

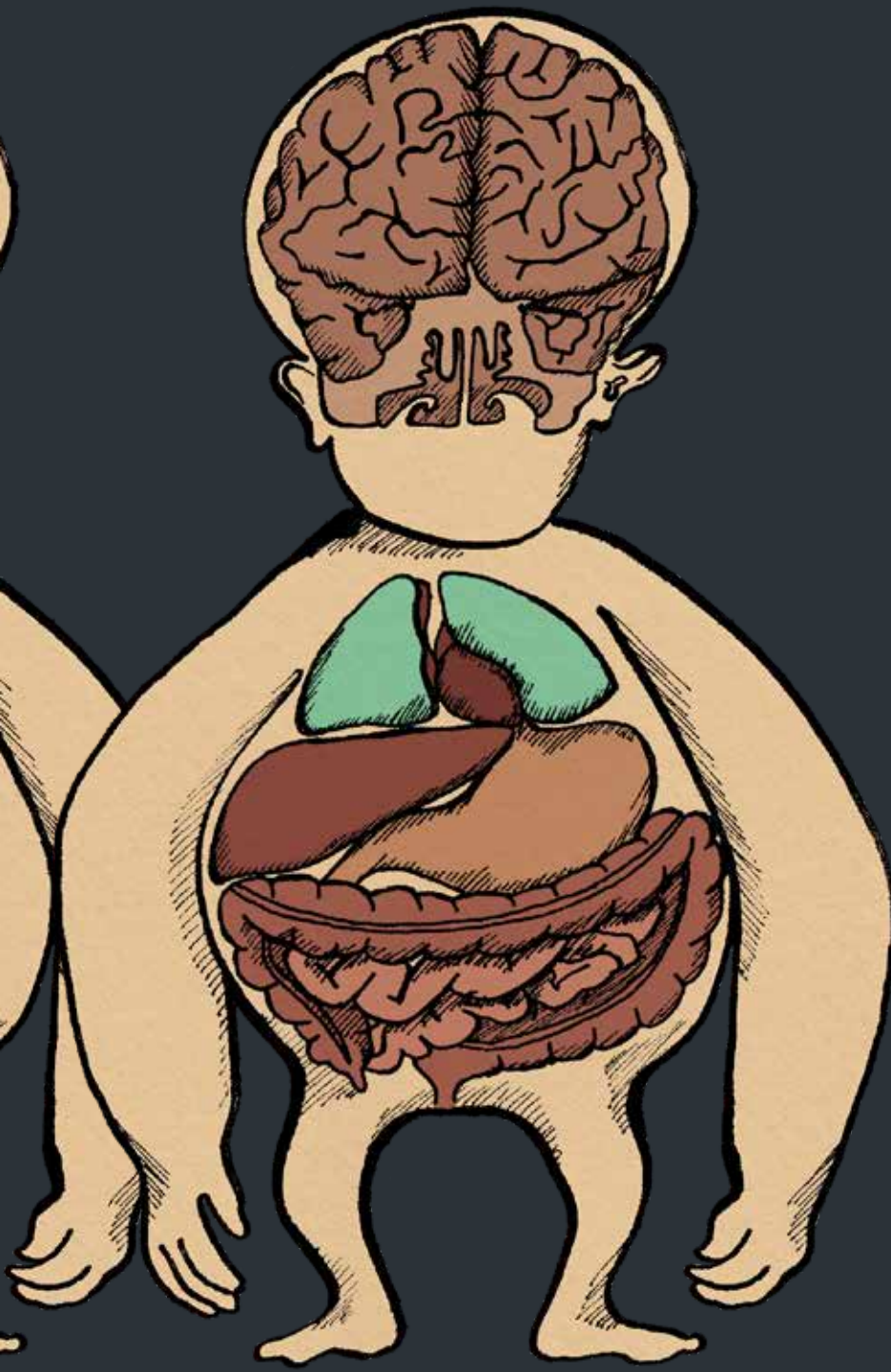
SC Scottish Centre for  
CR Conflict Resolution

cyrenians

**Conflict, it's all about the brain...Or is it?**

**Eighth National Conference**

17 January 2018



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# WELCOME & NOTE OF THANKS

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“It is through caring, human kindness and the dedication of professionals and practitioners who work out in the communities that we all live in and belong to that can bring about positive change.”

To each and every one of our delegates and speakers a very warm welcome to the Cyrenians' Scottish Centre for Conflict Resolution's (SCCR) eighth national conference, 'Conflict, it's all about the brain... Or is it?'. Today's event also marks the launch of our most recent digital development and psychoeducational resources, "Get to know your Emotional Homunculus and the Drugs Cabinet in your Mind", which seeks to creatively explore the interconnected relationship between conflict, our body, emotions and minds. The Emotional Homunculus project was developed in response to the needs identified in our 2016 National Survey, 'Reducing Conflict, Improving Lives' and in conjunction with the wonderful Dr Sara Watkin.

Conflict happens in all our lives, for a myriad of reasons, often with minimal consequences, but sometimes the impact can be devastating and debilitating, with the propensity to affect our relationships, life chances, mental health and wellbeing. In addition to this, whilst the figures have declined since the SCCR launched in April 2014, almost 4,500<sup>1</sup> young people became homeless due to conflict at home and relationship breakdown, with many families struggling behind closed doors.

In opening today's event in this, the Year of Young People 2018, we are delighted to welcome the very talented pupils of Douglas Academy and Milngavie Primary School. We are also delighted to welcome our eminent conference speakers: Dr Robin Hoyle, Ewan Aitken, Dr Sara Watkin, James Docherty, Dr David Caesar and Dr Jonathan Delafield-Butt who have all taken time out of their very busy working lives to share their insight, knowledge and understanding. Thank you also to Maree Todd MSP, Minister for Childcare and Early Years, who is joining us to provide our Key Note Address and to Scottish Government for their continued commitment to support the work of the SCCR through our grant funding.

We hope today inspires you and supports you in your work, enabling you to empower and support others; ultimately creating a community that is supported and connected across Scotland. We believe it is through caring, human kindness and the dedication of professionals and practitioners who work out in the communities that we all live in and belong to that can and does bring about positive change.

Thanks also to Drew Drummond, our very dedicated Patron and Conference Chair, to everyone that has worked on the development and creation of the latest digital resources and to the SCCR team for once again working to achieve all that we set out to do and more. Finally to everyone that supports our work in so many varying and valuable ways – we couldn't do what we do without you. Collaboration and working in partnership is central to all that we do in the Cyrenians and SCCR; you have enriched our lives and the lives of others too, thank you.

The team and I very much look forward to being with you today and continuing to work with you in the future, as we collectively strive to reduce conflict and improve relationships and lives across Scotland.

**Diane Marr**

Network Development Manager

Cyrenians' Scottish Centre for Conflict Resolution

<sup>1</sup> Scottish Government Youth Homelessness Figures 2016/17

# Conflict, it's all about the brain...Or is it?

Join the conversation @sccrcentre #CranialCocktail

**9:15** **REGISTRATION AND REFRESHMENTS - TOWER BASE SOUTH**

**9:50** **Musical Prelude**  
Young Musicians of Douglas Academy

**10:05** **Introduction from Conference Chair**  
Drew Drummond, Drummond International & SCCR Patron

**10:10** **Welcome**  
Dr Robin Hoyle, Glasgow Science Centre

**10:15** **Get to know your Emotional Homunculus**  
Dr Sara Watkin, SCCR Medical Advisor  
Young Musicians of Douglas Academy & Milngavie Primary School

**10:40** **Conquering Conflict Creatively**  
Diane Marr, Scottish Centre for Conflict Resolution

**10:50** **Ministerial Address**  
Maree Todd MSP, Minister for Childcare and Early Years

**11:10** **REFRESHMENT BREAK - TOWER BASE SOUTH**

**11:25** **ACE's No More - Breaking the Cycle of Adversity**  
James Docherty, Violence Reduction Unit

**11:55** **Crisis Management – Are we asking the right questions?**  
Dr David Caesar, Scottish Government

**12:25** **LUNCH - WHISPERING DISHES**

**13:15** **Welcome to the Neuro Dome**  
Ewan Aitken, Cyrenians

**13:20** **Who & What's Inside your Head?**  
Dr Sara Watkin, SCCR Medical Advisor

**14:00** **COMFORT BREAK - TOWER BASE SOUTH**

**14:15** **The Emotional and Embodied Nature of Human Understanding**  
Dr Jonathan Delafield-Butt, Strathclyde University

**14:45** **What Might the Future Hold?**  
Scottish Centre for Conflict Resolution Team

**15:15** **A Space for Dialogue**

**15:45** **Mixology & the Drugs Cabinet in your Mind**  
BodyWorks, Floor 3

**16:30** **CLOSE**

# GET TO KNOW YOUR EMOTIONAL HOMUNCULUS...

**“Thousands of families are affected by chronic conflict between parents and teenagers - education, mediation and other types of conflict resolution have a big part to play in helping parents manage the adolescent stage of development more effectively, so that the generations learn to get on better together.”**

***Dr John Coleman OBE,  
Clinical and Developmental  
Psychologist***

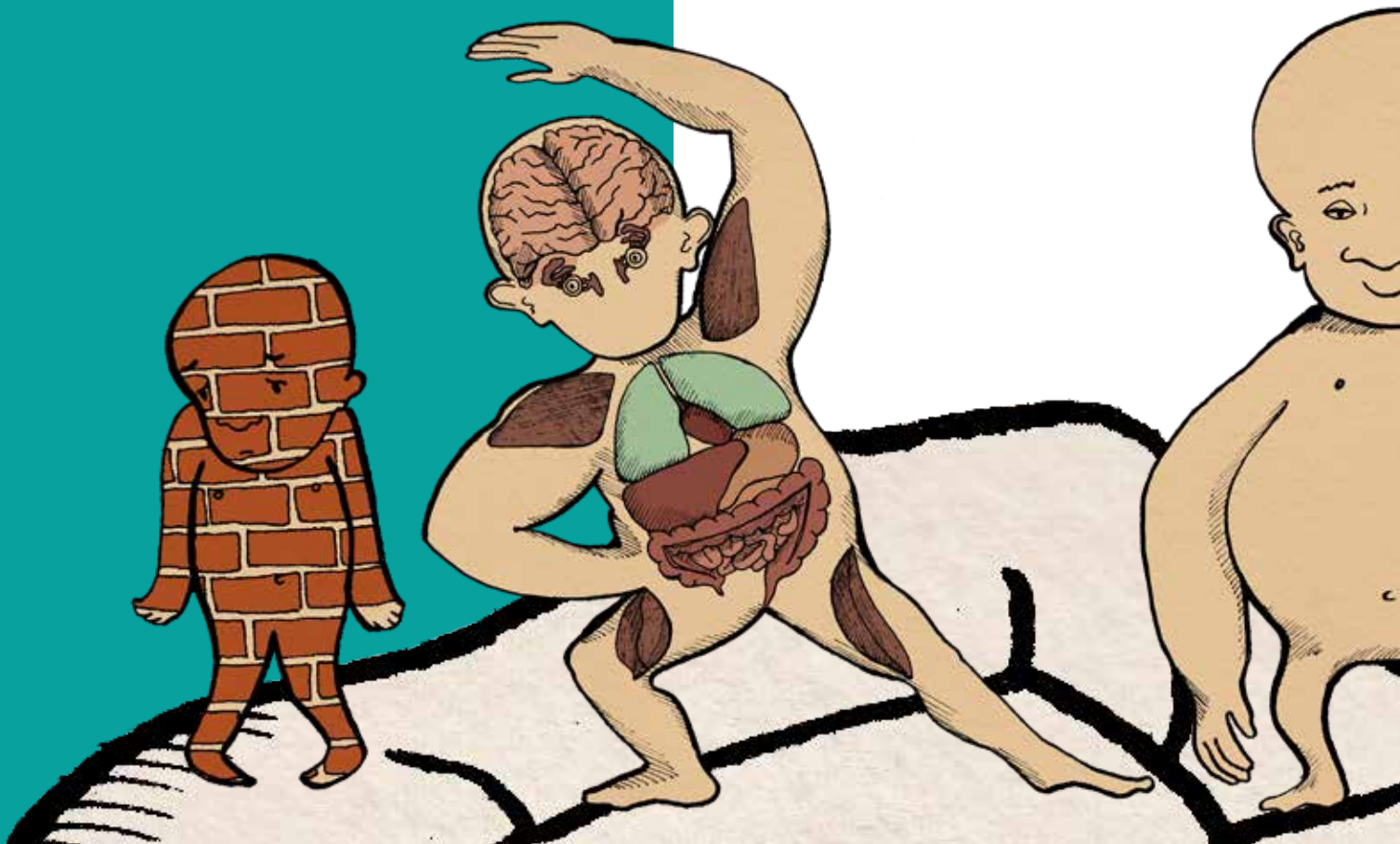
Ever get the feeling that your body has a mind of its own? Meet your emotional homunculus, the part of the brain that uses feelings and emotions to decide how we will act and react.

The SCCR's latest Scottish Government CYPFIEF Project follows our hugely successful campaigns 'Monkey Vs Lizard' and 'Keep the Heid' and will offer creative and accessible psychoeducational multimedia, and interactive digital resources, supported by national workshops and events with universal relevance and appeal.

But how does our emotional homunculus create a response in our bodies, causing us to act and react in a certain way in relation to conflict and relationships? Find out more inside your Brain's Amazing Drugs Cabinet...

Don't forget to visit the website for the full experience:

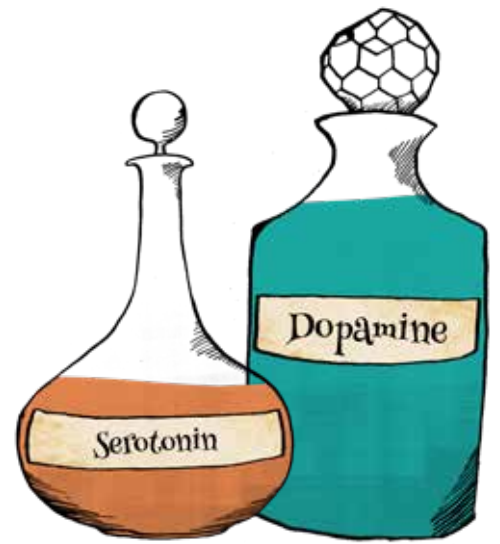
[www.scottishconflictresolution.org.uk](http://www.scottishconflictresolution.org.uk)



# EVIDENCE OF NEED

This project was in response to the needs and wants outlined by young people and parents in our 2016 National Survey 'Reducing Conflict, Improving Lives'. One of the needs identified in the survey, by both young people and parent/carers as a useful tool in managing conflict and relationships, would be a better understanding of the emotional and anger cycles that lead to conflict and additional insight into the brain chemistry that drives communication and conflict.

The Survey also found that parents/carers felt they could benefit from a better understanding of teenage development - particularly the teenage brain and young people wanted to know more about mental health and conflict and how to get to the underlying causes of most family arguments.

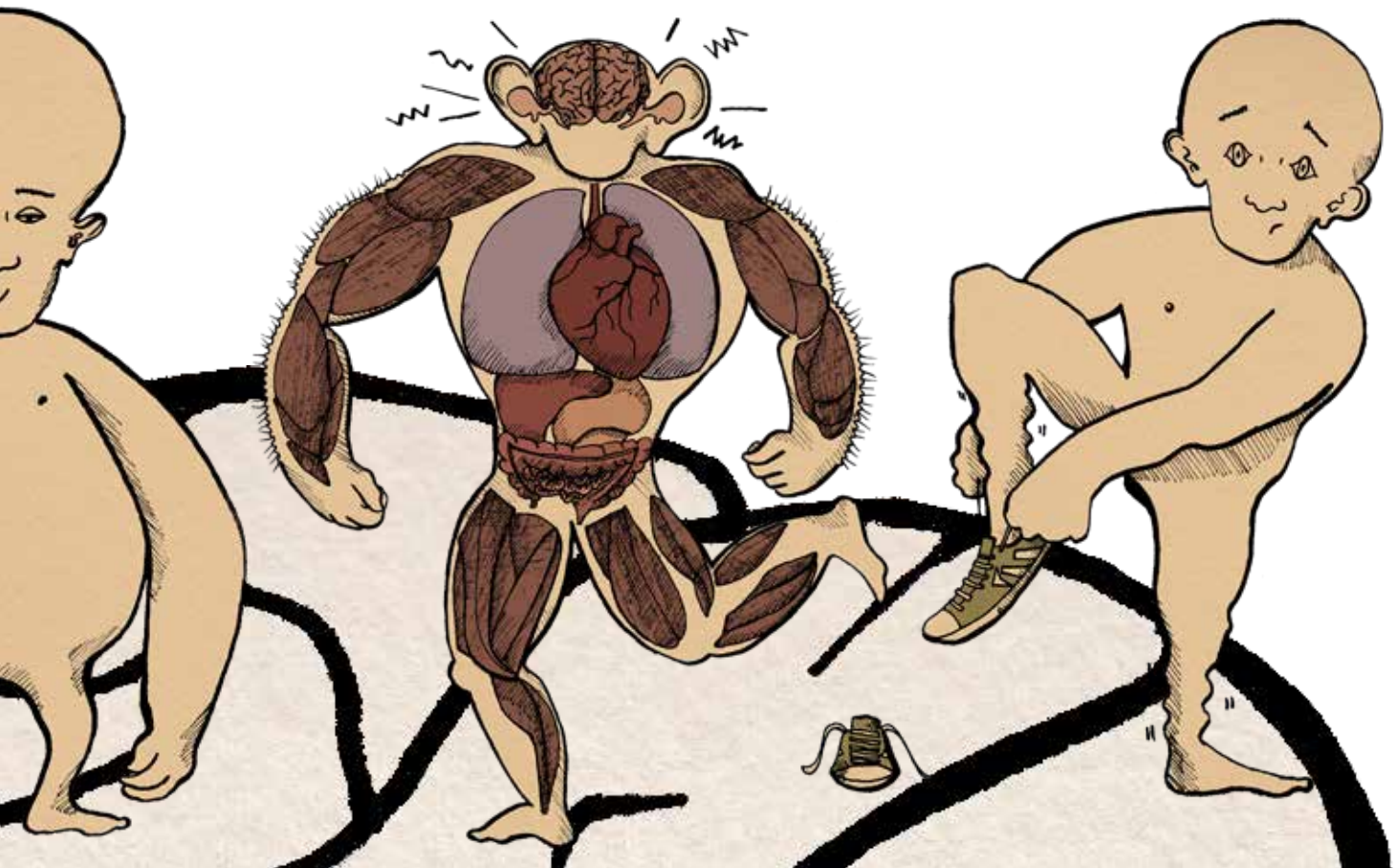


# THE SCIENCE BIT

The project's concept of the 'Emotional Homunculus and the Drugs Cabinet in your Mind' was initially inspired by the installation at Glasgow Science Centre of the cortical homunculus. This is the part of the brain that physically perceives external stimuli and causes the body to react accordingly. It is usually broken down into the sensory homunculus and motor homunculus to differentiate between sensing and reacting.

In conjunction with child development and mental health expert Dr Sara Watkin, we developed the concept of the emotional homunculus because unlike robots, the emotional homunculus decides how to respond to external stimuli and which drugs to release to manage the situation in which we find ourselves. All of the chemicals in the drugs cabinet in our mind can play an important part in keeping us mentally, physically and emotionally healthy. The trick is to maintain the best balance between these drugs to create the perfect cranial cocktail.

Therefore, understanding how the emotional homunculus and the drugs cabinet in our mind responds to the world around us and affects our bodies, feelings and thoughts is a crucial link in relating science and medicine to awareness about mental health in a wider social context.



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# CYRENIANS

For 50 years, Cyrenians has served those on the edge; working with the homeless and vulnerable to transform their lives by beginning with their story, helping them believe that they can change their lives, and walking with them as they lead their own transformation.

**Our Vision:** An inclusive society in which we all have the opportunities to live valued and fulfilled lives, and we work to make that vision a reality.

**Our Mission is:** To support people excluded from family, home, work or community on their life journey.

Our way of work is built on our four core values:

**COMPASSION:** We believe that everyone should have the chance to change, no matter how long that might take.

**RESPECT:** We believe in tolerance, acceptance, valuing diversity and treating each other as equals.

**INTEGRITY:** We are committed to the highest quality of work, grounded in honesty, generosity, sincerity and professionalism.

**INNOVATION:** We are willing to take risks, challenge convention and be very creative in our search for new ways of working, in particular by taking account of the environmental impact of our decisions.

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# SCOTTISH CENTRE FOR CONFLICT RESOLUTION

“I think what we can start to do is listen to young people - that’s the first thing, we don’t do that [...]. If we value children we’d value parents, and if we value parents we’d start to value families.”

**JOHN CARNOCHAN OBE,  
SCCR Conference 2017**

In 2007, Cyrenians established the award-winning Amber mediation service, which works with young people and families to help them rebuild communication and restore relationships. However, the fact remains that every year in Scotland nearly 4,500 young people become homeless<sup>2</sup> - and relationship breakdown is still the predominant cause.

Launched in April 2014, with the aim of reducing family conflict and relationship breakdown, the Scottish Centre for Conflict Resolution (SCCR) is a national resource centre promoting and supporting best practice in mediation, family conflict resolution and early intervention work with a particular focus around young people and families. We acknowledge the support of the Scottish Government through a CYPFEIF and ALEC Fund Grant.

The SCCR recognises that conflict in relationships can have a significant impact on the lives of those involved. Building on our success to date, the Centre continues to be at the forefront in raising the awareness of the impact of conflict in family relationships and on the life chances of young people. We provide free events including training, conferences, seminars and workshops; and are further developing and designing our website that acts as a platform for our innovative online resources.

The SCCR is committed to breaking down barriers and changing the culture of conflict in Scotland. We continue to nurture, connect and grow a community of specialists that share their knowledge and experience with other professionals, parents and young people, creating a community that is supported and connected across Scotland. A community that empowers people to improve both their relationships and life chances.

<sup>2</sup>The Scottish Government Youth Homelessness Tables 2016/17

# SPEAKER BIOGRAPHIES

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**DREW  
DRUMMOND  
DRUMMOND  
INTERNATIONAL**

Drew Drummond (SCCR Patron & Conference Chair), is Managing Director of Drummond International, an Edinburgh based Leadership Consultancy business which helps individuals and organisations worldwide deal with change, culture and conflict. An accredited Mediator, he is highly regarded for his ability to work with individuals and teams, enabling ownership and belief through the power of inspirational story telling and lived experiences across all sectors. A committed family man, his core values are courage and kindness exemplified by his setting up and continued involvement with Project Present Fife, supporting Fife Kinship Carers.

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**DR ROBIN HOYLE  
GLASGOW SCIENCE  
CENTRE**

Dr Robin Hoyle is the Director of Science at the Glasgow Science Centre and has been involved in science engagement activities for over 17 years. Following postdoctoral research in Glasgow, Manchester and Dublin Robin joined the team in Glasgow in 2000, initially as their Outreach Coordinator before becoming their Science Learning Programme Manager and then subsequently taking on the director post in 2006. Working within a small executive team Robin has played a key role in leading the development of the centre in Glasgow taking the lead on enhancing audience engagement & accessibility, exhibition planning & production and expanding the fundraising & partnership activities.

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**DIANE MARR  
SCOTTISH CENTRE  
FOR CONFLICT  
RESOLUTION**

Diane Marr has a first class honours degree in Social Policy and a diploma in Criminology. She trained and qualified as a mediator in 1999. Over the course of her career she has mediated hundreds of cases, with experience in a wide range of practices: community, inter-relationship, additional support needs, workplace, common-repairs and complaints management. Joining Cyrenians in 2013, she leads on the strategic development and management of the SCCR. She is committed to developing collaborative and supportive relationships to ensure the SCCR as a national initiative brings about positive change for families and young people across Scotland.

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**MAREE TODD  
MSP  
MINISTER FOR  
CHILDCARE AND  
EARLY YEARS**

Maree Todd grew up in the West Highlands, attending Ullapool High School and then studying pharmacy and prescribing at Robert Gordon's and Strathclyde, as well as taking an ante-natal teaching diploma at the University of Bedfordshire, all by distance learning. A pharmacist by profession, Ms Todd worked in NHS Highland for 20 years, mainly as a mental health pharmacist in a psychiatric hospital. She also contributed to SIGN guidance on perinatal mental health. Maree Todd was appointed Minister for Childcare and Early Years in November 2017.

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**JAMES  
DOCHERTY  
VIOLENCE  
REDUCTION UNIT**

James Docherty is a Development Officer within the Violence Reduction Unit. In addition, James also has an Advisory role with Community Justice Scotland. James has previously worked on various VRU projects mentoring people with convictions seeking to re-create their lives and supporting change. Previously he has worked with a leading children's charity on a diversion programme with young people on the cusp of organised crime. James has both professional and personal experience of navigating the care and criminal justice system. James advocates 'Lived Experience' as a form of expertise that can be harnessed to facilitate radical change in the reduction and prevention of crime, creating safety in our communities.

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**DR DAVID  
CAESAR** MBChB  
FRCSEd(AE) FCEM  
SCOTTISH  
GOVERNMENT

Dr David Caesar was appointed as National Clinical Advisor to the Chief Medical Officer (Scotland) in February 2016, advising on secondary care services including establishing the Scottish Trauma Network in 2017, as well as engaging with the clinical workforce and civil service on the National Clinical Strategy, Realistic Medicine, workforce issues and leadership. He is a Senior Fellow of the Faculty of Medical Leadership and Management, and is a trustee of the Medic 1 Trust and Save a Life for Scotland charities. He continues to work a full on-call rota at the Emergency Department in the Royal Infirmary of Edinburgh, where he has previously been the Training Programme Director and Clinical Director. Prior to taking up his current role in the Scottish Government, he was Associate Medical Director at the Western General Hospital in Edinburgh. This portfolio affords him some time away from being out-negotiated by his three small children.

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**EWAN AITKEN**  
CYRENIANS

Ewan Aitken was appointed CEO of Cyrenians in May 2014. A former Convenor of Education and then Leader of the City of Edinburgh Council, Ewan has 30 years' experience in the third and public sectors. He has founded several charities, is on the board of the Edinburgh International Science Festival and the Ripple Project, and is an advisor to Circle Scotland. He is chair of the National Prison Visitor Centre Steering Group, BBC Children in Need Scotland grants committee and the Scottish Labour Party's Social Justice Sounding Board. He is also a member of the CoSLA Commission on Strengthening Local Democracy.

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**DR SARA WATKIN**  
SCCR MEDICAL  
ADVISOR

Dr Sara Watkin began training in psychiatry but ultimately qualified as an osteopath and GP (detouring for post-graduate performance and choreography training at London Contemporary Dance School). Whilst a GP Sara questioned traditional medical assumptions regarding how early childhood experiences shape one's mind, personality, relationships, and nervous system throughout life. Her eclectic educational experiences introduced Sara to 1920s-21st century neuroscience and psychoanalytical thinking, choreology, Dan Hughes, Lorimer Moseley and David Butler. Sara values empowering interventions that are both compassionate and enabling. She returned to child and adolescent mental health hoping to work in a style that embraces the possibility of therapeutic exchanges supported by an awareness of self and other - she has yet to find her tribe!

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**DR JONATHAN  
DELAFIELD-BUTT**  
UNIVERSITY OF  
STRATHCLYDE

Jonathan Delafield-Butt is Reader in Child Development and Director of the Laboratory for Innovation in Autism at Strathclyde. His work examines the early origins of human experience and the embodied and emotional foundations of development. He began research with a Ph.D. in brain development at the University of Edinburgh, extending to infant and child psychology at the Universities of Edinburgh and Copenhagen. He has held scholarships at Harvard and at the Institute for Advanced Studies at Edinburgh for science-philosophy bridgework on the role of the mind-body relation. He trained pre-clinically in psychoanalytic psychotherapy at the Scottish Institute for Human Relations. His research presents evidence on the role of non-verbal communication in development of shared meaning-making and in learning, and in building trusting relations. His work addresses principles for best practice in support of the social and emotional lives young children, especially those with autism spectrum disorder or social and emotional difficulties.



# NOTES


# NOTES





The Scottish Centre for Conflict Resolution (SCCR) offers a range of resources to better support young people, families and the people who work with them to deal with family conflict.

## KEEP IN TOUCH

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