



**PAC-UK**



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



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

### for Adoptive Parents and Special Guardians

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

**10 weekly sessions in the evenings (excl. school holidays)**

**Thursday Evenings from 8.15pm to 9.45pm (90min)**  
**Nov 11, 18, 25, Dec 2, 9 Jan 13, 20, 27 Feb 3, 10**

***Plus 2 follow-up group sessions + 2 telephone sessions per participant or couple***

#### **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

**Sue Dromey**, NVR-UK Accredited Practitioner has worked in the field of fostering and adoption for over 40 years as an Integrative Child Psychotherapist, drama-therapist, trainer, Guardian ad Litem and social worker. She was the Practice Manager for PAC-UK's Child and Family Service for 20 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 was 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.

**Jeanine Heismann** joined PAC-UK's Child and Family team in 2020. She is a registered Art Psychotherapist, NVR-UK accredited group practitioner and has run groups for parents/carers and trained professionals in a number of settings for 8 years. Jeanine has supported parents and guardians looking after children and young adults with complex needs, including those, who have experienced criminal and sexual exploitation in the community and have become involved with gangs. Jeanine has worked with looked after children in residential care, foster care and school settings. Jeanine is passionate about using NVR to create a network of concerned adults for safeguarding children and young people and promoting positive relationships at all stages of life.

*Participants have found it invaluable to have parent facilitators (been there and got the t-shirt) as part of the team.*

**Sylvia** is a Parent Graduate of a 10-week NVR group 2016. She retired from a career as a special needs teacher. She has completed her Level Two NVR course, training for professional and parent graduates. She and her husband adopted their two children at the ages of 8 & 6. They are now young adults and having travelled a rocky road, with support over the years, from personal and professional people in their lives, they are doing very well. The NVR course Sylvia and her husband took part in, while quite late in their adoption journey, was so useful in many ways, and inspired her to do more, hoping others can benefit from it earlier. Adoption has not been an easy journey for the family, and has involved much resilience, therapy, destruction, joy, heartache, patience, exclusion, laughter, frustration, money, support, faith and love.

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

**Cost: £1,134 + VAT per individual; £2,160 + VAT per couple 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 [training@pac-uk.org](mailto:training@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 [training@pac-uk.org](mailto:training@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 [training@pac-uk.org](mailto:training@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 Birte: [training@pac-uk.org](mailto:training@pac-uk.org) or Sue Dromey: [sued@pac-uk.org](mailto:sued@pac-uk.org)

