

**NONVIOLENT RESISTANCE (NVR)**  
**10-week Online Group Course**  
**Offered by NVR Practitioners Consortium CIC**

**For adoptive parents/special guardians/long-term foster carers of  
children displaying behaviours of concern**  
**Wednesday evenings, 8-9:30pm, September - December 2021**

**Are you struggling to manage your child/young person's aggressive, violent, controlling  
or self-destructive behaviour?**

**Look no further, we can help!**

The Non-Violent Resistance (NVR) Parenting Programme has helped thousands of families to change their lives. Parents report increased confidence in their parenting, a greater sense of agency and improved relationships within the family.

NVR has been implemented in families where there is a wide range of difficulties, including violence, drug/alcohol misuse, verbal abuse, self-harm, oppositional behaviour and eating disorders. NVR can be used with children from around 5 years old, right up to adulthood. It also has proved effective with neuro-atypical children/young people and with all kinds of family make-up, including foster and adoptive families.

It is an empowered and dignified way to live one's life.

Course details

The group will take place online, using Zoom. We limit numbers, so we can give individual and tailored support to everyone.

You will learn to:

- Become a positive, authoritative presence in your child's life
- Improve your relationship with your child
- De-escalate difficult situations
- Take a firm stance against challenging behaviour
- Develop a robust network of supporters

The cost for this course is £465 for single participants and £795 for couples (this can be 2 people parenting together or a parent/carer + a supporter). Funding can be applied for from the Adoption Support Fund.

Includes an initial individual telephone consultation, 10 weekly sessions and access to ongoing support through our moderated private Facebook group.

**To book or find out more, email [enquiries@nvrpc.org.uk](mailto:enquiries@nvrpc.org.uk) / call Rachel on 07957 233112.**

*"I've undertaken a lot of courses over the last year and this is the one that has proved the most effective. The style of teaching is very inclusive and empathetic. I would definitely recommend it, and it should be compulsory for all adopters."* Adoptive parent

## About the practitioners:

Both our facilitators are experienced NVR practitioners, who also have lived experience of embedding NVR principles and practices in their adoptive families.



**Dawn Oliver** was trained in NVR by Michelle Shapiro in 2015 and has implemented the NVR principles in her family ever since. Now an Accredited NVR UK Practitioner and Supervisor, Dawn integrates her own, lived experience of NVR, with her work with families from a variety of different contexts including adoption, fostering, special guardians, SEN and disability. Dawn facilitates courses both online and face-to-face as well as working directly with families. In addition to a background in psychology, Dawn has theoretical knowledge and personal experience in the fields of autism, adoption and person-centredness. Dawn also trains professionals and offers NVR supervision.



**Rachel Braverman** discovered NVR just in time. Her adopted son has significant and complex needs, which nearly led to the placement breaking down. Adopting NVR principles has led to the violence reducing from daily/going on for hours to occasional and short lived episodes, transforming the atmosphere at home. In her professional life, Rachel was an experienced trainer and facilitator, so she was delighted to be able to train as an NVR practitioner with Michelle Shapiro in 2018. She specialises in working with groups and has facilitated a number of groups, online and face to face.