



RELATIONSHIPS
counselling, mediation
& family support across **SCOTLAND**

Working with Clients in Open and Polyamorous Relationships

Date: Saturday 18th May

Time: 9.30-4.15pm

Venue: Online via Zoom

**For: Counsellors and Sex and
Relationship Therapists**

Presenters: Niki D

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

CPD Category A Points: 6

Counselling and psychotherapy training and relationship therapy courses rarely discuss relationship diversity. Yet more and more therapists are finding themselves working with clients in consensual non-monogamous relationships (CNM). Many feel unprepared and challenged by the client's relationship style fluidity in the face of Western society's norming of monogamous relationships.

- Can therapists adapt to the changing socio-cultural landscape and the increasingly fluid relationship structures that many of our clients are living in?
- Are therapists who hold mainstream values and beliefs about relationships, at risk of imposing normative beliefs, standards, and expectations onto their more flexible and diverse clients?
- How do we adapt existing narrow therapeutic frames in relationship therapy to meet the unique requirements of multi-partnered relationship constellations?

This CPD event will address these questions through presentations, handouts, pair conversations, and case scenarios. Niki aims to support counsellors/therapists in holding a therapeutic openness in their work as they gain knowledge about the specific challenges and joys for our clients living and loving in relationally diverse ways. We may also be required to expand and adapt our existing therapeutic frames in relationship therapy to meet the unique requirements of multi-partnered relationship constellations as we support our clients to become more competent in communication, negotiation, and check-ins.

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 people in open and polyamorous relationships may face.
- Confidence to make use of Niki D's **7-STAGE MODEL of co-creating an open relationship**, which aids relational negotiation in more complex relationship structures.
- The ability to notice and work with the strengths of those in CNM relationships.
- An awareness of how mononormative bias in the therapist or client shows up in the therapy room.

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

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 (when spaces are available).

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

If you have any questions about the booking process please contact Liz Thackwray:
liz.thackwray@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. 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

SYSTEM REQUIREMENTS

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

ACCESSING THE EVENT ONLINE

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.

