



**PAC-UK**



**Are you dealing with Child-to-Parent Violence?**



**Join our Online Non-Violent Resistance (NVR) Group  
Via Zoom**

**10 weekly sessions in the evenings (except school holidays)**

**for Adoptive Parents and Carers**

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

**10 sessions - Monday evenings from 8.15 to 9.45 (90min)**

**January 13, 20, 27,**

**February 3, 10, 24**

**March 2, 16, 23, 30**

***Plus two follow-up support sessions***

**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 parents from the last course**

**'There has been no advice as valuable as the ideas and delivery of this course, even if some of it seems alien – hang on in there.'**

**'Exceptionally good, knowledgeable, and experienced course facilitators. Every adoptive family needs these people. Top marks.'**

## The facilitators

**Dawn Oliver, NVR Practitioner and NVR Parent Graduate** – who has *'been there and got the t-shirt.'*

Dawn 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 in, and uses, AIT.

**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.

## **Booking Information PLACES ARE LIMITED - PLEASE ACT SWIFTLY**

**Cost: £480 +VAT per individual** Book online: [www.pac-uk.org/cpv](http://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](mailto: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](mailto: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](http://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](mailto:grace@pac-uk.org). We will get back to you at the earliest opportunity.

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

