Substance Use Awareness: Impacts and Strategies

Date	Thursday 19th **and** 26th November 2026
Time	09:30-1.30pm
Venue	Online via Zoom
For	Counsellors/Therapists and Family Mediators
Presenter	Michelle Sloan
Cost	RS Members £80/ Non-Members £160
CPD Points	8 Category A
Booking	Book your place: HERE

This CPD event take place over two sessions. The sessions are designed for family mediators and counsellors who encounter people who use substances.

The first session focuses upon awareness of substance use and the second session builds upon this knowledge to consider the impact of parental substance use.

Initially practitioners will gain an insight into the impacts of different types of patterns of use, as well as the risks associated with ever changing trends in substances. Participants will consider the impact of co-morbidity between substance use and mental health, alongside the impact of intersectional stigma and the barriers this creates for individuals seeking support. The session will take a holistic person-centred approach to how we view an individual and their support needs, looking through the lens from a biopsychosocial model to ascertain the potential unmet needs of the individual or family. In turn it will create a better understanding of the support that is required.

The second session will explore the challenges individuals and families of substance use may face. There will be a focus on the impact of parental substance use on children and the child's change cycle in parental use and recovery. The event will provide practical tools and models for effectively working with individuals and their families and consider their application in counselling and mediation practice.

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

- Describe the main theories of addiction.
- Identify reasons why people use substances and local current trends and patterns of use.
- Describe how stigma impacts on the quality and effectiveness of treatment and language which de-stigmatises people affected by substance use.
- Describe how substance use is used as an adaptive coping response to trauma.
- Identify the impact of parental substance use on children and describe the child's change cycle in parental use and recovery.
- Identify the impact of substance use on relationships.
- Review effective tools and strategies and their application in practice.

Presenter: **Michelle Sloan**, Scottish Drugs Forum, holds a Hons degree in Psychology and previously worked within addiction services within the public health sector, as well as working with young people within a non-profit alcohol organisation. She designs and delivers training courses and materials to support the up skilling of individuals working in drugs and alcohol and other sectors across Scotland, by facilitating tailor made programmes that fit the needs of the learner.

RELATIONSHIPS counselling, mediation & family support across 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 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