation.

In exceptional circumstances, Member Services/practitioners may request a refund of the cost of the training event or a free place at a future event. Examples of exceptional circumstances include admission to hospital at short notice, or a family bereavement. We are unable to reimburse out of pocket expenses, such as travel and accommodation. Requests for refunds or credits for future events will be considered by the Office Bearers Group (Chair, Vice-Chair, Treasurer of the National Office). All request for refunds/free places at future events should be made in writing or by email to the CPD Manager, [sonia.bruce@relationships-scotland.org.uk](mailto:sonia.bruce@relationships-scotland.org.uk)

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## ACCESSING THE EVENT ONLINE

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**SYSTEM REQUIREMENTS:** The CPD event will usually be delivered using the Zoom platform. You can attend the online session from a private space 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 prevents them from accessing the CPD event. Please contact the CPD Manager if you are unsure about how to use the technology [sonia.bruce@relationships-scotland.org.uk](mailto: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.

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## ACCESSING THE EVENT IN-PERSON

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

**ACCESSIBILITY:** Please let us know prior to the event if you experience any difficulty with mobility, or if there are any other accessibility issues that we need to be aware of to support your participation in this training. The venue has five steps at the front and ten at the rear and 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. A hearing induction loop is available, please confirm before the event if you would like this set up for use.

## Transforming Relational Wounds



Date: Saturday 27<sup>th</sup> January, 9.30-4.15pm

Presenter: Miriam Taylor

For: Counsellors

CPD Points: 6 Category A

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

Online Booking Form: <https://forms.office.com/e/XnA1wL4Qav>

Many of the wounds of trauma arise in relationships, particularly power imbalances which dehumanise the individual concerned. People who have experienced trauma therefore come into a therapeutic relationship with many fears and many longings, and some of these play out during the work.

This presents some interesting dynamics for the therapist to work with, and some of these will touch us personally. Confidence in knowing what we are working with and what shapes our responses is key to effective therapy, especially if we are not to be drawn into recreating the mistakes others have made in the past. How we position ourselves as therapists and might get caught in complicated relational dynamics is an important consideration, requiring sensitivity to ourselves and to those we work with.

This experiential workshop will lay some of the foundations of relationships, bringing to life some of the key issues for therapists. Because the brain is a social organ, the workshop will build on simple neuroscience, showing how we are affected on an embodied level when things go wrong. How developmental trauma shapes the brain and lays the template for future relationships is a necessary step on the way to understanding what is happening in the present. The notion of interactive regulation as a basis for recovery is established through the quality of our meeting and contact. The development of attachment will be considered as a lifelong endeavour, and we will focus also on the emergence of shame as a response to traumatising relationships. A brief look at how power operates in the life space of the individual and in the therapy setting will close the day.

This event is aimed at counsellors working with adults in a variety of contexts and will be presented in an accessible style, using clinical examples to illustrate.

**Presenter: Miriam Taylor** is a UKCP registered Gestalt psychotherapist (non-clinical), supervisor and trainer. Having retired from clinical practice in which she specialised in trauma for over twenty-five years, Miriam now includes aspects of collective trauma, social justice issues and climate change in her thinking on trauma. Based in embodied practice, her interest is in the formation of the traumatised relational field, leading to an ecological perspective. She teaches in the UK and internationally and is on the Leadership Team of Relational Change. Publications include: 'Trauma Therapy and Clinical Practice' (2014); 'Deepening Trauma Practice' (2021), and several peer reviewed and invited articles.

## Shuttle Mediation



Date: Wednesday 7 <sup>th</sup> February, 9.30-4.15pm	Presenter: Shona Manson and Rhona Wilson
For: Family Mediators	CPD Points: 6 Category A
Cost: Relationships Scotland Members £60/ Non-Members £120	
Online Booking Form: <a href="https://forms.office.com/e/FkiJjA9Uzs">https://forms.office.com/e/FkiJjA9Uzs</a>	

This workshop will invite participants to explore the use of shuttle mediation, both in-person and online, in their work with separated parents.

Initially we will summarise what we mean when we are talking about Shuttle Mediation before going on to examine the use of individual sessions as part of the mediation process and some of the similarities and differences between the two approaches. Participants will explore different models of shuttle mediation and consider their use, their similarities and differences alongside their benefits and disadvantages.

The workshop will be experiential and provide mediators with the opportunity to practice the delivery of shuttle mediation using effective shuttle techniques and reflect upon the experience as mediation participants.

### Presenters:

**Shona Manson** has worked as a family mediator for 17 years. During this time she has grown and developed the family mediation service in Shetland before returning to work in children's social work in 2022. Shona is experienced in the delivery of child focused mediation alongside work with families intergenerationally, work place mediation and the development of teams using mediation and systemic theories. She has been innovative in developing the use of shuttle mediation in Relationships Scotland–Shetland and keen to explore its use with mediators from across the network.

**Rhona Wilson** has worked as mediator for 18 years in the community, family, workplace and Additional Support Needs settings. She is experienced in the use of shuttle mediation as a tool, particularly in community mediation, and has experience of using this form of mediation flexibly to suit the needs of the conflict and the parties. This might range from a brief shuttle exchange during engagement to more complex, high conflict situations.



## Understanding ADHD



Date: Thursday 21st March, 4.00-6.00pm <b>and</b> Thursday 25th April, 4.00-6.00pm	Presenters: Dr Hilary Maddox and Dr Beth Ross-Gillies
For: Child Contact Centre Practitioners	CPD Points: 4 Category A
Cost: Relationships Scotland Members £40/Non-Members N/A	
Online Booking Form: <a href="https://forms.office.com/e/JRtVE4F5VE">https://forms.office.com/e/JRtVE4F5VE</a>	

This event takes place over two sessions. Participants are expected to attend both sessions. The workshops will develop practitioners' understanding of ADHD and the impact on children, young people and their parents/carers.

The sessions will enable participants to understand ADHD, its diagnosis and treatment and neurodevelopment. They will also discuss the overlaps between ADHD and other developmental conditions such as Autistic Spectrum Disorders, Foetal Alcohol Disorder and developmental trauma. The impact on child development will be explored alongside the challenges for parents/carers and the sessions will provide practical guidance on supporting children and young people with ADHD and their parents/carers.


Practitioners will be provided with reflective practice tasks to undertake between the two sessions to enable them to consider how their understanding of ADHD can be incorporated into their work with children and families in child contact centres, in order to best support children, young people and their parents/carers.

### Presenters:

**Dr Hilary Maddox** completed her post-graduate Clinical Psychology Doctorate at the University of Glasgow (1996-1999). She then worked in the Child and Family Psychiatry Service and at the Scottish Centre for Autism in Glasgow, before joining the Paediatric Psychology Service at The Royal Hospital for Sick Children, Glasgow in 2001. In 2007 Hilary was appointed as a Consultant Clinical Psychologist in NHS Fife, with a lead responsibility for Paediatric Psychology and ADHD services across the region. She was appointed as Head of Service for Child and Family Psychology in 2016 and continues her clinical work in ADHD in NHS Fife. She is the co-developer of the Parents Inc Programme for parents and carers of children with ADHD, which is used across Scotland to support families with children with ADHD. The University of Glasgow recently completed an RCT with the Parents Inc programme and Hilary remains committed to supporting children, and young people with ADHD and their families through her clinical role and training for staff across health, education and social care

**Dr Beth Ross-Gillies** is an NHS Fife Child Clinical Psychologist specialising in ADHD. She has a long standing interest in ADHD, having completed her Doctoral thesis on the 'Experience of Adolescents growing up with ADHD'. Later as a qualified Clinical Psychologist Beth returned to Edinburgh University to provide specialist ADHD lectures for post-graduate Doctoral Clinical Psychology students. Beth's current NHS role involves providing specialist clinical psychological support for children and adolescents with ADHD, and psychological consultation in the diagnostic assessment of complex cases. Beth is particularly involved in supporting parents and carers of young people with ADHD. She delivers Parents Inc groups for parents of primary school age children and has also developed unique courses, both face to face and online, specifically for parents of adolescents with ADHD; (Young People In Control, YPInc) and for Education Staff (Teach Inc).




<b>Open and Polyamorous Relationships in Family Mediation</b>		
Date: Wednesday 15 <sup>th</sup> May, 9.30-4.15pm	Presenters: Niki D	
For: Family Mediators	CPD Points: 6 Category A	
Cost: Relationships Scotland Members £60/ Non-Members £120		
Online Booking Form: <a href="https://forms.office.com/e/YJvTGpwD7L">https://forms.office.com/e/YJvTGpwD7L</a>		

Mediators working with parents in consensual non-monogamous relationships (CNM) may feel unprepared and challenged by the parent’s relationship style when they only have personal and professional experience with monogamous structures.

- How do mediators take into account co-parenting arrangements and children’s views when multiple-partnered relationships break down?
- Do they know how to invite metamours and ‘chosen family’ into mediation discussions?
- Do they understand the values of polyamorous connections?
- Are they aware of the importance of community and the effects of minority stress on people in relationship structures that society does not acknowledge?
- Have they considered the bias against open and polyamorous relationships within the legal system and other regulatory structures?

**Presenter: Niki D** is an existential psychotherapist and supervisor with over thirty years of experience in private practice, statutory and voluntary sectors. She runs a supervision group, GSRD therapy groups, and a therapy group for therapists. As a relationship therapist, Niki works exclusively with GSRD clients (gender, sexual, and relationship diverse) and as a clinical associate of Pink Therapy, she teaches the online module on GSRD relationships. Niki has an MA in Existential Psychotherapy and additional training in GSRD therapy and somatic body therapy. Niki is delivering the UK’s first in-depth CPD on working with clients in open and polyamorous relationships in 2024. [www.rainbowrelationships.com](http://www.rainbowrelationships.com)



<b>Working with Clients in Open and Polyamorous Relationships</b>		
Date: Thursday 18 <sup>th</sup> May 9.30-4.15pm	Presenter: Niki D	
For: Sex and Relationship Therapists and Counsellors	CPD Points: 6 Category A	
Cost: Relationships Scotland Members £60/ Non-Members £120		
Online Booking Form: <a href="https://forms.office.com/e/sSHQsJakZa">https://forms.office.com/e/sSHQsJakZa</a>		

Counselling and psychotherapy training and relationship therapy courses rarely discuss relationship diversity. Yet more and more therapists are finding themselves working with clients in consensual non-monogamous relationships (CNM). Many feel unprepared and challenged by the client’s relationship style fluidity in the face of Western society’s norming of monogamous relationships.

- Can therapists adapt to the changing socio-cultural landscape and the increasingly fluid relationship structures that many of our clients are living in?
- Are therapists who hold mainstream values and beliefs about relationships, at risk of imposing normative beliefs, standards, and expectations onto their more flexible and diverse clients?
- How do we adapt existing narrow therapeutic frames in relationship therapy to meet the unique requirements of multi-partnered relationship constellations?

This CPD event will address these questions through presentations, handouts, pair conversations, and case scenarios. Niki aims to support counsellors/therapists in holding a therapeutic openness in their work as they gain knowledge about the specific challenges and joys for our clients living and loving in relationally diverse ways. We may also be required to expand and adapt our existing therapeutic frames in relationship therapy to meet the unique requirements of multi-partnered relationship constellations as we support our clients to become more competent in communication, negotiation, and check-ins.

**Presenter: Niki D** is an existential psychotherapist and supervisor with over thirty years of experience in private practice, statutory and voluntary sectors. She runs a supervision group, GSRD therapy groups, and a therapy group for therapists. As a relationship therapist, Niki works exclusively with GSRD clients (gender, sexual, and relationship diverse) and as a clinical associate of Pink Therapy, she teaches the online module on GSRD relationships. Niki has an MA in Existential Psychotherapy and additional training in GSRD therapy and somatic body therapy. Niki is delivering the UK's first in-depth CPD on working with clients in open and polyamorous relationships in 2024. [www.rainbowrelationships.com](http://www.rainbowrelationships.com)



<b>Working with Anxiety: A Person-Centred Approach with Children and Young People</b>		
Date: Saturday 8 <sup>th</sup> June, 9.30-4.15pm	Presenter: Susan Dobson	
For: Children and Young Person Counsellors	CPD Points: 6 Category A	
Cost: Relationships Scotland Members £60/ Non-Members: £120		
Online Booking Form: <a href="https://forms.office.com/e/gXpLRvWPQ2">https://forms.office.com/e/gXpLRvWPQ2</a>		

Anxiety is a common cause of distress in children and young people, with increasing levels of anxiety being seen across all age ranges in communities post COVID. Person-Centred therapy is a powerful process which provides the safety needed for children and young people to explore and understand their feelings, and to develop the resources needed for them to grow and develop a sense of security, self efficacy and resilience.

This workshop will provide a recap and overview of the person-centred theory of human development, which outlines how anxiety can become so overwhelming for children and young people. We will explore how the conditions of a therapeutic relationship act to lessen anxiety and promote wellbeing, while identifying how to use supports and strategies in a non-directive way consistent with person-centred practice.

**Presenter: Susan Dobson** is a social worker and psychotherapist with 25 years' experience working with children and young people in the public and private sector. She is a person-centred therapist with a particular interest in psychological trauma, and her in private practice she specialises in working with children and adults who have experienced significant trauma. Susan is also a freelance trainer offering bespoke workshops to counsellors, therapists and other professionals. She is currently a Tutor on the COSCA Certificate in Counselling Skills with Rowan Consultancy.

**Feeling the Fear and Saying it Anyway:  
Supporting Anxious Children in CCM**



Date: Thursday 13<sup>th</sup> June, 9.30-4.15pm

Presenter: Susan Dobson

For: Child Consultant Mediators

CPD Points: 6 Category A

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

Online Booking Form: <https://forms.office.com/e/ww1aXyKq8d>

Mediation is a powerful tool to ensure children's voices are heard by their parents at a time of high emotion and competing priorities, placing the child at the centre. Children become involved in the CCM process during a time of family break up, change and transition, and can experience high levels of anxiety, which can get in the way of them knowing what they would like to happen and being able to express their views.

This workshop will explore theories of change and transition, giving a context for anxious feelings and helping to identify the right timing to consult with children. We will identify ways to build a quick rapport with children and young people to enable them to engage in mediation in a supportive, beneficial way and look at how we can create space for their anxious feelings while introducing tools to help elicit their views, thoughts and feelings.

Participants will be supported to draw on their existing strengths and qualities, reinforcing existing good practice, while gaining valuable skills to support anxious children to have their voice heard. We will also explore working with children who do not want to express a view about their family situation, ensuring they feel heard and supported in their decision.

**Presenter: Susan Dobson** is a child protection social worker and psychotherapist with 25 years experience working with children and young people in the public and private sector. She is a person-centred therapist with a particular interest in psychological trauma, and her in private practice she specialises in working with children and adults who have experienced significant trauma. Susan is also a freelance trainer offering bespoke workshops to counsellors, therapist and other professionals. She is currently a Tutor on the COSCA Certificate in Counselling Skills with Rowan Consultancy.



## OTHER CPD NEWS.....

**CPD SURVEY:** Thank you to all practitioners on the Relationships Scotland Registers and Member Services who took part in the CPD survey, we really appreciate and value your comments. Your feedback has informed the design of this CPD programme and will inform future CPD programmes from 2024.

**IN-PERSON CPD EVENTS IN 2024:** There will be two In-Person CPD events in the Autumn Programme, one for counsellors and one for family mediators. To support your travel/accommodation arrangements information about these events will be sent out as soon as they are confirmed.

**CPD PRESENTERS:** We recognise the wealth of talent throughout the Relationships Scotland Network and we are keen to share knowledge and best practice across our Network and beyond. If you are an experienced practitioner and trainer, and would like to discuss any ideas for the delivery of a future CPD event as part of our National Programme, please contact: [sonia.bruce@relationships-scotland.org.uk](mailto:sonia.bruce@relationships-scotland.org.uk)

