

# ***Continuing Professional Development Programme***

***August – December 2020***

*For Counsellors, Family Mediators,  
Sex Therapists and Supervisors*



Welcome to the Continuing Professional Development programme from Relationships Scotland. It is hoped that practitioners will find events here which will engage and interest them and support the development of their practice.

Due to the restrictions of the Covid 19 pandemic all events are currently delivered online using the Zoom platform. **The cost of a six hour online CPD event for members of the Relationships Scotland network is £60. The cost for external applicants is £100. Shorter sessions are costed on a pro-rata basis.**

Individual fliers with more information and a booking form will be available before each event. Please contact Diana Reilly or Liz Thackwray for more details:

[diana.reilly@relationships-scotland.org.uk](mailto:diana.reilly@relationships-scotland.org.uk) or [liz.thackwray@relationships-scotland.org.uk](mailto:liz.thackwray@relationships-scotland.org.uk)

### OVERVIEW OF CPD PROGRAMME: AUGUST – DECEMBER 2020

Saturday 8 <sup>th</sup> August	10-1pm	Treasuring Memories - Part 1	Eleanor Port-Burke	Children and Young People's Counsellors
Saturday 5 <sup>th</sup> September	10-1pm	Treasuring Memories - Part 2		
Tuesday 18 <sup>th</sup> August AND Tuesday 25 <sup>th</sup> August	3-6pm	Forgiveness – The Art of Letting Go	Eileen Barker	Mediators
Saturday 26 <sup>th</sup> September	10-12  1-4pm	Introduction to Emotionally Focused Therapy with Couples  Working with Attachment and Emotion in Emotionally Focused Therapy with Couples	Sarah McConnell	Relationship Counsellors
Saturday 3 <sup>rd</sup> October	9.45-4.15pm	Reflexive Supervision - Revisited	Robert Moore	Counselling Supervisors
Friday 9 <sup>th</sup> October AND Friday 20 <sup>th</sup> November	10-1pm	A Model of Supervision for Mediators	Lesley Allport	Mediation Supervisors
Wednesday 28 <sup>th</sup> October	4-7pm	The Crossroads of conflict: A journey into dispute resolution	Ken Cloke	Experienced mediators

More information about each of these events is given on the following pages.

## Treasuring Memories

<i>Date: Workshop 1 Saturday 8<sup>th</sup> August 2020, 10-1pm</i>	<i>Presenter: Eleanor Port-Burke</i>
<i>For: Children and Young People's Counsellors</i>	<i>Cost: Members: £30 Non-Members: £50</i>
<i>Date: Workshop 2 Saturday 5<sup>th</sup> September 2020, 10-1pm</i>	<i>Presenter: Eleanor Port-Burke</i>
<i>For: Children and Young People's Counsellors</i>	<i>Cost: Members: £30 Non-Members: £50</i>

These two 3 hour workshops will consider the impact of loss through family breakdown, death or trauma on the development, self-esteem and wellbeing of children and young people. Both will explore how the counsellor can support the child/young person to make sense of loss and develop self-awareness, resilience and skill in the loss process; helping them to develop strategies to cope with emotional setbacks and work towards building and treasuring memories through loss and change. The workshops incorporate an integrative review of counselling approaches and have a key focus on art and creativity. **Each workshop can be attended separately but for maximum benefit attendance at both is recommended.**

### **Workshop 1 will consider:**

- How does family change and loss look for CYP? Whether bereavement, divorce/ separation, estrangement, or traumatic circumstances?
- From referral to 1:1 work with the CYP; therapeutic goals.
- What cognitive and emotional challenges/ protective factors/ skills are necessary to explore?
- As practitioners, how do we acknowledge a CYP's lens, and enable CYP to feel safe and engage with the therapeutic environment & process?
- How do we identify & integrate verbal and creative strategies to develop self-awareness and expression; build self-esteem and enable CYP to start making sense of emotions and experiences.
- Exploring the idea that although challenging, change and loss also bring experiences to treasure, hold, and grow from.
- Working with carers/parents as well as CYP.
- This workshop will encourage participant exploration of themes and connected creative ideas, but will also provide hand-outs and visual suggestions.

**Workshop 2 will consider:**

- CYP developmental stages and connections to change & loss.
- Reflecting on counselling/ therapeutic goals- as practitioners developing confidence re. different stages of the counselling process for CYP.
- Continued creative interventions to help CYP express and process deeper emotions around bereavement, divorce/ separation, estrangement, or traumatic circumstances.
- How do we discover treasures amongst change/ loss/ trauma? How do verbal and creative interventions interweave in the therapeutic process? And how does self-awareness lead to cognitive change and coping strategies?
- As practitioners how do we work with the ebb and flow of grief in the therapeutic space?
- Working with carers/parents as well as CYP in the therapeutic process.
- Developing a 'Treasuring Memories' toolbox'- creatively, cognitive, and emotionally.
- This workshop will encourage participant exploration of themes and connected creative ideas and will also provide hand-outs and visual suggestions.

**Eleanor Port-Burke** qualified with a Master's Degree in Expressive Arts Therapies from Lesley University, Massachusetts, one of the most recognised Expressive Arts Therapies programmes internationally. Eleanor has over 10 years experience working with children, young people and adults in clinical, educational, medical and therapeutic environments. She is an accredited client-centered holistic practitioner, integrating approaches including Cognitive Behavioural Therapy, Expressive Therapies, Person Centred Therapy, Systemic Therapy and Psychodynamic Therapy. Eleanor has master's level training in mental health counselling, and has extensive experience specialising as a mental health practitioner.

Eleanor is a member of the British Association of Counsellors and Psychotherapists MBACP (Accred) and International Association of Expressive Art Therapists (IEATA).

<b>Forgiveness – The Art of Letting Go</b>	
<i>Date: Tuesday 18<sup>th</sup> August, 3-6pm AND Tuesday 25<sup>th</sup> August, 3-6pm</i>	<i>Presenter: Eileen Barker</i>
<i>For: Mediators</i>	<i>Cost: Members: £60 Non-Members: £100</i>

Mediators are routinely confronted with clients enmeshed in difficult conflict. Rarely is the topic of forgiveness discussed, yet forgiveness offers an important pathway for enabling clients to let go of the past and move forward in their lives. Without forgiveness, anger, resentment and other toxic emotions

may continue to fester, long after the external problem - the lawsuit, the divorce, or other dispute - have been resolved, all to the detriment of our clients' physical and emotional well-being. Clients need practical solutions, but they also need peace, healing, and closure. Forgiveness provides a vehicle for achieving all of these.

This interactive training which takes place over two sessions will provide an overview of the role forgiveness can play in mediation. We will dispel common misconceptions about forgiveness and discuss different types of forgiveness and how each applies to mediation, obstacles to forgiveness, when and how to talk to clients about forgiveness, how to create the conditions for apology and forgiveness, and much more.

This event is being jointly hosted by Relationships Scotland, Scottish Mediation and Place for Hope as one of the Year of Mediation 2020 initiatives.

**Eileen Barker** is an internationally recognised mediator, facilitator, forgiveness teacher and coach. She is a leader in the movement to integrate emotional healing and forgiveness in conflict resolution. A litigation lawyer who rejected the traditional adversarial role, Eileen has focused her practice on mediation and conflict resolution for more than 20 years, helping thousands of people resolve disputes outside of court. This work led her into a deep exploration of forgiveness as it relates to resolving conflict and making peace, both with others and oneself. She is a widely published writer and popular speaker who has led numerous trainings on forgiveness.

## Introduction to Emotionally Focused Therapy with Couples

### Working with Attachment and Emotion in Emotionally Focused Therapy with Couples

<p><i>Date: Saturday 26<sup>th</sup> September</i>  <i>Workshop 1: 10-12noon</i>  <i>Workshop 2: 1-4pm</i></p>	<p><i>Presenter: Sarah McConnell</i></p>
<p><i>For: Relationship Counsellors</i></p>	<p><i>Cost: Workshop 1 - Members: £20</i>  <i>Non-Members: £40</i>  <i>Workshop 2- Members: £30</i>  <i>Non-Members: £50</i></p>

### **Workshop 1: Introduction to Emotionally Focused Therapy with Couples**

An Introduction to Emotionally Focused Therapy (EFT) with Couples workshop took place in June and due to high demand Sarah McConnell returns to Relationships Scotland. Sarah will deliver the introductory workshop for those that were unable to attend the session in June. In this workshop we will walk through the basics of Emotionally Focused Couple Therapy (EFT) including an

overview of Attachment Theory and how it underpins EFT; emotion basics and how we work with emotion in EFT; the steps and stages of EFT including video clips to show working with a negative interaction cycle (Stage1) and deepening emotional engagement (Stage 2). We will also cover related topics such as working with highly escalated couples and how EFT works with attachment injuries. We will use role-play and exercises to demonstrate some of the experiential aspects of EFT.

## **Workshop 2: Working with Attachment and Emotion in Emotionally Focused Therapy with Couples**

In this workshop we will look at the role of attachment and emotion in Emotionally Focused Couple Therapy (EFT). We will explore how emotion is understood in EFT and look at the links between attachment and emotion. We will go on to explore specific interventions that evoke and heighten attachment-related emotions which can then be used to draw partners out of reactivity and towards compassion and understanding for their partner's emotional world. We will use video and role play to demonstrate some of the skills involved as well as gaining a theoretical understanding with some didactic teaching

**Note: to attend Workshop 2 - Working with Attachment and Emotion in EFT with Couples, participants must have attended the Introduction to EFT with Couples in June or must book to attend both Workshop 1 and 2.**

**Sarah McConnell** is UKCP accredited, holds a Masters degree in marriage and family therapy and holds certifications in Gestalt practice and Emotionally Focused Therapy. She is a certified Emotionally Focused Therapist (EFT) and Certified EFT Supervisor. Prior to becoming a therapist, she worked in the oil and gas industry for 27 years and gained experience as an executive trainer and professional coach.

<b>Reflexive Supervision Revisited</b>	
<i>Date: Saturday 3<sup>rd</sup> October, 9.45-4.15pm</i>	<i>Presenter: Robert Moore</i>
<i>For: Counselling Supervisors</i>	<i>Cost: Members: £60 Non-member £100</i>

In this event the presenter, Robert Moore, will build upon his successful delivery of Reflexive Supervision for Relationships Scotland in 2018. Robert will develop a conversation about the ways in which our rapidly changing world influences the relationship we use the word 'supervision' to describe. Additionally, in taking the reflexive turn, we will explore who we are becoming in the role that we use the word 'supervisor' to describe. Through this interactive session counselling supervisors will be encouraged to refine both their clarity of purpose and clarity of intention.

**Robert Moore** is a self-employed psychoanalytic psychotherapist (ICP) and group psychotherapist (AGPA) based in Belfast, Bobby is self-employed as a psychotherapist, supervisor, executive coach, mediator and facilitator. As Director of the Centre for Resourceful Leadership he works internationally (India, Africa, USA, Europe) supporting sustainable leadership through individual and team supervision, leadership coaching and leadership workshops. Based on his book, *Reflexive Supervision*, Bobby designed the Diploma in Reflexive Supervision, which is delivered by a team of practitioners from a wide range of professional backgrounds. He also works as a trainer and supervisor for social work, education, nursing, psychology and multi-disciplinary teams in the NHS.

### **A Model of Supervision for Mediators**

<i>Date: Friday 9<sup>th</sup> October, 10-1pm AND Friday 20<sup>th</sup> November, 10-1pm</i>	<i>Presenter: Lesley Allport</i>
<i>For: Mediation Supervisors</i>	<i>Cost: Members: £60 Non-members £100</i>

This event will take place over two sessions where Lesley will introduce a model of supervision developed specifically for mediators. Session 1 will consider the role and function of the supervisor, approaches to supervision, a model for practice and leadership styles. In Session 2 mediation supervisors will apply theory to practice and explore how the model can be implemented bearing in mind the 3 core functions of Accountability, Development and Support. This session will include: working with newly trained mediators; working with experienced mediators, supporting practice and constructive challenge.

**Dr Lesley Allport** has a long career as a mediation practitioner spanning the last 30 years. Working initially as a family mediator in the 1980's, she has been involved in developing new areas of practice such as Special Educational Needs Mediation and Disability Conciliation. She mediates conflicts within families, workplace disputes and education settings as well as having experience in community mediation and cross border child abduction cases. Lesley delivers foundation mediation training in several contexts and offers advanced training for supervisors and mediators working directly with children. She is currently Vice Chair of the College of Mediators and acts as an advisor to the Professional Standards Committee. She also sits on the editorial board of the College journal "Mediation: Theory and Practice". Lesley's academic interest in mediation began in 2005 with a European Masters' Degree as part of which she developed a model of supervision specific to mediation. In 2016 she successfully completed her PhD with the Birmingham Law School examining the comparative growth of mediation.

**The Crossroads of Conflict:  
A Journey into the Heart of Dispute Resolution**

<i>Date: Wednesday 28<sup>th</sup> October, 4-7pm</i>	<i>Presenter: Ken Cloke</i>
<i>For: Experienced Mediators</i>	<i>Cost: Members: £30 Non-Members: £50</i>

Every conflict, no matter how trivial, points us toward a crossroads in our lives. One road leads to anger, fear, confrontation, and bitterness and draws us into quarrels over the past. A second leads us to empathy, acceptance, honesty and mutual respect, and draws us into negotiations over the future. Yet there is also a third road, largely hidden from view, which leads us into learning, awareness, wisdom and heartfelt communications, and draws us into awareness of the present. It encourages us to engage in openhearted relationships, reach forgiveness and reconciliation and seek closure and renewal. It wakes us up, makes us more mindful of ourselves and others and nurtures us. This is the path of transformation and transcendence, of wisdom and heart.

This interactive Masterclass for experienced family mediators will explore how mediators can help parents to transform and transcend their conflicts leading to more effective conversations and negotiations.

**Ken Cloke** is Director of the Centre for Dispute Resolution and a mediator, arbitrator, facilitator, coach, consultant and trainer. He specialises in communication, negotiation and resolving complex multi-party disputes, which include marital, divorce, family, community, grievance, workplace disputes, collective bargaining negotiations, organisational, school conflicts, sexual harassment, discrimination and public policy disputes; and designing preventative conflict resolution systems.

His facilitation, coaching, consulting, and training practice includes work with leaders of public, private and non-profit organisations on effective communications, dialogue, collaborative negotiation, relationship and team building, conflict resolution, leadership development, strategic planning, designing systems, and organizational change.

He is an internationally recognised speaker and author of several books including *Mediating Dangerously: The Frontiers of Conflict Resolution*; *The Crossroads of Conflict: A Journey into the Heart of Dispute Resolution*.

## **BOOKING:**

- Practitioners who are **self-funding** can book a place by using the booking form attached to the flier
- Those who are requesting their **member service to fund their place must ask** the service to make the booking on their behalf.

**Note: It is important to make a formal booking even if you have already expressed interest in attending the day.**

## **CANCELLATION POLICY:**

Invoices will be issued shortly after the closing date.

- 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.

**We are now in the process of designing our Continuing Professional Development programme for 2021. If you have any suggestions for areas of practice or particular presenters that you would like to see in the next programme, please contact Sonia Bruce, CPD Manager**  
**[sonia.bruce@relationships-scotland.org.uk](mailto:sonia.bruce@relationships-scotland.org.uk)**