



PAC-UK



Are you dealing with Child-to-Parent Violence or challenging behaviour? Is your child adopted or under a Special Guardianship Order?



**Join our Online Non-Violent Resistance (NVR) Group 29
Via Zoom**

10 weekly sessions (except school holidays)

for Adoptive Parents and Special Guardians

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

Tuesdays from 8.15pm – 9.45pm

Nov 15, 22, 29 2022 Dec 6, 13 2022 Jan 10, 17, 24, 31 2023 Feb 7 2023

(We will be coordinating with the different ½ terms over the country and may adapt the above)

Plus 1 follow-up group session by end March 2023 + 1 initial consultation meeting + 1 end review meeting and report 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 earlier courses

'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. He is a Practice Manager in PAC-UK's south region. Adrian 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 Graduate Facilitators with lived experience (been there and got the t-shirt) as an integral part of the NVR team.

Parent Graduate with lived experience of dealing with challenging behavior and implementing NVR

Booking Information PLACES ARE LIMITED - PLEASE ACT SWIFTLY

Cost: £1794 + VAT per individual; £3416 + 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 cpv@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 cpv@pac-uk.org
- It is then crucial 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 cpv@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 us: cpv@pac-uk.org or Kasia: kasia@pac-uk.org

