



**PAC-UK**



## **CHILD TO PARENT VIOLENCE**



### **Non Violent Resistance – NVR** **8 Weekly Group Sessions for**

#### **Adoptive Parents**

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

**Thursday mornings 10.15am – 1.15pm**

**Jan 23, 30    Feb 6, 13, 27,    Mar 5, 12, 19**

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

#### **Group structure:**

- 8 weekly 3 hour groups = **24 hours** of contact time per participant
- 4 diarised 2 hour follow-up support groups (over 6 months) = **8 hours** of contact time per participant (NEW: one of these groups will allow relatives and supporters to attend)
- Diarised telephone/Skype sessions = **3 hours** of contact time per participant

**Total hours of contact time per participant = 35 hours**

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, drama-therapist, trainer, GAL and social worker. She has been the Practice Manager for PAC-UK's Child and Family Service for 18 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 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.

**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 both in person and online as well as directly with families. She works in partnership with 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 14 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: £1,356.25 +VAT per individual    £2,596.25 +VAT per couple**

### Adoptive Parents seeking funding by the ASF (Adoption Support Fund)

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

Please also approach your local authority as soon as possible, sending them this flyer, and ask them to apply for funding from the ASF. Please include social worker/support team contact details in your email to us.

### Adoptive Parents paying privately

One of the reasons for paying privately is when your family has already used the maximum amount of funding per child per year available from the ASF.

Please register your *expression of interest* by emailing [grace@pac-uk.org](mailto:grace@pac-uk.org) . We will get back to you at the earliest opportunity. Or go ahead and book on-line – details below.

### Social Workers who would like to refer an Adoptive Parent(s) for this group

Please register your expression of interest for parent(s) to attend by emailing [grace@pac-uk.org](mailto:grace@pac-uk.org) - this does not guarantee a place.

We will send a *breakdown of costs* to facilitate the ASF application. It is crucial that you then *apply to the ASF as a matter of urgency*.

A place *will be held* for the parent once *the application to the ASF has been submitted please AND you complete the online booking form* at [www.pac-uk.org/cpv](http://www.pac-uk.org/cpv) select 'Invoice' for 'Payment Type' and 'ASF – PON to follow' (Purchase Order No) unless already known.

We will also send you a *referral form* for more details of the family's circumstances (which will inform the group leaders).

