



FREE 3 day training course in conflict resolution
30th August, 6th & 13th September
10:00-16:00 in Renfrewshire, Arkleston Primary School.

Please circulate to anyone you feel this course may interest or benefit.

UTK-Untangling the knots...

All relationships get in a tangle from time to time, sometimes we need a bit of help with the knots. **The SCCR has developed a 3 day course which will support participants to develop their skills in conflict resolution in relation to working with young people and families.** The course will explore how conflict can develop in relationships, and will provide participants with the skills to help them support young people and families to have positive conversations and de-escalate and manage a situation if things become difficult. The course will nurture a creative and dynamic space for participants to share and reflect on their own learning and experiences, and build connections for the future.

The UTK course is accredited by the CPD Standards Office and is badged through the Open Badge platform of the Scottish Social Services Council Learning Zone.

To register your interest on this course or for any further questions please contact carolineross@cyrenians.scot 0131 475 2493

What does it cover?

The course is skills based so will be practical. There will also be an opportunity to explore other themes which are key to understanding and managing conflict;

- Mindfulness, values and belief systems
- Conflict response styles
- The wider perspective of conflict
- Encouraging a better understanding
- Brain development, attachment and connection
- Dynamics of conflict
- Skills and reflective practice

Who is it for?

For anyone who has a role **working with young people and their families** within the Third, Health, Criminal Justice, Parenting, Family, Education, Social and Housing, Mediation or Conflict Resolution sectors, either as a practitioner/worker/volunteer or manager of service or department, and who is able to make a sincere commitment to the 3 days required. **Please note:** Places may not be allocated to those not fulfilling the criteria.

What can you expect from us?

- **Commitment** - SCCR committed and dedicated resources to host and deliver the course.
- **Encouragement**-A safe, informal environment conducive to the learning, to encourage as much shared learning, reflection and group discussion as possible.
- **Permission**-The permission to slow down and be yourself
- **Access** -The course free of charge at point of access.

What do we expect from you?

- **Commitment** – The course has been designed to cover 3 days, therefore information and activities flow across this time span. Attending all 3 days for the time stated is **essential** and we would expect participants would offer a commitment to make this happen.
- **Participation** –You have responsibility for your own learning recognising that every activity is an opportunity for learning. We would want and actively encourage you to take as much as you can from the course and enjoy doing it.
- **Pre course written case study** – We want the course to be based on real life experiences and situations and we would regard this as an important part of the group's shared learning. Therefore we require you to provide a short written case study of a difficult situation in the context of young people and/or a family relationship where there is potential or already existing conflict (an example format will be provided). We would ask people to be mindful of confidentiality and to change the names and specific circumstances of the families involved. Please write about a situation you are comfortable to share with the whole group and potentially work on (if selected).
- **Evaluation** – Your feedback and comments are really important to us in order to measure and review the learning and impact of the course for participants. As part of this qualitative impact is the introduction of Open badges as a digital record of evidence based learning and application for your portfolio.

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