Internal Family Systems and Mediation

RELATIONSHIPS counselling, mediation & family support across SCOTLAND

Date	Monday 5th October 2026
Time	09:30am-4.15pm
Venue	Online via Zoom
For	Family Mediators
Presenter	Liz Calvert Thompson
Cost	RS Members £60/ Non-Members £120
CPD Points	6 Category A
Booking	Book your place HERE

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, and your families in your role as mediators.

IFS is a gentle, respectful, though extremely powerful lens to see people through. It offers a non-pathologising, relational and supportive way of working in mediation.

IFS is an evidenced based model of psychotherapy that has been adapted for a variety of settings where communication and understanding of complex dynamics is optimal. It embraces systems thinking and the concept that we are all made up of sub-personalities or Parts. In this workshop you will be introduced to the key concepts of IFS and will consider their application in family mediation.

IFS uses ways to work with the protective, defensive, and vulnerable Parts of people you encounter in the families you work with, alongside the potential to be simultaneously supportive to your own Parts that may become activated when sitting with challenging, complex individuals and dynamics in the role of mediator.

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.

Learning outcomes: By the end of the session participants will be able to:

- Describe the key concepts of IFS and the three categories of Parts; Firefighters, Managers and Exiles, focussing particularly on *The Protective System.*
- Explain Exiles and the Burdens they carry and how we can use this knowledge to inform decision making, increase understanding of the needs of children and young Parts of adults.
- Illustrate IFS approaches to the window of tolerance and safety, looking briefly at the theory behind the Self and Self-energy.
- Identify tools for mapping and detecting Parts and inviting people to speak for their Parts instead of from them, with compassion and curiosity for and about yourself and others.

Presenter: **Liz Calvert Thompson** MBACP is a Certified Level 3, Internal Family Systems (IFS) Therapist, Approved IFS Clinical Consultant, advanced Couples/Relationships therapist, and founder member of IFS UK. Liz worked for eleven years at a Multi-agency Community Addiction Service serving adolescents, adults and families and as a therapist and case worker. Her IFS journey began in 2010 and by 2011 had taken the first UK, IFS Level 1 training, with Dr Richard Schwartz himself. So inspired by the potential of IFS she subsequently devoted her time promoting and teaching IFS in the UK, Europe, and Internationally believing it to offer the language most useful in conflict and division. Liz runs a private practice in York, delivers IFS workshops in a variety of settings. She supports communities, charities and businesses to discover IFS and offers supervision and consultations, she currently delivers, as part of a trauma informed programme, IFS workshops to UK Social Workers.

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 on this event are limited. Spaces may be open to practitioners from external organisations where appropriate and available. We use an online booking process which 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, when spaces are available.

If you have any questions about the booking process please contact:

- Cassie Kerr, cassie.kerr@relationships-scotland.org.uk

EVENT TERMS AND CONDITIONS

Booking: 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. Booking will usually close 7days prior to the event. Only participants that have received a booking confirmation email will be able to access the event.

Payment: Member Services/Self-funded practitioners will be sent an invoice for the course fee before the event which will have a unique invoice number for the payment reference. Payment must be made prior to the event.

Cancellations: 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

System Requirements: Online CPD events will usually be delivered using the Zoom platform: https://zoom.us/ Please note, some organisations have additional security settings that may prevent you from accessing the CPD event on an organisational device. Relationships Scotland are unable to provide refunds when there are issues with a participant's IT which prevents them from accessing the CPD event.

Accessing the event online: A link to a CPD event will be sent out a few days before the event to the email address noted on the Booking Form. For CPD webinars a link to register on Zoom will be sent out a few days before the event, this registration process can be completed in advance and will ask for your name and email address. For CPD events and webinars please ensure that the Zoom account uses the same name that you used to book and register for events. 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.

Attending the event online: Relationships Scotland aims to create a safe and inclusive environment for all participants that attend our CPD events. Please contact sonia.bruce@relationships-scotland.org.uk if you require any adjustments to assist your learning. Our events are usually interactive and often explore sensitive areas of practice, participants agree to support a safe and inclusive environment and to protect confidentiality. This includes: to attend the session from a private space; not to share the Zoom link; not to record/transcribe the session through use of AI or other tools; to ensure that course materials are for personal use only and not to be distributed. Certificates will be provided for participation in Category A CPD events. Please note that the views of presenters are their own and may not reflect the views of Relationships Scotland.

PRIVACY

All the information you provide is regarded as confidential and will not be disclosed to any other organisation without your explicit permission. The only exception to this rule of confidentiality is in the event of a criminal offence. Under General Data Protection Regulations (GDPR), you are entitled to view, amend or ask us to delete the personal identifiable information we record about you via a Data Access Request. Please speak with our staff to request this. Please be assured that we follow all GDPR guidelines on data retention and storage of your data. Our Privacy Policy is available on our website: https://www.relationships-scotland.org.uk/help-with-our-ste/privacy