

Advanced Certificate in NVR Practice.

I would like to thank FPSA for their financial support in helping me to complete the Advanced Certificate in NVR Practice.

The course has been an invaluable experience, especially given that we actually managed the first part of it face to face, even in these restricted times.

The course is great for those who have completed the Foundation Level Training and want to move their NVR practice up a gear. The focus is on engaging families in NVR who have experienced trauma and brings in lots of different methods and techniques as to how to overcome engagement issues arising from parental trauma.

The course is run in two parts; four days of seminar and role play exercises followed by two practice days where the ideas are cemented within the context of your own practice and experience.

The course has helped me to bring more of my systemic family therapy training to NVR and use this to enrich the interventions, giving me confidence to be freer within the approach. It has given me the courage to slow down and spend time preparing families to engage with the 'Pillars of NVR'; appreciating that for families who have experienced trauma, preliminary work often needs to be done before the usual interventions.

I feel energised by NVR as a tangible way of helping parents to raise their parental presence through the relationship with the child. The course has also enabled me to meet likeminded clinicians and for us to form a peer group going forward from the training.

I am now back in practice using the skills in the NVR parent group that I run within my NHS trust. The feedback from parents about the approach is very positive and doing this course has undoubtedly meant for a better experience for the families we treat.

Helping families extend their support network is one of the major focuses of this course. We were encouraged to think about the family as an onion. The inner layer being the child, the next being the parents, then the next is the support network around the family. If I were to add another layer to this onion it would be FPSA, as they have supported me to help others find support. This is largely an unseen layer to the families, but nevertheless an integral part of helping bring these superb interventions to families at a time where the NHS struggles to fund.

Once again, thank you FPSA.