



**PAC-UK**



## Foundation Training in Delivering Non-Violent Resistance (NVR)

A four day course delivered by NVR Practitioners Consortium for

### Professionals & Parent Graduates/Consultants

working with Parents and Carers of Children and Young People presenting  
Challenging, Destructive and Violent Behaviour



**10.00am to 5.00pm**

**Weds 11 September\* | Thurs 12 September\* | Fri 20 September | Sat 21 September**

**Venue: Family Action, Wharf Studios, Wharf Road, N1 7GR**

\* Venue for 11 and 12 September is TBC

**This training** is for professionals who are working with children, parents (as couples or as individuals) and families: social workers, psychologists, psychotherapists, education professionals, mental health professionals in addition some Parent Graduates of NVR groups may be eligible (see below for eligibility) and Adoption UK Parent Consultants. Please approach us if you are interested and not listed.

**What is NVR:** Non-Violent Resistance is the socio-political approach and position of such great figures as Ghandi, Martin Luther King and Rosa Parks. These people took a strong and active, but non-violent stand against problematic situations and behaviour that they sought to change. The NVR parenting program, drawn together by Prof. Haim Omer and his students, is based on these same effective, moral and humane principles. These powerful principles translate very well into parenting and many other aspects of life (such as with couples or in work situations).

**Course Overview:** The training covers all the basic concepts or principles of this approach and includes tried and tested strategies and methodologies on how to implement these principles. The aim is to have professionals able to deliver NVR following the completion of this Foundation Training, (with supervision). NVR-trained professionals should be able to offer NVR to individual families, but also (with support), to set up and co-facilitate running a multi-professional NVR group which is increasingly the preferred format due the greater effectiveness.

**Certification:** In order to be offered the certificate of completion from NVR Practitioners Consortium for the Foundation training a further element of practical training is required. This requirement will be at an additional cost, dependant on the option chosen.

The structure of the practical element will be agreed with each participant individually. Options for these days include:

- 2 full parent guidance days (based in London)
- to co-facilitate an NVR group
- to co-facilitate training days for parents

The options will be discussed at the training, however if you would like to discuss beforehand please contact Dawn Oliver via email at [enquiries@nvrpractitionersconsortium.com](mailto:enquiries@nvrpractitionersconsortium.com)

**Eligibility Criteria:** Mental health professionals or professionals working with children and parents in a recognised capacity. **Parents** who are experienced in NVR and would like to attend this professional training please contact us (see below) to discuss the possibilities, a CV will be required.

#### About the trainers:

**Dawn Oliver** is co- director of **NVR Practitioners Consortium** and has an MSc in Psychology (Child Development) She was trained in NVR by Michelle Shapiro. Dawn has theoretical knowledge and personal experience in the fields of autism, adoption and person-centred approaches. Dawn delivers training to parents of children with SEND in schools. She also co-facilitates NVR trainings for adoptive parents in person and online as well as directly with families. She works in partnership with PAC-UK.

**Sue Dromey NVR-UK Practitioner** 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 children and their parents and integrating this with the principles of NVR. She is part of the team who developed the PAC-UK 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) as well as creative therapies.

#### Participants will learn to help parents and carers:

- 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 their 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 participants of an earlier foundation training:

"Excellent. I feel I have a good understanding of NVR. The role play exercises really helped me understand how the announcement and sit-ins work."

"Thank you for a valuable training that I am sure it will change many families' lives."

"Interesting and powerful. Thank you to the parent (graduates) for sharing so generously."

#### Cost:

**Professionals: Self Paying** £450 +VAT | **Professionals: Organisation Paying:** £580 +VAT

**Parent Graduates /Consultants:** £260 +VAT

**Book online:** [www.pac-uk.org/cpv](http://www.pac-uk.org/cpv)



For all enquiries, please call 020 7284 0555 or email [grace@pac-uk.org](mailto:grace@pac-uk.org) or [sued@pac-uk.org](mailto:sued@pac-uk.org)