



Partnership Projects

Developing new service models in CAMHS, social care and education

The Non Violent Resistance Certificate Course (NVR)



What?

As the first UK training provider to offer a comprehensive NVR course, we have the greatest experience in training professionals in the UK and abroad. The Certificate Course enables participants to develop the core knowledge and skills that are necessary to competently use this intervention for violence, aggression, controlling, destructive and harmful behaviour in the family, school and community.

After successful completion of the full course (including evaluation), participants will receive the Partnership Projects Certificate in NVR.

Why?

NVR offers a unique scope and depth of training which ranges from the NVR core model to an integrated approach for working with trauma and with multi-stressed families.

When?

The full Certificate Course is comprised of 10 training / practice days;
Please visit www.partnershipprojectsuk.com for dates and further details.

Courses Available:	Duration:
Foundation Level only	(4 days)
Advanced Level only	(6 days)
Full Certificate Course	(10 days)

Who should attend?

Training is open to practitioners in CAMHS, mental health, social care, education, youth justice and the independent sector. Visit www.partnershipprojectsuk.com for info on pricing and eligibility.

How to book?

To apply for your place, please complete the booking form. Your place will be secured when we receive payment:
For the latest availability and booking details please visit www.partnershipprojectsuk.com

* Agency-based training

We can also provide the full NVR Certificate Course or the Foundation Level module alone within your organisation. Partnership Projects has completed many agency-based courses around the country in local authorities, CAMHS and in the voluntary sector, along with providing consultation and support in developing a local delivery structure for the use of NVR.



The Non Violent Resistance Certificate Course

Days 1-4: Foundations of Non Violent Resistance (NVR):

- Basic principles of Non Violent Resistance as a psychological intervention;
- De-escalation and raising parental (adult) presence; Core principles and methods in NVR - understanding and practice;
- Understanding of aggression and externalising behaviour in young people;
- Reconciliation and reparation work;
- Delivering NVR based multi-parent group work.

Days 5-10: Specialist Skills and Knowledge in NVR for Complex Work:

- Working with multi-stressed families;
- Activating and working within wider systems in NVR - involving school, local authority, wider family, community and relevant agencies in the intervention;
- Working with child abuse and attachment: the NVR child focus;
- Integrating NVR and the treatment of trauma;
- New adaptations of NVR: self-isolation, anxiety, adult entitled dependency.

Days 1-4: Foundations of NVR

Basic principles of NVR as a psychological intervention

By trying to control, care-givers operate within the same 'logic of control' as the child – control or be controlled. Most violent young people refuse to be controlled. The result is symmetrical escalation (parent and child losing their temper and trying to control each other) or complementary escalation (where the child becomes more and more coercive and powerful, and their parents or caregivers increasingly give in to their demands). This inevitably leaves the adults feeling helpless, disempowered, inadequate, frustrated and desperate. NVR is fundamentally orientated around parents and carers regaining a sense of agency within themselves and towards their child. The primary goal of NVR is the repair and rebuilding of relationships within the family or other social groups the young person moves in, that have been stressed by aggression, violence and other destructive behaviours.

The five cornerstones of NVR

- De-escalate conflict during emotionally charged incidents – parental emotional self-regulation;
- Prioritise problematic behaviour - learning to focus on and respond effectively to the most urgent issues;
- Break the 'seal of silence', overcome parental isolation and develop support networks within the family and community;
- Raise parental or adult presence through several kinds of considered and organised protest - taking nonviolent action;
- Repair the parent-child relationship through reconciliation gestures and acts of reparation.

Nonviolent principles appear at times 'self-evident' – but can be very challenging to put into practice; at other times they feel deeply counter-intuitive. However, as parents and carers continue to learn to respond to serious family difficulties more effectively within the methodology of NVR, they develop a profound understanding of reconnecting within adult-child relationships and experience the improvement of the young person's behaviour against this background.

Whilst a number of guiding principles give NVR its structure and help parents and carers develop an understanding of the process, it also allows for individual flexibility and can be adapted to each unique family and care situation.

NVR goes beyond the behaviour to develop a coherent and positive family narrative, and help children form more secure attachment, value and feel valued in their key relationships - even, or especially when the young person refuses to engage in therapy.

Days 5-10: Specialist training in NVR - preparation for the most complex work

Working trauma in child and parent, multi-stressed families and the larger system around family and child

Concepts from systemic work with the wider system around the family are integrated with the core NVR concepts and methodology, in order to meet the needs of families that have multi-agency involvement, and need to deal with a multitude of challenges.

We aim to promote a deeper understanding of aggression and externalising behaviour in young people, in general, and especially where there has been a history of trauma and abuse. The specialist training includes an introduction to child focussed work in NVR, in order to help re-sensitize care-givers to unmet need and distress in young people, which is generally obscured by their aggression.

Often, parents in multi-stressed families have been traumatised in life, and become re-traumatised by their child's violence and aggression. An integration of therapeutic methods that have been developed for trauma, with nonviolent methods enables professionals to use NVR as a trauma-focussed approach.

The flexible, creative capacity within the NVR framework is one of its' greatest strengths, and allows it to be a continually evolving and interactive method. By bringing the underlying nonviolent principles to bear on different situations involving harm and self-damaging behaviour, the methodology can be applied to many areas of difficulty that can seem intractable.

New adaptations of NVR

- Multi-stressed families
- Serious attachment problems - in the family, in care or after adoption, where there has been a history of child abuse, violence or neglect
- Working with parents of young people with social withdrawal, anxiety, OCD Internet addiction
- Adult entitled dependence
- Serious and enduring mental health problems
- Controlling behaviour in couples relationships, domestic violence