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## HOW TO JOIN THE NVR PROGRAMME

If you are interested in joining the NVR programme please contact us and we can speak with you more about NVR and being part of the programme.

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## Contacts

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## Structure of NVR THERAPEUTIC PARENTING PROGRAMME

Each week will concentrate on a particular area which helps to manage parental presence and rebuilding relationships.

The group will have up to two in-person sessions, to be held at the Crowndale Centre in Camden. All other sessions will be held online using Zoom.

The group takes place over 10 sessions. Sessions are held on Thursday mornings from 11.30am until 1.30pm. Sessions start on Thursday 9<sup>th</sup> November 2023, and run to February 2023. There will be a break over Christmas.

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## BEFORE JOINING THE THERAPEUTIC PROGRAM

We are aware that the principles of NVR can be challenging as they are counter-intuitive: we would like to speak or meet with you to have a chat beforehand to give you an overview of the programme.

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## Non-violent Resistance (NVR) THERAPEUTIC PARENTING PROGRAMME

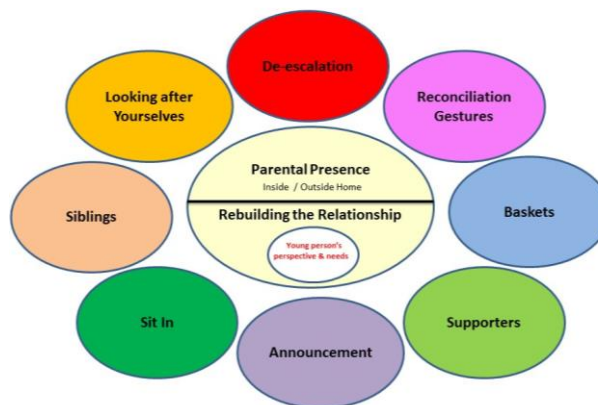
DOES YOUR LIFE LOOK LIKE THIS?



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## KEY CONCEPTS OF NON-VIOLENT RESISTANCE IN PARENTING

- De-escalating conflicts
- Creating reconciliation gestures that are not linked to the young person's behaviour but increase positive interactions between parents and their children
- Increasing parental presence
- Taking a firm stand against any acts of violence done by yourself and your child or adolescent
- Breaking the cycle of shame and silence
- Recruiting and utilising supporters
- Announcing this commitment to your child or adolescent
- Arranging sit-ins.



## Introduction

Resisting behaviours that challenge can be a hard struggle.

The principles of non-violent resistance demonstrated by Mahatma Gandhi, Martin Luther King and Rosa Parks are used in family and community settings to help parents and carers develop their confidence, skills and abilities in using such strategies for themselves.

## FAQ

### Q. What does it look like?

A. In group sessions, you will be supported to plan taking concrete actions against the behaviours that challenge, using NVR strategies. We will then reflect on the steps you have taken in the previous week to gain an understanding of your strengths and abilities in the process of resisting the behaviours that challenge.

### Q. Is the approach effective?

A. NVR is very effective in improving the behavior of a large percentage of young people. It reduces parents' feelings of helplessness, raises their confidence, and can improve parental mental health.

### Q. Do I have to involve my other children in this?

A. This programme will consider ways in which siblings, affected by what is happening in the home, can be involved.

### Q. How does NVR work?

A. Resistance to the behaviours that challenge is developed step-by-step, building on what parents experience in the process, what support they are able to draw upon and their growing confidence.