



**Mahatma Gandhi**

‘Nonviolence is not a weapon of the weak. It is a weapon of the strongest and the bravest. A nonviolent revolution is a programme of transformation of relationships’.



**Rosa Parks**

*The first lady of civil rights* RP helped initiate the civil rights movement in the USA when she refused to give up her seat to a white man on a Montgomery, Alabama bus in 1955. Within two years the US Supreme Court ruled that bus segregation was unconstitutional.

## What is NVR?

NVR is a behaviour strategy that provides young people with ‘constructive’ experiences in limits, demands, and ability to cope.

NVR is an innovation based in Systemic Family Therapy, which has been developed for aggressive, violent, controlling and self-destructive behaviour in young people. Peter Jacob was the first to use this approach in Britain, and has adapted it to families involved with Social Services, and for Looked After Children. \*

High efficacy and very low drop-out rates make this a very efficient and cost-saving approach for CAMHS clinicians and professionals in Social Services or the independent sector. Jacob, P

\* (2006): Peace Dividend. *Community Care*, June, 32-33 / Jacob, P (2006): Bringing non-violent resistance to Britain. *Context*, 84, 36-38

**PRESENCE:**  
Physical  
Systemic  
Emotional

**NVR**  
**V's**  
VERBAL PERSUASION  
&  
VIOLENT CONFLICT

‘I am not giving in to you OR giving up on you’

## Principles of NVR

### Non escalating struggle as the way to presence

Maintaining *presence* is the single most important component of care giving.

### Self-control

The only thing we can truly control is ourselves.

### Delay

Time is our best friend and impulse our worst enemy.

### Resistance and Persistence

This is not about seeking to control others or 'win' a perceived battle of wills. It is about clarity of purpose.

### Support

'It takes a village to raise a child'. African proverb meaning: It takes a community of people to interact with children, for those children to experience and grow in a safe and healthy environment.

### Clarity and focus

Behavioural goals should be clearly defined, chosen with care, and prioritised.



### Transparency

No action should be taken behind anyone's back. Everyone has the right to privacy yet, secrecy rarely has a positive outcome. The rules of privacy do not apply to any act of violence. United exposure to contradictory behaviours and perspectives are critical to stabilising turbulent children and young people.

### Repair and Restore

Safe, strong and nurturing relationships are core to survival.

**“NVR best expresses parental concern and love”**

## SHAME & LIFTING THE VEIL OF SECRECY

### Secrecy Perpetuates Victimisation

Shame and secrecy are powerful mechanisms that can keep systemic issues, abuse, and injustices hidden from public view, allowing them to persist and perpetuate harm.

Care givers that are experiencing aggressive and controlling behaviours from their children, will often feel this is due to some personal failure and try to protect the child by remaining silent. Undesirable behaviours can be curbed through disclosure within a select group of supporters. When family and friends stand together, parents are less vulnerable to the isolation and shame often perpetuated by secrecy.





# Flexible model of Delivery

"FLEXIBILITY IS THE KEY TO RESILIENCE AND SUCCESS IN THE EVER-CHANGING LANDSCAPE OF SERVICES."

## NVR PRACTITIONER CERTIFICATE

This 3.5 day course can be delivered face-to-face, online or a blend of both. Topics you will cover include:

### Contents

- Context, Skills and qualities
- History of NVR
- Key concepts and principles
- Definitions and Governance
- Clarity and strategy
- De-escalation



## INDIVIDUAL AND GROUP NVR INTERVENTIONS

- For parents** - Online 1-1.5 hour Therapeutic Parenting sessions. Typically twelve sessions.
- For groups** - Creating a pathway to happier home living through shared experience and support from like-minded parents, carers & professionals.

## NVR MANAGER'S COURSE

Over a one-day period, learn how to manage the implementation of NVR strategies at scale.



### Contents

- Trauma and the brain
- Developing presence
- Finding authority
- Supporters
- Transparency and shame
- Vigilant care



### Contents

- The announcement
- Reflections on NVR
- Practice reflection
- Topic Development
- Deepening Understanding
- Action Planning



+ .5 DAY FOR REFLECTION ON PRACTICE TASKS

Need a tailored content course?

Where whole courses are commissioned, content and practice tasks can be made sector and role specific e.g. Early Help, Edge of Care, Fostering, Residential Children's Services and more.

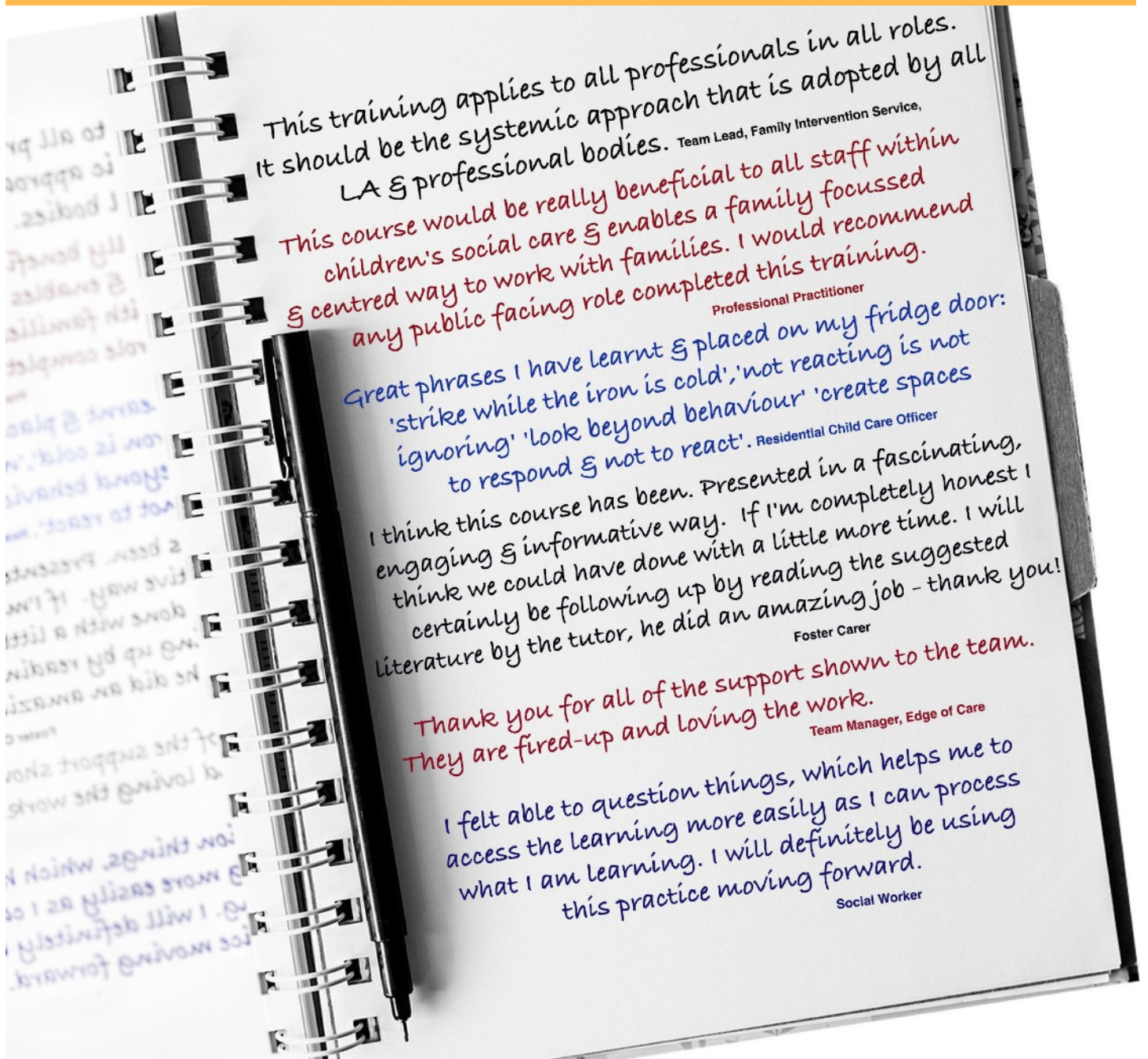
## NVR TTT (TRAIN THE TRAINER)

For large organisations with suitably skilled in-house trainers we have developed a Train The Trainer product. These skilled individuals will have attended and passed our NVR Practitioner course and will subsequently be instructed over a three-day period on how to deliver the programme.

The product will be licensed for use within your organisation only, for a term of two years before review. A licence fee, per head, will be chargeable, Headsight will manage certification and QA of your course.



# Why? And What Others Say....



## CONTACT US

To discuss which of our flexible NVR packages best suits your needs or the needs of your organisation, please contact [patrick@headsightservices.com](mailto:patrick@headsightservices.com) or call to speak with us on 0300 302 1919

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