



PAC-UK



Child to Parent Violence (CPV) Parent Group

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

This programme provides a 9 month wrap around support service to families. 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 8 weekly NVR group sessions, each participant can attend 6 follow-up Support Groups, a Shame workshop, a ***The Traumatized Child in School workshop, plus participant's families can attend a Related by Adoption workshop.

Venue

PAC-UK Leeds Office
Hollyshaw House
2 Hollyshaw Lane
Leeds, LS15 7BD

Price (excluding VAT)
£2,472.55 per attendee

Referrals & Bookings
Visit www.pac-uk.org/cpv
or email jo@pac-uk.org

Dates for the 8 weekly NVR group sessions:

Tuesdays 10.30am – 1.30pm
June 4, 11, 18 & 25
July 2, 9 16 & 23

Follow-up Support Groups
Sep 3 Oct 8 Nov 5 Dec 3
Jan 7 Feb 4 10.30am – 12.30pm

The Traumatized Child in School
July 30 10.00am – 3.30pm

Related by Adoption workshop
August 6 10.30am – 3.30pm

Shame workshop
Aug 13 10.30am – 3.30pm

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.'

***The Traumatized Child in School workshop is part of our CPV therapeutic package providing support to parents to increase their understanding about the impact of developmental trauma in an education setting enabling parents to support their children therapeutically.

If you have any questions about this group please contact Jo Mitchell, Regional Manager (North)
office 0113 264 6837 | mobile 07962 125 218 | email 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

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.

Sarah Huntington is a Child and Family Therapist

– Sarah is 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.

Marnie, Parent Consultant

– After attending a PAC-UK One Day CPV-NVR Awareness Raising Workshop, Marnie has now also completed her NVR Level 1 training. Marnie is keen to see other adoptive parents and carers benefit from the principles within the training, which she has

personally found very helpful to support the CPV issues she was experiencing with one of her children. Marnie is also involved in implementing an adopter's peer mentoring scheme in North Yorkshire and the Humber over the next few months, as well as helping to grow the adoption

support community. Marnie and her husband Paul have two adopted children, a son aged 14 and a daughter aged 10.

Sam, Parent Consultant

– Both Sam's adopted children have had issues with behaviour which has caused difficulties within the family. Sam completed an NVR Train the Trainer course in November 2018 and has seen the benefits of this approach within her own family as a result of the

training. Sam also helps run a mentoring scheme for adoptive parents in West Yorkshire. Sam and her husband Jim have three children aged 15, 9 and 5. They have a birth child plus 2 adopted siblings.

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