



**PAC-UK**



## Child to Parent Violence (CPV) Parent Group

10 weekly NVR group sessions for adoptive parents of children and young people presenting challenging, destructive and violent behavior

*Participants and their families can also attend follow-up support groups and workshops*

### For adoptive families

Parents will be taught Non Violent Resistance (NVR) to help empower, build communication skills, self-care support and reduce violence.

In addition to the 10 weekly NVR group sessions, each participant can attend 2 follow-up Support Groups, a Shame workshop and participant's families can attend a Related by Adoption workshop.

### Price

**£1,500 plus VAT  
per attendee.**

### Visit

**[www.pac-uk.org/cpv](http://www.pac-uk.org/cpv)  
for online bookings and  
more information**

### Dates for the 10 weekly NVR group sessions:

Mondays 10.30am – 12.30pm  
Beesley Community Centre,  
Greenleach Lane, M28 2QW

**April** 29 **May** 13 & 20

**June** 10, 17 & 24

**July** 1, 8, 15 & 22

Follow-up Support Groups

**September** 2, **October** 7

Related by Adoption workshop

**August** 12 10.00am – 2.00pm

Shame workshop

**Sep** 16 10.30am – 2.00pm

### Participants will learn to:

- Take a firm stance against violence
- Hold back from physical or verbal violence
- Increase positive presence in your child's life
- De-escalate conflicts
- Break the cycle of shame and silence
- Make changes in relating to your child in the long term
- Reduce distress for parent and child
- Feel more in control
- Recruit and use supporters
- Enjoy the benefits of being part of a group

### Feedback received from our CPV Parent Groups:

*‘There has been no advice as valuable as the ideas and delivery of this course, even if some of it feels alien – hang on in there.’*

*‘Exceptionally good, knowledgeable and experienced course facilitators. Every adoptive family needs these people. Top marks.’*

If you have any questions about this workshop please contact Jo Mitchell, Regional Manager (North)

**Office** 0113 264 6837 • **Mobile** 07962 125 218 • **email** [jo@pac-uk.org](mailto:jo@pac-uk.org)

## The facilitators

### **Charlene Campbell, PTUK**

**Play Therapist** – Charlene is a PTUK qualified Play Therapist and has a professional registration with BACP. Charlene has worked with children and young people for 20 years. Some of this time was spent helping primary aged children break down barriers to

(Emotional Freedom Technique). learning within an educational context. This consisted of delivering sessions to groups of young people to help tackle difficulties such as self-esteem, confidence, bullying and friendship. She has spent a number of years working with Looked After

Children who display extremely challenging behaviour and experience social, emotional and behavioural difficulties. Charlene currently works as a play therapist, supporting children/young people improve their mental health and wellbeing and also supports families and schools.

### **Dawn Oliver, NVR Practitioner and NVR Parent Graduate**

– who has 'been there and got the t-shirt.' Dawn has an MSc in Psychology (Child Development) and languages (BA Hons Modern Languages) background. She has worked in charities and schools supporting children with Special

Educational Needs and Disabilities (SEND) and their parents. Dawn has theoretical knowledge and personal experience in the fields of autism, adoption and person-centred approaches. She is a mum to 4 children, one of whom is on the autistic spectrum and another who is adopted. Dawn

has completed professional training in Non-Violent Resistance and is now delivering training to parents of children with SEND in schools. She is also co-facilitating trainings for adoptive parents run by PAC-UK. She has also trained and uses AIT.

### **Sarah Huntington is a Child and Family Therapist**

– Sarah has a BSc in Psychology and is registered as a graduate member with BPS. Sarah has been working with children and families on home-based play focused programmes for children with autism since 1998. She has worked extensively

with looked after children for 10 years in various settings and has a special interest in Life Story Work exploring issues around identity and attachment. Sarah has spent time with care leavers researching the importance of Life Story Work and wants to fill the gap in accessing good training and

resources to aid those working with children in this area. Sarah delivers direct Life Story Work with children – she also holds a post 14 teaching qualification and delivers training courses she has written on Life Story Work within organisations such as Social Services.

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