



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

April 30

May 7, 14, 21

June 4, 11, 18, 25

Venue: Family Action, Unit 3, Wharf Studios, 34 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'.

Booking Information

Cost: £1,404.00 + VAT per individual £2,687.66 +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 . 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 . 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 adoptive parent(s) for this group

Please register your expression of interest for parent(s) to attend by emailing 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 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).



For all enquiries, please call 020 7284 0555 or email grace@pac-uk.org or sued@pac-uk.org