Learning Exchange:
Working with Diversity in Counselling Supervision

Date	Monday 24th August, 2026
Time	10.00am-12.30pm
Venue	Online via Zoom
For	Counselling Supervisors
Facilitators	Janet Brown and Sonia Bruce
Cost	FREE to RS Members
CPD Points	2.5 Category B Points
Booking	Book your place: HERE

Relationships Scotland Learning Exchange events are an opportunity for practitioners to share learning about specific practice areas with other practitioners across the Relationships Scotland Network.

Learning Exchange events are FREE and open to practitioners from Relationships Scotland Member Services only.

This session is designed for Counselling supervisors from all areas of practice – individual, relationships, children and young people, family, sex and relationship therapy. The session builds upon learning from a recent CPD event for counsellors on anti-oppressive supervision and consideration of competencies in anti-oppressive practice identified by professional bodies. Supervisors do not need to have attended the CPD event to participate.

We will begin the session by sharing our experiences of working with diversity in our supervision practice. We will then go on to explore how anti-oppressive supervision can support best practice and the potential challenges. There will then be an opportunity to identify specific learning needs and/or policy implications.

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

- Identify best practice in working with diversity in counselling supervision practice.
- Describe areas of learning which can be applied to their own practice or practice within their Member Service.
- Contribute to developing best practice in counselling supervision across the Relationships Scotland Network.

Facilitators: **Janet Brown** joined Relationships Scotland – Couple Counselling Ayrshire in 2004 and then worked with Relationships Scotland – Couple Counselling Glasgow from 2010 onwards, initially as a relationship counsellor, then as a supervisor and sex therapist. Janet is an experienced trainer and is the Course Director of Relationships Scotland's Certificate in Relationship Counselling. Janet is also the Relationships Scotland Supervision Manager.

Sonia Bruce joined Relationships Scotland in 2010 and designs and manages the Certificate in Family Mediation, the Consultation with Children and Young People in Mediation course and the Relationships Scotland Continuing Professional Development Programme for practitioners across the Network. Sonia is an experienced Family Mediator and Parenting Apart Facilitator with Avenue. Sonia is also a Child Consultant Mediator and Mediation Supervisor.

RELATIONSHIPS SCOTLAND
counselling, mediation & family support across

HOW TO BOOK

Relationships Scotland Learning Exchange events are FREE and designed for practitioners who are currently working for a Service that is a Member of Relationships Scotland. We use an online booking process which can be used by:

- Member Services to book on behalf of practitioners
- Practitioners from Member Services

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

Liz.Thackwray@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.

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