

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

**For parents/carers whose children with special education needs are  
displaying behaviours of concern**  
**Monday afternoons, 12:30-2:30pm, November 2021- January 2022**

**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 has proved effective with neuro-atypical children/young people and with all kinds of family make-up, including single parents and blended 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).<sup>1</sup>

The price 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.**

*" This course has, in a very short space of time, improved our home life. It has made me a better parent and has taught me some very useful strategies which have already seen some success with parenting our Autistic son. Thank you for taking the time to enlighten me to the ways of NVR!"* Online course participant

---

<sup>1</sup> We have a small bursary fund for people on means-tested benefits, who have no other source of funding, to get a free place. Please contact us to find out more.

## About the practitioners:



**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.



**Sophie Doswell** is an HCPC chartered Clinical Psychologist, with 20 years' experience working in the NHS with children and adults with learning disabilities and their families. Since completing the NVR Foundational Training in May 2018, Sophie has co-facilitated (what we believe is) the first group undertaken with parents of adults with learning disability who have challenging behaviour. The group demonstrated how helpful NVR is for these families. In addition, Sophie has used NVR on a one-to-one basis with parents of children and adults with learning disability. Sophie is an NVR Accredited Practitioner.