

## A four day Foundation Level Training in Non violent resistance (NVR)

Based on the principles of raising adult presence, developing supportive networks and promoting reconciliation, Non Violent Resistance (Haim Omer) is an exciting new, evidence based approach for changing relationships, where there are complex difficulties around aggression, destructive and self-destructive behaviour in children, adolescents and young adults. Ranging from violence, drug taking and running away, to anxiety, self isolation, internet addiction and adult entitled dependence, this family and community approach offers parents, carers and teachers new ways of dealing effectively with the problem, while improving the often frayed relationship with their child. By developing a focus on unmet need, NVR looks beyond the behaviour to help children develop more secure attachment, value and feel valued in their key relationships - even or especially when the young person refuses to engage constructively in therapy.

I work as a Family Systemic Psychotherapist on the Inpatient unit for adolescent and young adults with an eating disorder. I had hoped to find out more about the NVR and to be able to implement it's principles in my work both on the inpatient unit with patients as well as with their parents.

I have found a great resource in this approach and the training in itself was a great experience without which I would be only able to mechanically apply the knowledge in my practice. Instead I was able to participate in many different practical exercises which opened up the whole lot of possibilities in how you implement the model. I could not value the experience of role playing more.

The greatest thing that I have learnt from the training was to ACT, do things, practice in the session the principles of the model as oppose to talking about it.

Once again I am very grateful to FPSA for their generosity in supporting my attendance at this training, which has been a wonderful opportunity and a great CPD experience. Thank you.

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Family Therapist