



FTTN CPD Days- 26<sup>th</sup> and 27<sup>th</sup> November

Venue for both days: Bettys Room, EVH, 5<sup>th</sup> Floor, 137 Sauchiehall Street, Glasgow, G2 3EW

## **Day 1 Digital Family Life Skills for 21<sup>st</sup> Century Families and Clinicians. Mr Steven Fitzpatrick and Dr Renee Singh**

*With the greatly increased use of social media by young people, concern is growing over it's impact on many aspects of their mental health as well as family life in general.*

*This innovative workshop presents mental health professionals with an opportunity to develop new templates for responding effectively to the unprecedented challenges they now face.*

Do you feel that your training and experience has not equipped you to deal with clinical issues which stem from our clients' digital social worlds?

Does it often seem as if the familiar boundaries which defined our clients' private and public social worlds (and our relationship to them) are being undermined?

Are you losing confidence in your own sense of professional agency and your ability to work with this new generation of digitally sponsored problems, issues, contexts and dilemmas?

This is hardly surprising given that digital technologies are now disrupting family life in terms of:

- The transitions between developmental stages
- The roles, relationships and expectations between family members
- Fundamental issues about authority, identity and relations to peer group norms and pressures

This workshop is an opportunity for clinicians and mental health professionals to renegotiate their relationship to the complex and ubiquitous digital technologies that so often bewilder our professional lives as well as those of our clients.

The workshop comprises up-to-date research presentations and facilitated exploration of their clinical implications, curated videos, group discussions, experiential exercises, case vignettes in addition to recommendations for clinical interventions.

## **Day 2 Working therapeutically with Intercultural Couples. Dr Renee Singh**

***As each life cycle and developmental stage presents unique challenges for intercultural couple, from before they decide to get married or cohabit, through the parenting stage right through to post retirement.***

***This innovative workshop offers counsellors, therapist and other mental health professionals with an opportunity to develop their thinking about couple and family work and assist them to respond effectively.***

For many couples, a desire to build and sustain a relationship involves a degree of compromise and assimilation. This normalising process can require moving away from what has been familiar, comfortable and reassuring. Racism, islamophobia or homophobia further compound this process and can have devastating effects on individuals, giving rise to feelings of abandonment, which can manifest as difficulties in the couple relationship

Different elements of each partner's identities are interlinked and as such need to be discussed in the therapeutic relationship, to help nurture and create an understanding with a view to developing openness. If there is no authentic dialogue, coping strategies of silence, internalization of unresolved anxieties, and feelings of isolation can restrict healing.

As an experienced psychologist, psychotherapist, trainer and supervisor, Reenee will provide an overview of the literature about intercultural couples and parents and explore how it is applicable to the UK context. She will draw on clinical vignettes, media podcasts and films to explicate some of the key themes and dilemmas that intercultural couples experience. Renee will also describe some of the systemic interventions that are useful in her practice with intercultural couples including examples of intercultural couples who have experienced disturbing psycho-social pressures in the wake of the outcome of the recent EU referendum.

## **About the workshop designer-facilitators:**

**Dr. Reenee Singh** is the Founding Director of the London Intercultural Couples Centre and the co-director of the Tavistock Family Therapy and Systemic Research Centre. She was the Editor of the Journal of Family Therapy for whom she commissioned and edited a special issue of the Journal of Family Therapy on social media and the family. She provides consultation to the media and to parents and professionals on digital life skills for families.

**Mr. Stephen Fitzpatrick** is director of the online environmental campaigning organisation Altforest. He was formerly Group Interactive Strategist for Saatchi and Saatchi and Social Media Director for Golley Slater, the UK Public Relations Network. He is the author of the 'Mindful Media Manifesto' and has over 20 years of digital experience with public, private and charitable organisations including Greenpeace, WWF, Oxfam, Design Council, HSBC, Visa and Lloyds.