

Non-Violent Resistance (NVR)

I would very much like to thank FPSA for the full financial support it gave me in covering the cost of the advanced level training in Non-Violent Resistance (NVR) with Partnership Projects.

I had already completed my foundation training in NVR and have been using it consistently through my practice. The model supports parents to adapt their behaviour in ways that better supports and connects them with their child or young person. Often this is with teenagers who are displaying risky behaviour for example, with drug or alcohol use and aggression or violence towards parents.

The foundation level training year provides the basis for understanding the NVR principles – but the advanced level takes everything a step further – particularly with further developing a trauma informed approach to working with parents.

The training ran for 4 days online that included role play, theory and discussion. We then were able to have 2 further training days that focused on how we were able to incorporate the ideas into our current practice. This helped to embed the theory into my own context of work.

The whole programme was an invaluable learning in applying the NVR ideas further. Particularly in remembering that NVR isn't just a set of tools to apply but is an overall approach and way of looking at relationships.

I found myself immediately using the tools with one of the parents I work with. In this case it was about supporting a Mum to be more present with her son, and not fall into reactive frustrated responses towards him that were leading him to distance himself from the family. This involved slowing things down, understanding Mum's own trauma, and supporting a Mum in a new way.

I have also been able to bring my new learning into a supervision and training group context. This is for a staff group who work with adolescents in a supported living environment. The whole staff team is developing their NVR skills as a therapeutic model of care for working with teenagers, and the advanced level training has directly supported the further implementation of this approach to over 20 staff.

Thank you very much FPSA – your funding has really made a difference.