

Why Attachment Matters

Attachment, Racism and the Impact on Relationships

A course for people from Black and Minority Ethnic communities.



Attend
online,
in person or
hybrid

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**Scottish
Attachment
In Action**

Why Attachment Matters

Attachment, Racism and the Impact on Relationships

A course for people from Black and Minority Ethnic communities.

People from Black and Minority Ethnic communities and their families are too often on the edge of services that could offer support. When services are accessed, there can be a lack of understanding of societal power and racism leading to their voices not being heard and continued 'othering'.

Scottish Attachment in Action (SAIA) has secured funding from the Robertson Trust to work with people from Black and Minority Ethnic communities to explore attachment, racism and the impact on relationships.

We are running a series of courses that begin with an explanation of what attachment is and how racism works. With that understanding, participants will then have the opportunity to explore:

- what attachment relationships mean to them;
- how attachment relationships are affected by societal power and racism;
- the implications for their relationships with others (e.g. families, communities, service providers);
- the implications for their relationships with themselves;
- how they can use their voices to influence services and better support their own lives, their families' lives and their communities.

This course will be facilitated by Gillian Neish and Edwina Grant, both Trustees of SAIA. Gillian is a trainer who works with individuals and organisations in all sectors to help them recognise and fulfil their potential. The focus of her work is power, whether challenging the power inequalities of racism, sexism and the other 'isms' or developing personal power through personal development programmes. Edwina is an independent chartered educational psychologist and certified Dyadic Developmental Psychotherapy (DDP) practitioner, consultant and trainer. She works with children and families in a range of contexts from residential care to family therapy.

"At the beginning we will introduce ourselves and tell you more about the background.

We'll invite you to introduce yourselves and, to make sure we create a safe space where we can have real conversations, we'll agree some ground rules for the way we are going to work together."

Gillian and Edwina



Would you like to get involved?

To broaden accessibility, this course is being offered in three different ways, hybrid (combining an in-person workshop with online sessions), online and in-person.

HYBRID

Joining the course in this way requires attendance at both Parts 1 & 2.

Part 1

When: Saturday 7th October in-person (10.00am - 4.00pm)

Where: Aberdeen city centre - venue to be confirmed



Part 2

When: Thursdays, 19th & 26th October and 2nd November 2023

Where: On-line via Zoom (6.00pm - 8.00pm)

ONLINE

When: Monday, 30th October, 6th November, 13th November, 20th November, 27th November, 4th December

Where: On-line via Zoom (6.00pm - 8.00pm)



IN PERSON

When: Saturday 11th and Saturday 25th November 2023

Where: The Renfield Centre, Glasgow (10.00am - 4.00pm)

(Light refreshments, child care costs, travel expenses and interpreters, if required, will be provided)



Click the graphics above to book a specific course.

For more information contact
pauline.munro@scottishattachmentinaction.org
or click the link.



Funded by



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