



CONTINUING PROFESSIONAL DEVELOPMENT PROGRAMME

Winter/Spring 2025

Welcome to the Relationships Scotland Continuing Professional Development programme. We hope you can join us at our 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.

Click on the links below to find out more about our CPD events:

Screening for Domestic Abuse in Family Mediation	Family Mediators and Mediation Intake Workers	Michael Saini	Thursday 27 th February and Thursday 6 th March, 1.00-5.00pm
Looking Through the Lens of Developmental Trauma	Child Contact Centre Practitioners	Nicola McAllister	Wednesday 23 rd April and Wednesday 30 th April 4.00-6.30pm
Working with Interpreters in Counselling	Counsellors/Therapists	Jess Michaelson Nathalie Talbot	Saturday 10 th May, 9.30am-4.15pm
The 'S Questions Model': Formulating Shift Thinking Questions in Family Mediation	Family Mediators	Gerry O'Sullivan	Wednesday 14 th May, 9.30-4.15pm
Supervision of Trauma	Counselling Supervisors	Miriam Taylor	Friday 30 th May. 10.00-4.30pm (In-person)
The Missing Link	Sex and Relationship Therapists and Counsellors	Miriam Taylor	Saturday 31 st May, 10.00-4.30pm (In-person)
Developing a Strength-Based Understanding of Autistic CYPs' Emotions and Social Relationships	Children and Young People Counsellors	Jeanne McLaughlin	Saturday 14 th June, 9.30-4.15pm

SAVE THE DATE – 27th March 2025, 11.30am-1pm
NEW for 2025 – Lunch and Learn Webinar
Popular Post-Separation Parenting Apps: Can they help to reduce conflict?

SAVE THE DATE – 11th June 2025, 4.00-6.30pm
FREE Learning Exchange event for Relationships Scotland Members:
Supporting Children's Rights in Child Contact Centres

CPD events are delivered online using the Zoom platform unless otherwise stated.
 In-person events are held at Relationships Scotland National Office, 18 York Place, Edinburgh, EH1 3EP.
 CPD information can be found on our website: [Training and CPD – Relationships Scotland](#)

HOW TO BOOK

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; Mediation: Jo Lockenwitz jo.lockenwitz@relationships-scotland.org.uk; Child Contact Centre Services: Diana Sinclair diana.sinclair@relationships-scotland.org.uk

BOOKING TERMS

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. Only participants that have received a booking confirmation email will be able to access the event. 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

ACCESSING THE EVENT ONLINE

SYSTEM REQUIREMENTS: The CPD event will usually be delivered using the Zoom platform. Please attend the online session from a private space 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

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: 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.

Screening for Domestic Abuse in Family Mediation



Date	Thursday 27th February 2025 and Thursday 6th March 2025
Time	1-5pm
Venue	Online via Zoom
For	Family Mediators and Mediation Intake Workers
Presenters	Michael Saini
Cost	RS Members £60/ Non-Members N/A
CPD Points	8 Category A Points
Booking	Secure your place HERE

This workshop takes place over two half day sessions, participants are expected to attend both sessions.

The sessions are designed to equip participants with the skills and knowledge needed to address domestic abuse effectively in family mediation.

Participants will be introduced to a structured three-phase approach: screening, assessing, and planning for domestic abuse risks. By integrating theory with practical exercises, the workshop aims to ensure that mediators can confidently manage domestic abuse cases, prioritise safety, and understand when mediation may not be appropriate.

Through a blend of interactive discussions, case studies, and hands-on practice, participants will explore various screening and assessment tools (MASIC, DOORS, DOVE, SAFER, DASH, and the Duluth Power and Control Wheel) and develop strategies for managing power differences and implementing safety plans. The workshop will also provide participants with ethical guidelines and practical tools to ensure they are equipped to manage domestic abuse concerns with sensitivity and competence.

Learning Outcomes: By the end of the day participants will be able to:

- Describe the various forms of domestic abuse, including coercive control, emotional abuse, financial abuse, and physical violence.
- Consider how to ethically and sensitively ask screening questions to identify hidden abuse and address confidentiality issues.
- Identify strategies for ongoing risk monitoring and safety planning, including understanding when mediation may not be appropriate.

Presenter: **Michael Saini, PhD, MSW, RSW**, is a professor at the Factor-Inwentash Faculty of Social Work and cross-appointed with the Faculty of Law at the University of Toronto. Dr. Saini is an expert in the field of family law and social work, with a particular focus on domestic abuse in the context of family mediation and custody disputes. As an academic and practitioner, he has extensively studied the intersections of intimate partner violence (IPV), child custody, and family dispute resolution.

Dr. Saini has contributed to the development of risk assessment tools and frameworks, and his work often emphasises the importance of differentiating between various forms of abuse—such as coercive control, situational couple violence, and separation-instigated violence—to tailor interventions effectively in mediation and legal processes. He has published extensively on the challenges of handling domestic abuse within the family court system, advocating for evidence-based practices that ensure the safety of children and survivors while navigating complex family dynamics. Dr. Saini is also actively training mediators and legal professionals on how to ethically assess and manage domestic abuse cases, ensuring that power imbalances are recognised and addressed.

Looking Through the Lens of Developmental Trauma



Date	Wednesday 23rd April and 30th April 2025
Time	4-6.30pm
Venue	Online via Zoom
For	Child Contact Centre Practitioners
Presenters	Nicola McAllister
Cost	RS Members £50/ Non-Members N/A
CPD Points	5 Category A Points
Booking	Secure your place HERE

Children are born wired to connect. Their experiences prebirth and during the first few years of their life cannot be explicitly remembered but have a profound effect on their physical, emotional, and cognitive development through childhood and beyond.

By understanding the impact of prolonged toxic stress in the early years we can intentionally respond in ways that creates a safe space where children and parents can begin to reconnect.

Participants will explore the importance of connection and felt safety within a trauma informed framework. They will go on to consider what they can do to reduce some of the stressors within the context of child contact centres that can feel overwhelming for all involved. They will develop a deeper understanding of what a trauma response looks like, and some of the core functioning skills that may have been impacted as a result of toxic stress.

This interactive event will not only strengthen participants' knowledge of the impact of childhood trauma but will develop their practical abilities and confidence in providing trauma sensitive support for children and parents.

This workshop takes place over two half day sessions, participants are expected to attend both sessions. To allow sufficient space for discussion numbers are limited for this workshop.

Learning Outcomes: By the end of the day participants will be able to:

- Consider how a trauma informed framework translates into their practice.
- Understand situations in early childhood that may lead to toxic stress and the impact that this has on the developing body and mind.
- Explore how developmental trauma manifests in adulthood and how to provide support.
- Notice the signs of distress and dysregulation and respond in an informed way that is trauma sensitive.

Presenter: [Nicola McAllister](#) is a trainer and consultant who specialises in attachment led, trauma informed practice and self-regulatory approaches. She has over 25 years' experience of working with some of our most vulnerable children while providing training, consulting and coaching services to those adults who support them. Nicola's background is in education she has worked within mainstream settings as well as specialist provisions for children experiencing social, emotional and communication needs. She has also worked as an Education Advisor within the Foster Care sector, supporting schools to adopt attachment led and trauma informed approaches while coaching carers at home to look beyond behaviour and support their child's needs through co-regulation. For further information see www.regulatedchild.co.uk

Working with Interpreters in Counselling



Date	Saturday 10 th May 2025
Time	9.30-4.15pm
Venue	Online via Zoom
For	Counsellors and Therapists
Presenters	Jess Michaelson and Nathalie Talbot
Cost	RS Members £60/ Non-Members £120
CPD Points	6 Category A Points
Booking	Secure your place HERE

Working with interpreters is an important skill that allows us to ensure our services are fully accessible to those who do not speak sufficient English.

This CPD event will help you build the knowledge, skills and confidence required to work effectively with community language interpreters in counselling sessions with individuals, couples, families and children/young people.

Jess and Nathalie will share their learning from practice as a psychotherapist and an interpreter with over 20 years' experience of working and training on this topic. In this session, participants will have the opportunity to engage in small group exercises, role play, discussions and presentations. They will develop their expertise in how to work with interpreters and consider how to apply this learning to their counselling practice.

Please note the rescheduled date for this event is Saturday 10th May, 9.30-4.15pm.

Learning Outcomes: By the end of the day participants will be able to:

- Explain the role of the interpreter and their code of conduct.
- Describe good practice when working with interpreters, including how to brief and debrief them.
- Identify some of the complex dynamics present when working with interpreters in counselling relationships with individuals, couples, families and children.
- Explore the potential impact of the counselling session on the interpreter and what the counsellor can do to ensure they are supported within the working relationship.

Presenters: **Jess Michaelson** is a psychotherapist, supervisor and trainer with over 20 years' experience of working with traumatised adults from diverse communities, in particular with refugee survivors of human rights abuses. Jess offers training on different themes of working with refugees including: working with interpreters; therapeutic work with refugees, mental health deterioration and risk, and vicarious trauma and self-care. Jess provides supervision to frontline workers that offers a chance to explore the personal/professional impact of their work as well as on managing the impact of mental health distress. Jess spent 18 years working as a psychotherapist, supervisor and trainer for Freedom from Torture offering psychotherapy to traumatised survivors of torture. Jess has written a chapter "Holding hope: the challenge for therapists working with survivors of torture" in *Psychological Therapies for Survivors of Torture: A Human Rights approach for people seeking asylum*. Boyles, J (ed) 2017. Jess also works part time as a senior psychotherapist for an NHS secondary care psychological therapy service.

Nathalie Talbot used to be a bilingual assistant at the Ethnic Diversity Service in Stockport, helping refugee children in primary schools. Nathalie speaks French and Russian and has worked as a freelance interpreter and trainer at a torture rehabilitation Centre in Manchester since 2003. She has supported interpreters working in a refugee camp with the charity Medical Justice. She was teaching the Ascentis Level 3 course in Community Interpreting until 2023 and designed two modules on interpreting in a mental health setting and working with trafficked children. She is currently delivering training workshops for the Refugee Council. She has co-written an article and a book with Jude Boyles, a BACP Senior Accredited Psychological Therapist, on the triadic relationship: "*We cannot talk if we do not feel free*" in *Therapy Today* (2015) "*Working with Interpreters in Psychological Therapy: The Right to Be Understood*", Routledge (2017)

The 'S Questions Model': Formulating Shift Thinking Questions in Family Mediation



Date	Wednesday 14th May 2025
Time	9.30-4.15pm
Venue	Online via Zoom
For	Family Mediators
Presenters	Gerry O'Sullivan
Cost	RS Members £60/ Non-Members £120
CPD Points	6 Category A Points
Booking	Secure your place HERE

The success of mediation critically depends on the quality of the questions posed within the process. The *S Questions Model* has been developed by Gerry O'Sullivan and is introduced in her book - '*The Mediator's Toolkit: Formulating and Asking Questions for Successful Outcomes*'. Publisher: New Society Publishing, Canada.

In this interactive session mediators will critically reflect on their use of questions. They will consider the application of the *S Questions Model* to sharpen, focus and improve their questioning skills to support a shift in parents' thinking and approach to their conflict in a safe way.

Participants will explore how question formulation can introduce new information to parents, clarify existing information and *safely* challenge entrenched thinking.

The workshop will consider the use of questions in individual and joint sessions and will include presentations, demonstrations, skills practice and group discussion. Participants will be asked to watch a short film prior to the event to in preparation for the session.

Learning Outcomes: By the end of the day participants will be able to:

- Recognise how the distortion, deletion and deficit of communicated information can impact mediations and why asking questions will help to alleviate this fact.
- Describe the physiological changes that occur when parties are in conflict.
- Demonstrate 'Thought Flow Tracking' so that they can facilitate a party to stay on their own thought flow, not on the mediator's thought flow.
- Examine the theory and purpose behind two of the S4: Shift Thinking question types from the '*S Questions Model*' and consider their application in their own mediation practice.

Presenter: **Gerry O'Sullivan** has worked as a trainer and facilitator for over 35 years. She delivered Certified Professional Mediation Training accredited by the Mediators' Institute of Ireland for many years. She has also delivered conflict and mediation training internationally. Gerry has authored '*The Mediator's Toolkit: Formulating and Asking Questions for Successful Outcomes*', and it is published by New Society Publishing, Canada, 2018. (Refer to Appendix 1) She has developed many training videos and a 16-hour training programme based on this book. Gerry is trained and certified in organizational & workplace mediation, community mediation, civil & commercial mediation and as a mediator for separating couples. Refer to www.osullivansolutions.ie for further information.

Supervision of Trauma



Date	Saturday 31st May 2025
Time	10am-4.30pm
Venue	Relationships Scotland National Office, 18 York Place, Edinburgh, EH1 3EP
For	Counselling Supervisors
Presenters	Miriam Taylor
Cost	RS Members £70/ Non-Members £140
CPD Points	6.5 Category A Points
Booking	Secure your place HERE

This in-person workshop will address the importance of recognising and working safely with trauma, in its obvious and more hidden presentations.

For the supervisor this requires self-support, awareness and specific knowledge.

We will focus on a relational and process approach to supervision and consider the implications for good practice in trauma work. This experiential session will recognise both limitations and resources for supervisor, supervisee and client and the importance of context.

Spaces for this event are limited – Book early to secure your place.

Learning Outcomes: By the end of the day participants will be able to:

- Review their role as a supervisor of trauma.
- Apply specific knowledge to working with trauma and the process of change.
- Use one or more new supervision models.
- Identify some of the particular challenges of supervision of trauma.

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.

The Missing Link



Date	Saturday 31st May 2025
Time	10am-4.30pm
Venue	Relationships Scotland National Office, 18 York Place, Edinburgh, EH1 3EP
For	Counsellors/Therapists
Presenters	Miriam Taylor
Cost	RS Members £70/ Non-Members £140
CPD Points	6.5 Category A Points
Booking	Secure your place HERE

It is often the case that the body tells the story for which words cannot be found, and we need to find ways to listen to the story behind the symptoms.

This in-person workshop will introduce some of the ideas and techniques which can lead to understanding and resolving some of the somatic markers of trauma.

Starting from a theoretical base developed both from neuroscience and existential phenomenology, the body will be considered as the primary organiser and integrator of traumatic experience.

A particular focus will be on experiential aspects of working with arousal, sensation and movement, and consideration will be given to trauma-based fears associated with connecting with the bodily self.

Learning Outcomes: By the end of the day participants will be able to:

- Describe the neurobiology of trauma.
- Recognise somatic memory – implicit and procedural learning.
- Explain embodied resonance and the therapist – reading the story.
- Recognise arousal as a whole body experience.
- Apply the phenomenological method- reconnecting with the lived body.

Spaces for this event are limited – Book early to secure your place.

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.

Developing a Strength-based Understanding of Autistic Children and Young Peoples' Emotions and Social Relationships



Date	Saturday 14th June 2025
Time	9.30am-4.15pm
Venue	Online via Zoom
For	Children and Young People Counsellors/ Play Therapists
Presenters	Jeanne McLaughlin
Cost	RS Members £60/ Non-Members £120
CPD Points	6 Category A Points
Booking	Secure your place HERE

There is an increased awareness of Neurodiversity and the different ways human beings think, interact and feel. More recently the term Neurodivergent has come to encompass Autism when in fact it is a term that recognises that “a person’s neurocognitive functioning diverges from the dominant societal norms” *Nick Walker* - <https://neuroqueer.com/neurodiversity-terms-and-definitions>.

This workshop will introduce participants to the social and emotional world of Autistic children and young people with up-to-date research reframing an understanding of how the brain develops, the conflict between Neurotypical and Autistic communication and challenging the notion that being Autistic means deficits in emotional and social awareness.

When working in this area, practitioners will also be working with Autistic children/young people’s fixed experience of past interactions such as: positive and negative social interaction; feeling misunderstood; masking to hide true emotions; confused sense of identity; defensive/avoidance behaviours; high levels of stress or anxiety in new relationships; unrealistic expectations of others. These can be hidden barriers to the building of a supportive therapeutic relationship.

Using a new framework of communication that seeks to understand the socioemotional world, practitioners can reflect and develop a strength-based approach to their support. In this interactive workshop there will be regular slots for reflective discussion around the presentation in relation to professional practice situations.

Learning Outcomes: By the end of the day participants will be able to:

- Critically think about the proposed differences in Autistic brain development from current research and describe how this impacts Autistic socioemotional development from birth to adulthood.
- Reflect on their own emotional understanding and social expectations in the context of working with Autistic individuals.
- Recognise anxiety-based masking strategies and develop appropriate sensitive responses to help children/young peoples develop better coping strategies.
- Support conversations around identity and gender.

Presenter: [Jeanne McLaughlin](#) is a BAPT Registered Play Therapist® and Clinical Supervisor working at With Kids for 12 years. Jeanne has thirty years of experience working with infants, children and teenagers and their families. Her research on Play Therapy has been published in the UK and international academic journals. She designed the infant-child development module on the With Kids and Queen Margaret University MSc in Play Therapy and is an Honorary lecturer at Glasgow University involved in the new Infant Mental Health MSc.