



# CONTINUING PROFESSIONAL DEVELOPMENT PROGRAMME

## JUNE- DECEMBER 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 practitioners across Scotland together such as counsellors, family mediators, sex 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: JUNE-DECEMBER 2022

Friday 24 <sup>th</sup> June, 10.00-4pm <b>(in-person)</b>	Mediating Through the Autistic Spectrum: Understanding and Working with Neurodiversity	Maxine Aston	Family Mediators
Saturday 25 <sup>th</sup> June 10.00-4pm <b>(in-person)</b>	Counselling Relationships affected by Autism: Understanding and Working with Neurodiversity	Maxine Aston	<b>FULL</b>
Saturday 10 <sup>th</sup> September 9.30-4.15pm	The Hidden Scars of Adverse Childhood Experiences	Christiane Sanderson	Counsellors and Family Mediators
Monday 3 <sup>rd</sup> October 9.30-4.15pm	Vulnerability and Humility in Supervision Relationships	Aisling McMahon	Counselling Supervisors
Thursdays 13 <sup>th</sup> and 27 <sup>th</sup> October 1.00-4.00pm	Practice (Alone) Does Not Make Perfect: Advantages and Challenges of Reflective Practice in Supervision and Mediation Supervisors' Forum	Michael Lang/ Mhairi Canning	Mediation Supervisors
Friday 4 <sup>th</sup> November 10-1pm	Domestic Abuse Informed Practice and Child Contact Centres: The Safe & Together Model	Anna Mitchell	Child Contact Centre Services practitioners
Friday 11 <sup>th</sup> November 9.30-4.15pm	Attachment Narrative Therapy	Rudi Dallos	Counsellors (Adults and CYP)
Thursday, 17 <sup>th</sup> November 9.30-4.15pm	Alternative Approaches: Insight Mediation, Therapeutic Family Mediation and Transformative Mediation	Michael Jacobs	Family Mediators

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>

## Mediating Through the Autistic Spectrum: Understanding and Working with Neurodiversity



Date: Friday 24<sup>th</sup> 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<sup>th</sup> June, 10am-4pm (**in-person**)

Presenter: Maxine Aston

For: Counsellors - FULL

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/>



<b>The Hidden Scars of Adverse Childhood Experiences</b>		
Date: Saturday 10 <sup>th</sup> September, 9.30-4.15pm	Presenter: Christiane Sanderson	
For: Counsellors and Family Mediators	CPD Points: 6 Category A	
Cost: Relationships Scotland Members £60/Non-Members: £120		

Since the original and highly influential study on Adverse Childhood Experiences (ACEs) (*Felitti et al, 1998*), there has been a growing body of evidence that strongly associates ACEs with both physical and psychological manifestations in adulthood. As counsellors and family mediators, it's not just imperative that we comprehend the linkages between ACE factors and clinical manifestations but also understand the cumulative impact of ACE factors.

This workshop will identify and discuss the range of ACEs and we will look at the challenges presented by cumulative ACE factors – ranging from attachment disruptions to chronic anxiety states; and examine the different responses required in counselling and family mediation. Emphasis will be placed on contextualising the impact of ACEs as necessary adaptations that individuals have to make in order to cope and survive exposure to chaotic, unpredictable and stressful environments from which they cannot escape. The workshop will also introduce the range of Protective and Compensatory Experiences (PACEs) which can buffer the immediate and long-term effects of ACEs and we will consider how these can be facilitated in the different contexts.

**Christiane Sanderson BSc, MSc.** is a senior lecturer in Psychology at the University of Roehampton, of London with 26 years of experience working with survivors of childhood sexual abuse and sexual violence. She has delivered consultancy, continuous professional development and professional training for parents, teachers, social workers, nurses, therapists, counsellors, solicitors, the NSPCC, the Catholic Safeguarding Advisory Committee, the Methodist Church, the Metropolitan Police Service, SOLACE, the Refugee Council, Birmingham City Council Youth Offending Team, and HMP Bronzefield.

She is the author of *Counselling Skills for Working with Shame*, *Counselling Skills for Working with Trauma: Healing from Child Sexual Abuse, Sexual Violence and Domestic Abuse*, *Counselling Adult Survivors of Child Sexual Abuse*, 3rd edition, *Counselling Survivors of Domestic Abuse*, *The Seduction of Children: Empowering Parents and Teachers to Protect Children from Child Sexual Abuse*, and *Introduction to Counselling Survivors of Interpersonal Trauma*, all published by Jessica Kingsley Publishers. She has also written *The Warrior Within: A One in Four Handbook to Aid Recovery from Sexual Violence*; *The Spirit Within: A One in Four Handbook to Aid Recovery from Religious Sexual Abuse Across All Faiths* and *Responding to Survivors of Child Sexual Abuse: A pocket guide for professionals, partners, families and friends* for the charity *One in Four* for whom she is a trustee.



<b>Vulnerability and Humility in Supervision Relationships</b>		
Date: Monday 3 <sup>rd</sup> October, 9.30-4.15pm	Presenter: Aisling McMahon	
For: Counselling Supervisors	CPD Points: 6 Category A	
Cost: Relationships Scotland Members £60/ Non-Members: £120		

The complexity of our therapeutic work with people who are experiencing distress and adversity impacts on us at both a professional and personal level. At times, we can feel vulnerable and acutely aware of the limits of our competence, feeling that we are not enough or not able. Having supervision relationships where we can both *think* and *feel* deeply about our work and the challenges we experience can support us to connect with our own vulnerability and humility as resources to support our practice.

This workshop will offer an opportunity to think together about how the quality of the supervision relationship forms a key part of fostering an optimal environment for effective supervisory work.

**Dr. Aisling McMahon** is a clinical psychologist, integrative psychotherapist and clinical supervisor, and is also currently training as a group analyst. She works as an Assistant Professor in Dublin City University, Ireland, where she teaches on postgraduate psychotherapy and clinical supervision training programmes. With Peter Hawkins, Aisling is co-author of the 5th ed. of *Supervision in the Helping Professions* (2020), she has written various academic and professional papers on clinical supervision (available at <https://www.researchgate.net/profile/Aisling-Mcmahon-2>), and she regularly presents supervision workshops and research papers nationally and internationally.



**Practice (Alone) Does Not Make Perfect:  
Advantages and Challenges of Reflective Practice in Supervision and  
Mediation Supervisors' Forum**



Date: Thursday 13<sup>th</sup> October, 1-4pm and  
Thursday 27<sup>th</sup> October, 1-4pm

Presenter: Michael D. Lang  
Facilitator: Mhairi Canning

For: Mediation Supervisors

CPD Points: 6 Category A  
(1<sup>st</sup>+2<sup>nd</sup> session)

Cost: Relationships Scotland Members £30 (1<sup>st</sup>+2<sup>nd</sup> session)/  
Non-members £60 (1st session only)

Reflective practice, as a process for learning from and through experience, has become commonly accepted in helping professions—most particularly, nursing, education, and social work and in supervision of these practitioners. The application of reflective practice to mediation is less well developed, having been introduced to the profession in 2000 in Michael Lang's book, *The Making of a Mediator: Developing Artistry in Practice*.

Reflective practice is a proven, straightforward process where mediators examine their practice experiences by focusing on puzzling, surprising, and curious situations—whether they are successful interventions or moments of doubt and frustration. Utilising lecture, interactive exercises, and live demonstration in the first session; we will consider the potential impact of reflective practice methods in Mediator Supervision as well as identifying the possible challenges for Supervisors in applying these methods.

The second session is a learning forum available only to mediation supervisors on the Relationships Scotland Register. Mediation supervisors will explore the learning about Reflective Practice and consider its application in their supervision practice.

**Presenter (1<sup>st</sup> session): Michael D. Lang** has been a practicing family mediator for more than 40 years. He is an educator and author; his most recent publication is [The Guide to Reflective Practice in Conflict Resolution](#) (2019). Michael currently facilitates 8 monthly reflective practice groups with mediators from North America, Europe and Africa. He is based in Sarasota, Florida. For further information see: [www.thereflectivepractitioner.com](http://www.thereflectivepractitioner.com) and [www.reflectivepracticeinstitute.com](http://www.reflectivepracticeinstitute.com)

**Facilitator (2<sup>nd</sup> session): Mhairi Canning** is the Registration, Supervision and Counselling Practice Manager at Relationships Scotland. She provides support for counselling practice and supervision in the network. She is a qualified and experienced trainer. She has been a Couple Counsellor since 1997 and a Supervisor since 2004. She has a small private practice.



## Domestic Abuse Informed Practice and Child Contact Centres: The Safe & Together Model



Date: Friday 4<sup>th</sup> November, 10-1pm

Presenter: Anna Mitchell

For: Child Contact Centre Services practitioners

CPD Points: 3 Category A

Cost: Relationships Scotland Members £30/ Non-Members: £60

This workshop provides participants with an introduction to, and overview of, domestic abuse informed practice with a focus on the principles of the Safe & Together Model. The Safe & Together Model aims to help change the conversation about how we work with families impacted by domestic abuse perpetrator's behaviours. It is an internationally recognised suite of tools and interventions designed to help professionals become domestic abuse-informed. As a systems change framework, the Model offers language, thinking and practices that help increase accountability for perpetrators as parents, reduce victim blaming and improve outcomes for children and families.

Training in Safe & Together has been undertaken in just under 80% of Scottish Local Authorities and it is being widely adopted across the UK, Australia and the United States. This workshop will introduce participants to practical tools in the Safe and Together Model such as the Multiple Pathways to Harm assessment tool and domestic abuse informed documentation. The workshop will also consider how Child Contact Centre Services practitioners can work with other people in their area who may be using the Safe & Together Model.

**Presenter: Anna Mitchell** is the UK Lead and Organisational Assessment Lead for the Safe & Together Institute. The Institute's mission is to create, nurture and sustain a global network of domestic violence-informed child welfare professionals, communities and systems. Anna has a professional background in social work and she has worked for over twenty years in a variety of operational, strategic and leadership positions in domestic abuse services and local and national government.

## Attachment Narrative Therapy (ANT)



Date: Friday 11<sup>th</sup> November, 9.30-4.15pm

Presenter: Rudi Dallos

For: Counsellors (adults and children and young people)

CPD Points: 6 Category A

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

The workshop will offer an overview of how ideas from attachment theory, systemic family therapy and narrative therapy can be integrated into work with families, couples and individuals. The approach will be illustrated with clinical examples, including work with autism, self – harm, eating disorders and complex attachment difficulties.

The presentation will include illustrations of clinical work with video illustrations of case studies and group activities. There will be opportunity for participants to consider their own cases and this will be facilitated by the use of 'formats for exploration' which offer templates for the application of the approach to participants' own clinical contexts.

This event is aimed at counsellors in a variety of contexts: work with couples, families, children, adults. Some awareness of attachment and systemic ideas will be helpful but core concepts will be explained to enable a broad range of participants to engage with the workshop

**Professor Rudi Dallos** is Emeritus Professor of Clinical Psychology at the University of Plymouth. He has conducted research and engaged in clinical practice with families for over 30 years. Rudi specialises in work with children and conditions such as anorexia, autism, offending behaviours and conduct related problems.

He is the author of several books and articles on the theme including: *An Introduction to Family Therapy*, *Attachment Narrative Therapy*, *Formulation in Psychotherapy and Counselling* and *Working Systemically with Attachment Narratives*. Currently, Rudi is engaged in a major research trial with Becky McKenzie to develop and evaluate SAFE, an ANT based intervention for families with a child diagnosed with autism.



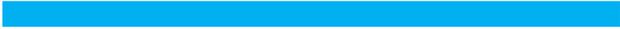
<b>Alternative Approaches:</b> <b>Insight Mediation, Therapeutic Family Mediation and Transformative Mediation</b>		
Date: Thursday 17 <sup>th</sup> November, 9.30-4.15pm	Presenter: Michael Jacobs	
For: Family Mediators	CPD Points: 6 Category A	
Cost: Relationships Scotland Members £60/Non-Members: £120		

Family mediators often describe their practice as eclectic, facilitative or integrated. These terms signify our willingness to do what we feel would be most useful for the clients, without worrying too much about whether it aligns with any particular theory or model. There is something to be said about this degree of flexibility. There is also something to be said about the ability to practice within a given framework, so that there is a sense of consistency and coherence.

This workshop draws on three different mediation models – Therapeutic Family Mediation, Transformative Mediation and Insight Mediation – to begin to explore some of the theoretical territory that we might wish to inhabit and draw upon in our work. The workshop is designed to be interactive, working with scenarios to illustrate the similarities and differences of each of the mediation models.

The purpose of a theory is to help guide practice. In the absence of any theoretical base, the danger is that we revert to pragmatism, which can easily justify any behaviour that leads to an agreement. If mediation is truly a professional discipline, then we need to spend some time identifying what it is we are disciplined about.

**Michael Jacobs** has been a practicing family mediator for the past twenty eight years. He continues to mediate because it is one of the few jobs that never get boring -- frustrating, perplexing, surprising and exhausting, but never boring. In addition to family mediation, he also has experience in a range of other mediation contexts including workplace, neighbourhood, doctor/patient, parent/teacher and elder mediation. He earned an MSc from Birkbeck College in Conflict Resolution and Mediation. He currently lives in Herefordshire and spends more time than he would wish mowing the lawn.



**LEARNING EXCHANGE EVENTS – SAVE THE DATE**



Thank you to the practitioners that attended the Learning Exchange Events in March and shared their feedback. Relationships Scotland are offering a further two Learning Exchange events, one for counsellors and one for mediators, focused on different topic areas. These events are open to Relationships Scotland Members only. They are free and attendance could be used for Category B CPD points.

Save the date and look out for booking details and further information.

Thursday 29 <sup>th</sup> September 9.30-12noon	Learning Exchange: Mediators Topic: Exploring Young People and Families Mediation	FREE to Relationships Scotland Members
Friday 30 <sup>th</sup> September 9.30-12noon	Learning Exchange: Counsellors Topic: Sharing Counselling Techniques Online	FREE to Relationships Scotland Members

**SHARE YOUR EXPERTISE**

Relationships Scotland’s CPD programme is one way of sharing learning and expertise across the Relationships Scotland Network. If you are an experienced practitioner/trainer in a Member Service and have an idea for a CPD event that you could present as part of the National Programme we would be delighted to hear from you.

Please contact Sonia Bruce, CPD Manager with a brief summary of the event or arrange a time to explore your idea further, [sonia.bruce@relationships-scotland.org.uk](mailto:sonia.bruce@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 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 Cassie Bremner or Liz Thackwray [cassie.bremner@relationships-scotland.org.uk](mailto:cassie.bremner@relationships-scotland.org.uk) or [liz.thackwray@relationships-scotland.org.uk](mailto:liz.thackwray@relationships-scotland.org.uk)

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## CANCELLATION POLICY

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- 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](mailto:sonia.bruce@relationships-scotland.org.uk)

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## ACCESSING THE EVENT ONLINE

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**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](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:** 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.

