



PAC-UK



CHILD TO PARENT VIOLENCE



Non Violent Resistance – NVR **8 Weekly Group Sessions** **for Adoptive Parents / Carers**

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

Thursday mornings 10.15am – 1.15pm

May 2, 9, 16, 23

June 6, 20, 27

July 4

The group **includes** 4 hours of diarised telephone sessions for participants.
A monthly 'Follow-on Support Group' for 6 months after the group (finishing in February 2020)
(So in total there are **40 hours of contact time** per person)

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

To get the most out of the group, participants need 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, has worked in the field of fostering and adoption for over 35 years as an Integrative Child Psychotherapist, dramatherapist, trainer, GAL and social worker. She has been the Practice Manager for PAC-UK's Child and Family Service for 16 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) EFT (Emotional Freedom Technique).

Dawn Oliver NVR Practitioner and NVR Parent Graduate, 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.

Together with a Parent Graduate who has 'been there and got the t-shirt.'

Tracie is a Parent Graduate of a 10-week NVR group in early 2017. She became an adoptive parent 15 years ago and has 3 adopted children. Tracie is a teacher and has been a SENDCO for many years of her career. She has taught adopted children with attachment issues and complex trauma. Tracie's children have a wide range of needs. She has found that NVR that works with all three and has had the most impact on her children and family.

Booking Information

Cost: £1,550 +VAT per individual £2,860 +VAT per couple Book online: www.pac-uk.org/cpv

Payment via the Adoption Support Fund (ASF):

Adoptive Parents and Special Guardians

- Please register your *expression of interest* by emailing grace@pac-uk.org
- **Please approach your local authority as soon as possible, sending them this flyer.** They must apply for ASF funding. Please include social worker/ support team contact details in your expression of interest email.

Social workers

- Please register your *expression of interest* for parents to attend by emailing grace@pac-uk.org
- It is then crucial then that you *apply to the ASF as a matter of urgency*. We will send you a **breakdown of costs** to facilitate the ASF application. We will also ask you to complete a *referral form* so we have some information about the family's situation.
- **Once you have submitted the application** to the ASF please *complete the online booking form* at www.pac-uk.org/cpv and **select 'Invoice'** for 'Payment Type' and **'ASF – PON to follow'** (Purchase Order No) unless already known. This will mean that a place will be held for the parent.

Paying Privately

- Please register your *expression of interest* by emailing grace@pac-uk.org. We will get back to you at the earliest opportunity.

If you have any questions about this group, please call 020 7284 0555
or email Grace Sonnex grace@pac-uk.org or Sue Dromey sued@pac-uk.org

