

# CONNECTIONS

**AFT SCOTLAND  
NEWSLETTER**

**SUMMER 2016**



## **CONNECTIONS...**

the newsletter of the Scotland Branch of the Association for Family Therapy.

Circulated to family therapists, systemic practitioners, family therapy trainees and other people who are interested in the news and activities of family therapists in Scotland.

## AFT CONFERENCE 2017 – DUNBLANE!

### **It's official!**

We're excited that AFT Scotland will be hosting the 2017 AFT Conference in Dunblane!



### **Why Dunblane?**

Choosing a Scottish venue for the 2017 AFT Conference hasn't been easy! We explored Universities, but they weren't available that weekend. We also thought of Glasgow city centre, but the venues were very expensive.

When we stepped inside the Dunblane Hilton/Hydro Hotel it felt warm, welcoming and peaceful. We thought it would draw people together, and help them to feel refreshed and relaxed. The hotel also has beautiful and inspiring views across the valley to the distant Trossachs. Dunblane has good transport links to most Scottish cities, with a regular train and bus services.

### **Join the team!**

This is a big project. We know that many of you are really busy. But right now we just need your ideas, and your hopes and dreams. We'd also love to know if you would like to join us for an hour or two a month for a Skype meeting.

Our biggest hope is that this special event will help us to grow stronger connections between the family therapists and systemic practitioners across Scotland, as well as the trainees in the current FTTN project. It will also help us to raise the profile of family therapy in Scotland.

### **INSIDE THIS ISSUE**

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## Karl Tomm



We are really delighted to be hosting a Karl Tomm workshop in Edinburgh on June 7<sup>th</sup> at the Radisson Blu Hotel on Edinburgh's Royal Mile. If you haven't booked a place yet, there may still be a few spaces left. Contact Eoin Power ([findeoin@gmail.com](mailto:findeoin@gmail.com)) if you are interested.  
Places cost £75.

In this workshop Karl Tomm is especially interested in helping therapists reflect on the effect of their questions, and how they are asked, on their clients. He will help you to think about your questions in different ways, and then formulate effective questions that have generative and deeply healing effects on your clients.



## NEW STAFF ROLES IN THE FAMILY THERAPY TRAINING NETWORK

Dr. Sondra Beres has just joined the Family Therapy Training Network (FTTN) as their programme manager after recently relocating to Scotland from Colorado in the USA. She has been a family therapist since 1998 and a clinical systemic supervisor since 2004. In addition to her clinical practice, Dr Beres was also a professor of family therapy at Regis University in Denver Colorado. She has experience as an academic, as the director of university courses and programmes, and as a director of a charity. She is happy to be in Scotland and hopes to continue the advocacy for the profession for which Family Therapy Training Network is renowned.

We're very happy to welcome Sondra to Scotland!

Lynne Miller is delighted to become CEO of FTTN. She has worked for FTTN since setting it up alongside Marian Gerry in 2012, and before that for the Family Therapy Project. Prior to joining the Project in 2009 Lynne worked for ten years for Aon Consulting as a client relationship manager.

She has recently completed an MSc in Sociology at the University of Glasgow, with particular focus on Scottish policy and context, skills she is really looking forward to using and developing in the future.



# GROUND BREAKING CONFERENCE AT DYNAMIC EARTH!

On March 3<sup>rd</sup> 2016 the Family Therapy Training Network hosted the ground-breaking conference 'Keeping the Family in Mind'. So it was rather appropriate that they chose Edinburgh's Dynamic Earth centre for the venue, where one of the exhibits enables you to experience the ground shuddering during a simulated volcanic explosion.

This special conference brought together trainees and supervision teams from the four foundation courses that were held across Scotland this year. These courses were funded by the Scottish Government to help families in diverse locations access extra support when they face challenges.

During the day teams of trainees and their supervisors presented different aspects of their work. There were fascinating presentations from the Crossreach team at Knox Academy who have been working with families in a school setting; the family counselling team at Bright Light Relationship Counselling (formerly Couple Counselling Lothian); and the family counseling team at The Spark in Glasgow.



The Dynamic Earth venue is in Edinburgh, just across the road from the Scottish Parliament

There were also presentations from the Kibble Residential School, who are experimenting with systemic practice in residential care; Quarriers, who work with troubled families and young people; and the Children and Families Social Work team from Orkney.

It was inspiring to hear how each team was using their systemic ideas and training in different ways, and connecting with different client groups. Managers of the different teams also talked about their experiences, and the benefits and challenges of developing systemic practice within their various contexts.

This has been a busy and exciting year for family therapy in Scotland. The training project has been very effective in raising the profile of family therapy in several key locations, and with both non-statutory and statutory services. The training has also changed the thinking and practice of the trainees, as well as their managers and organisations.

## Thanks!

A very special thanks to Marian Gerry, Lynne Miller, and Kate Sainsbury for all the hard work and time invested in making this day such a success. Thanks also to the managers, supervisors and trainers involved in this incredibly rewarding project over the past year. And a very special thanks and best wishes to all the trainees who have worked so hard and learned so much during their foundation year. Well done everybody!



Good bye,  
Karen!

Hi,

I have really enjoyed working to promote family therapy in Scotland for the past three years. But last November I was invited to head up the family work for an organisation that covers half of Europe. So now I am working from an office in St Albans and travelling around Europe. My main responsibilities are training people to understand and work with families, teaching relational 'first-aid' skills, and developing resources to strengthen families and relationships in all kinds of ways.

We are going to miss Scotland so much! As I sit in our home in Crieff, looking out towards the hills, I know this is the most beautiful place in the world. So maybe we'll come back here to retire... 😊

I have loved every minute of this work. AFT UK is currently looking for someone to continue this work, at least for another year. If you would like a job with very flexible hours where you can meet interesting people and help them to understand more about family therapy, please let me know. [karensholford@gmail.com](mailto:karensholford@gmail.com)

I hope to come to the AFT conference in Dunblane next year, so maybe I'll see you then. Take care and thank you for having me!

Karen Holford

## JUST ANNOUNCED!

Keynote speakers for the AFT  
Conference Dunblane 2017!

**PETER ROBER - ALAN CARR**

**BEN FURMAN**

Ben Furman may be new to many of you  
– so here is a brief introduction.

He is a Finnish psychiatrist who is also a systemic psychotherapist. He has developed the Twin Star approach to systemic management and Kidsskills [www.kidsskills.org](http://www.kidsskills.org). He founded the Helsinki Brief Therapy Institute and his presentations are often interesting and very funny!

[www.benfurman.com](http://www.benfurman.com)

## SO, WHAT DO YOUR CLIENTS THINK?

'I never knew therapy could be so much fun!'

'If we hadn't come here, I'm not sure if we would still be together as a family.'

What interesting and encouraging snippets of feedback have you heard from your clients?

AFT UK is collecting positive and anonymous comments from clients for a special project.

If you have any to share please send them to Karen Holford at [karensholford@gmail.com](mailto:karensholford@gmail.com).

Thank you!