



**Scottish  
Attachment  
In Action**

# Why Attachment Matters Attachment, Racism and the Impact on Relationships

**Courses in Aberdeen & Edinburgh**



*Hybrid delivery  
– one day in  
person followed  
by three 2 hr  
on-line sessions*

**Connect**



[www.scottishattachmentinaction.org](http://www.scottishattachmentinaction.org)



# 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) secured funding until 2025 from the Robertson Trust to work with women and men from Black and Minority Ethnic communities to explore attachment, racism and the impact on relationships.

Courses are facilitated by Gillian Neish and Edwina Grant. 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. Gillian is also a Trustee of SAIA. 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.

*"We want to create a safe space where participants can learn together about attachment across the lifespan and then offer an opportunity for participants to reflect on the impact of racism on themselves, their families and in the community.*

*Also to support participants to find ways for their voices to be heard. We aim to build a community of people who have undertaken this training and will provide opportunities after the workshops to stay connected."*



Gillian and Edwina

### Previous course participants have said:

*"I just want to thank you both so much for creating and holding the space so well over the last few weeks.*

*It's been so helpful to me to have the space to think about parenting but also how I've been parented with a racial lens and learn more about attachment.*

*"Brave spaces leads to Brave thinking"*

*"What an informative and thought-provoking workshop.*

*I am so happy I met you all. It feels like a different world altogether.*

*Definitely an eye-opener for me.*



# Would you like to get involved?

To broaden accessibility, this course is being offered in two locations via a hybrid delivery - combining an in-person workshop with online sessions. Places are free and are limited to 12 participants for each course.

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

Light refreshments, child care costs and travel expenses will be provided. Interpreters, if required, may be available. Please contact us.

## ABERDEEN

### Part 1

**When:** Saturday 24th February 2024 in-person (10.00am - 4.00pm)

**Where:** We Too!, Ninja HQ, Trinity Centre, Aberdeen, AB11 5BE

### Part 2

**When:** Thursday 7th, 14th and 21st February 2024

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



## EDINBURGH

### Part 1

**When:** Saturday 16th March 2024 in-person (10.00am - 4.00pm)

**Where:** Edinburgh Training & Conference Venue,  
16 St Mary's Street, Edinburgh EH1 1SU

### Part 2

**When:** Monday 25th March, 15th April and 29th April.

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



Click the graphics above to book a specific course.

For more information contact

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