



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 Special Guardians

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

Tuesday Evenings from 8.15pm to 9.45pm (90min)

Jan 18, 25 | Feb 1, 8, 22, Mar 1, 8, 15, 22, 29

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

Joanna Parker is a UKCP registered Integrative Arts Psychotherapist MA, qualified supervisor and trainer. She has worked clinically with both adults and children in a range of settings for the past fifteen years. Joanna was the Young Oasis Lead for a ten-year period, managing a multi-disciplinary team supporting families impacted by drug or alcohol misuse. Joanna joined the Child and family team at PAC-UK in December 2018; she works therapeutically with families integrating the principles of Dyadic Developmental Psychotherapy (DDP) and Theraplay into her practice. Joanna has been involved with NVR groups since joining PAC-UK and has completed her level 2 NVR training for professionals.

Adrian Perks is an adoptive parent and a qualified Integrative Child and Adolescent Counsellor. In PAC-UK he supports adoptive parents and special guardians through individual and couples counselling sessions, the Enhancing Adoptive Parenting programme (EAP) and with NVR, having completed his level 1 NVR training for professionals. Adrian also works in primary and secondary schools as a counsellor and therapy group facilitator.

Participants have found it invaluable to have parent Facilitators with lived experience (been there and got the t-shirt) as part of the NVR 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

Payment via the Adoption Support Fund (ASF):

Adoptive Parents and Special Guardians

- Please register your *expression of interest* by emailing birte@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 birte@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 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 birte@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: birte@pac-uk.org or Sue Dromey: sued@pac-uk.org

