

I was funded by FPSA to complete my evaluation and certification of the NVR course.

The evaluation and certification process consists of writing two case studies and a reflective diary based on the use of the Non Violent Resistance Advanced course.

Writing the case studies enabled me to reflect on adaptations my team and I made over time to help parents respond to their children's self-destructive, controlling behaviours using the NVR approach. These NVR adaptations were then extended to address issues such as bullying, unsafe use of social media, lack of engagement etc.

I work as family therapist in inpatient CAMHS and my first case study focused on adapting the Non Violent Resistance principles when working with young people who display self-destructive behaviours. NVR was initially developed for tackling violent and aggressive behaviours towards others; however, in the case of addressing self-destructive and controlling behaviours, this required adaptation.

In order to enhance a non-punitive and non-coercive approach to parenting, whilst addressing the safety issues, adaptations were made in the use of language and also the use of particular techniques such as the sit-in and announcement.

The case study also explored how we adapted the delivery of the concept of De-escalation for self-destructive and controlling behaviours by extending the concepts of giving in and joint escalation to include a third type of escalation which manifests as withdrawing. The case study also explores adjustments made to the delivery style in order to ensure a non-blaming approach which does not add to the parents' already existing feelings of self-doubt.

My second case study discusses the use of the NVR approach in dealing with relationship issues amongst young people receiving inpatient CAMHS treatment, including how to tackle potential bullying. Particular NVR concepts which we found helpful in dealing with these issues were the use of supporters, reconciliation gestures, reparation acts and the ideas of active resistance and campaigns of concern.

The evaluation and certification process will enable me to become a certified NVR practitioner and to continue to work within an NVR approach supporting parents and colleagues in dealing with a variety of issues. Most importantly, it provided an opportunity to review my NVR practice and to identify progress as well as areas for future development. I am therefore very grateful to FPSA for supporting me in this process.

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07th September 2017

