

## **Certificate in Non Violent Resistance Therapy and Intervention 8-day training course**

### **- Competencies - \***

#### **Core Process Skills for NVR Practice**

- empathy with parents and understanding issues pertaining to parent-blaming
- understanding of gender, ethnic minority issues, and socio-economic deprivation in NVR
- promoting self-efficacy expectation in family members
- the person and self of the NVR therapist: learning to deal with powerful emotions and the risk of secondary traumatisation; developing the ability to provide emotional containment to families

#### **NVR Core Competencies**

- overcoming the logic of control and the concept of parental/adult presence
- NVR theory, including new authority, anchoring function of attachment, rhetoric of alliance building, victim- and perpetrator narratives, resistance narratives, psychology of nonviolence.
- practice and internal psychological process of de-escalation
- key methods in NVR practice: documentation, sit-in, campaign of concern, tailing
- reconciliation gestures and reconciliation work
- methods for overcoming parental discord
- working with siblings of violent young people
- developing support networks
- cooperation with school

#### **Specialist NVR Competencies\***

- developing a child focus, reconciliation and addressing unmet child needs
- working with multi-stressed families & trauma
- working with anxiety, OCD & self-isolation in young people
- looked-after children in foster-care and in residential services
- the New Authority as whole school approach
- adult entitled dependence and NVR with adult mental health problems
- integrating NVR in couples and individual psychotherapy

\*Specialist competencies will be integrated on the basis of the professional needs and interests of participants of each specific course. There will be an emphasis on 'developing a child focus' in each group.