

# Open and Polyamorous Relationships in Family Mediation

**Date: Wednesday 15<sup>th</sup> May**

**Time: 9.30-4.15pm**

**Venue: Online via Zoom**

**For: Family Mediators**

**Presenters: Niki D**

**Cost: RS Members £60/  
Non-Members £120**

**CPD Category A Points: 6**



Mediators working with parents in consensual non-monogamous relationships (CNM) may feel unprepared and challenged by the parent's relationship style when they only have personal and professional experience with monogamous structures.

- How do mediators take into account co-parenting arrangements and children's views when multiple-partnered relationships break down?
- Do they know how to invite metamours and 'chosen family' into mediation discussions?
- Do they understand the values of polyamorous connections?
- Are they aware of the importance of community and the effects of minority stress on people in relationship structures that society does not acknowledge?
- Have they considered the bias against open and polyamorous relationships within the legal system and other regulatory structures?

This CPD event will address these questions through presentations, handouts, pair conversations, and case scenarios. Niki aims to support mediators in becoming aware of their own possible biases and gain knowledge about the specific challenges and opportunities for separated parenting in relationally diverse ways.

**Learning Outcomes:** By the end of the day participants will have:

- Increased understanding of diverse relationship styles.
- Gained insight into the most common issues that lead to break-ups for people in open and polyamorous relationships beyond the standard reasons any relationship ends.
- Knowledge of Niki D's **7-STAGE MODEL of co-creating an open relationship** and considering the learning in a mediation context.
- Awareness of how mononormative bias in the mediator or client may arise in the mediation session.

**Presenter: Niki D** is an existential psychotherapist and supervisor with over thirty years of experience in private practice, statutory and voluntary sectors. She runs a supervision group, GSRD therapy groups, and a therapy group for therapists. As a relationship therapist, Niki works exclusively with GSRD clients (gender, sexual, and relationship diverse) and as a clinical associate of Pink Therapy, she teaches the online module on GSRD relationships. Niki has an MA in Existential Psychotherapy and additional training in GSRD therapy and somatic body therapy. Niki is delivering the UK's first in-depth CPD on working with clients in open and polyamorous relationships in 2024. [www.rainbowrelationships.com](http://www.rainbowrelationships.com)

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## HOW TO BOOK

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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 (when spaces are available).

The link to the online booking form for this event can be found here: <https://forms.office.com/e/YJvTGpwD7L>

If you have any questions about the booking process please contact Cassie Bremner:  
[cassie.bremner@relationships-scotland.org.uk](mailto:cassie.bremner@relationships-scotland.org.uk)

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## BOOKING TERMS

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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. 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](mailto:sonia.bruce@relationships-scotland.org.uk)

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## SYSTEM REQUIREMENTS

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The session will be delivered using the Zoom platform. You can attend this CPD event from a private space anywhere 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 prevent them from accessing the CPD event. Please contact the CPD Manager if you are unsure about the use of the technology [sonia.bruce@relationships-scotland.org.uk](mailto:sonia.bruce@relationships-scotland.org.uk)

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## ACCESSING THE EVENT ONLINE

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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.

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