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Continuing Professional Development Programme

Autumn/Winter 2026

Welcome to the Relationships Scotland Continuing Professional Development programme. We hope you can join us at our online CPD events this year where we bring together practitioners across our Network.

Practitioners will have an opportunity to hear from presenters from a variety of different fields and countries and share learning with other counsellors, family mediators, sex and relationship therapists, supervisors and child contact centre services practitioners. Our aim is to provide events that challenge and inspire, and most of all support you in the development of your practice.

Booking Terms and Conditions

When AI Enters the Helping Space: A Counsellor's Guide to a New Landscape

AI is no longer arriving in the counselling sector; it's already here. The people you work with may be using AI tools before or in between sessions, and AI-enabled services

are appearing across the UK helping landscape.

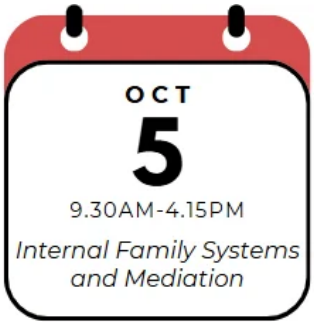
This CPD event is for counsellors/therapists who want to understand what is happening, what it means for the people they support, and how to apply the critical thinking they already use to keep their practice safe in a changing digital landscape.

Book Now

Internal Family Systems and Mediation

This CPD event is designed for those working in Family mediation. It will offer the Internal Family Systems (IFS) model both as a lens and to provide tools to inform and support you in your role as mediators.

This is an interactive workshop and there will be practice opportunities to play with the concepts of Parts and experience IFS from the inside out.



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Safe Contact: Managing the Complexities of Child Contact within the Context of Domestic Abuse

In this CPD event for child contact centre practitioners we will consider the system around child contact in Scotland and the impact on those involved, particularly within the context of domestic abuse.

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These interactive sessions will explore the professional challenges of maintaining neutrality while prioritising trauma informed, domestic abuse competent support to parents navigating the contact process.

Working with Hidden or Explosive Anger: An Integrative, IFS and Somatic Approach

This insightful and experiential course for counsellors/therapists focuses on anger as a protective response that carries important information about safety, boundaries, and unmet needs.

Practitioners will explore both explosive anger (e.g. reactivity, aggression, escalation) and hidden or internalized anger (e.g. suppression, compliance, withdrawal).

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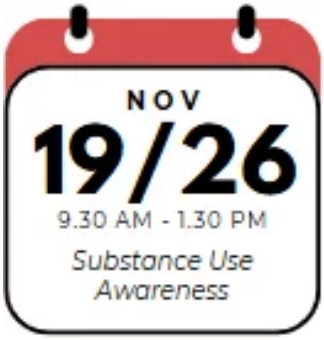

Substance Use Awareness: Impact and Strategies

This CPD event is designed for family mediators and counsellors. The first session focuses upon awareness of substance use and the second session builds upon this knowledge to consider the impact of parental substance use.

The event will provide practical tools and models for effectively working with individuals and their families and consider their

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application in counselling and mediation practice .

Save the Dates in 2027!

Mondays 25th January and 1st February, 4-7pm (GMT)

Engaging Parents in Child Inclusive Mediation

online with Lorri Yasenik and Jon Graham, Co-Directors of the International Center for Children and Family Law (ICCFL).

Learning Exchange Events

FREE to Relationships Scotland Members

For Counselling Supervisors

Book Now

For Family Mediators

Book Now

For Child Contact Practitioners

Book Now

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