

**Criteria for professionals referring parents/carers for NVR therapy**

1. The parents/carers and their referrer need to have access to information on NVR and have discussed this referral with their professional/referrer before agreeing to the referral.
2. The referrer is asked to remain involved with the family/parents for the duration of the NVR intervention. If the referrer's role changes, they will need to inform us and put us in contact with the colleague who takes over their role as main point of professional contact. We reserve the right to pause or discontinue the NVR programme if the referrer cannot remain involved and no alternative professional contact has been arranged.
3. The parents/carers need to be facing significant difficulties, related to their child's violent, aggressive, risk taking or controlling behaviour OR their child's withdrawal (i.e. refusal to engage in social life or attend school). Concerns about mild behaviour or emotional difficulties, or those related to expected developmental changes, are not appropriate for NVR referrals.
4. The parents/carers need to commit to attending all sessions (a minimum of 10 sessions, individual family work or group work). For two parents/carers households, both parents/carers are expected to attend together. This is to ensure that outcomes are relevant to both parents/carers and therefore sustainable. If/When participating in a group, any parent/carer missing more than one session will need to withdraw from the group and be re-referred to participate in future groups, when they may be more able to attend. We cannot guarantee that future groups will take place or when.
5. For online sessions, the parents/carers need to be able to attend the sessions uninterrupted and outside of their child(ren)'s presence/earshot. Later in the work, typically after ten sessions, we may discuss the possibility of inviting the child for child-focused NVR sessions, when the time is right. Also, siblings are often invited to one-off sessions with their parents. However, these sessions are pre-planned between the practitioner and the parents/carers, not spontaneous events. It is not appropriate for children to hear the parent/carer sessions; sessions will be discontinued if these circumstances arise.
6. The referrer is asked to attend three meetings with parents/carers and the NVR practitioner. These meetings are approximately 30-40 minutes long-though this will depend on the family's circumstances and may take longer:-
  - an introductory meeting following the referral (after the referral form is sent and accepted in principle by the NVR team): at this meeting a discussion on NVR and practicalities, such as session times, are discussed before confirming the work can start.

- A review meeting after 6 sessions: at this meeting we review how the work is going and whether the parents/carers find it helpful and wish to continue with the work. (Optional).
  - A review meeting after the end of the intervention (typically after the 10th or 12th session) to reflect on the work, the benefits produced and areas for further work, if any.
7. Referrers are asked to contact Carina to discuss the referral before completing the referral form, which will be sent to the professional after the initial consultation. If the referral is accepted, arrangements for the first meeting with the clients will be organised at this point.
  8. Funding to cover commissions by agencies needs to have been confirmed before the sessions start.
  9. If you have any questions, or to proceed with a referral, please contact us:  
[enquiries@carinaembeita.com](mailto:enquiries@carinaembeita.com)