

## **CHILD TO PARENT VIOLENCE**



### **Non Violent Resistance – NVR** **10-Week Group Sessions** **for Special Guardians**

**of Children and Young People**  
**presenting**  
**Challenging, Destructive and Violent Behaviour**

**Wednesday mornings: 10.15am – 1.15pm**

**23, 30 Jan    6, 20, 27 Feb    6, 13, 20, 27 March    3 April**

The group includes **4 hours of diarised telephone sessions** for participants and a **monthly 'Follow-up Support Group'** for **6 months** after the group (finishing in October 2019)  
(Total = 46 hours of contact time per person)

**Venue: Voluntary Action Islington 200a Pentonville Road, London, N1 9JP**

To get the most out of the group, it helps to attend in full. For two-parent families it is most beneficial to attend together where possible.

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 from 2 of the parents  
from our NVR Group Sessions:**

**"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.'**

## The facilitators:

**Sue Dromey NVR-UK Practitioner/ Integrative Child Psychotherapist**, has worked in the field of fostering and adoption for over 35 years as an integrative child psychotherapist, drama therapist, trainer, GAL and social worker. She has been the Practice Manager for PAC-UK's Child and Family Service for 17 years. Sue has a special interest in therapeutic work which addresses trauma in both children and their parents and integrating this with the principles of NVR. She is part of the team who has developed the Child to Parent Violence Project under a DfE grant. Sue works with trauma using EMDR (Eye Movement Desensitisation Reprocessing) AIT (Advanced Integrative Therapy) and EFT (Emotional Freedom Technique).

**Dawn Oliver, NVR-UK Practitioner and Therapeutic Parent Coach.** Dawn has an MSc in Psychology (Child Development). She has worked in charities and schools supporting children with Special Educational Needs and Disabilities (SEND) and their parents. She delivers NVR training to those parents. Dawn has theoretical knowledge and personal experience in the fields of autism, adoption and person-centred approaches. She is a mother to 4 children, one of whom is on the autistic spectrum and one is adopted. She co-facilitates trainings for adoptive parents run by PAC-UK. Dawn is also training in AIT.

*All our Parent Graduates have 'been there and got the t-shirt.'*

*Esther is a Parent Graduate of an 8-week NVR group in 2016/2017 and completed an NVR level One training in September 2018. She is a special guardian who has been caring for her niece for 10 years. This has been very challenging and Esther is very aware that many guardians struggle with similar difficulties. She found the NVR group helped her find different ways of managing herself and her niece.*

## Booking Information

**Cost: £2240 +VAT per individual    Small discount for couples    Book online: [www.pac-uk.org/cpv](http://www.pac-uk.org/cpv)**

### Payment via the Adoption Support Fund (ASF):

**Special Guardians** please register your *expression of interest* by emailing [grace@pac-uk.org](mailto:grace@pac-uk.org)

- Please approach your local authority as soon as possible. They must apply for ASF funding. Please include social worker/ support team contact details in your expression of interest email.

**Social workers** please make a *provisional booking* for your parents by emailing [grace@pac-uk.org](mailto:grace@pac-uk.org)

- Places will be *held but not be guaranteed* until your application to the ASF for the finances is successful.
- It is crucial then that you *apply to the ASF as a matter of urgency*. We will send a *breakdown of costs* to facilitate the ASF application, there is also a referral form we will send you.
- Once you have the agreement please *complete the online booking form* at [www.pac-uk.org/cpv](http://www.pac-uk.org/cpv) and select 'Invoice' for 'Payment Type' and 'ASF – PO to follow' (unless already known) for 'Purchase Order No'.

Map and details will be sent to participants before the group.

If you have any questions about the Group, please contact Grace Sonnex [grace@pac-uk.org](mailto:grace@pac-uk.org) or Sue Dromey [sued@pac-uk.org](mailto:sued@pac-uk.org)

