

## **Information on NVR**

### **Introduction**

Non-Violent Resistance (NVR) is a therapeutic intervention, which has been developed for parents whose children present with aggressive, violent, controlling, and self-destructive behaviour. It is meant to help their parents/carers re-establish a warm, loving and containing relationship.

NVR has its roots in the movements created/adopted by leaders such as Mahatma Ghandi and Martin Luther King Jr. NVR is designed for parents/carers who are experiencing significant difficulties. However, its concepts (such as de-escalation, active resistance, and reconciliation) are useful for many other parents/carers, too.

### **NVR has the following components/pillars:**

- Parental presence: parents extend their physical, emotional, and moral presence in their child's life so that the child can make good decisions in their absence.
- De-escalation: parents deal with aggressive behaviour at a more appropriate and calmer time: 'Strike when the iron is cold'.
- Supporters: parents ask help from relatives, friends, and professional network to support their efforts in increasing their parental presence and authority in a non-violent way.
- 4 baskets: parents prioritise the child's behaviour they will focus on changing (small basket) and leave other behaviours for later (mid basket), or unattended (big basket). They name the child's strengths and good behaviours too (rainbow basket).
- Announcement: parents tell their child in a non-blaming but firm way that they will no longer tolerate the small basket behaviour. They will also put it in writing.
- Sit-In: parents invite the child to offer possible solutions, by sitting with the child for an identified time period, after a negative behaviour occurred. This is meant to be an act of enhanced parental/adult presence that creates the time and space for finding solutions together, and *not* a punitive measure.
- Reconciliation gestures: parents express their unconditional love through small acts of reconciliation and connection.

### **NVR for Schools**

NVR is increasingly being adapted for use by schools as an addition or alternative to other methods of behaviour management and restorative practice. The programmes are adapted for school staff and to suit the particular needs of the school. The school have the option to commission parent groups after staff have completed their own programme.

### **How is it offered?**

Dr Carina Embeita offers *individual NVR family therapy* sessions in person in Ipswich or online. The therapy consists of a minimum of 10 sessions with two reviews, one half way through the programme and another at the end, with the referrer. For more information please contact: [enquiries@carinaembeita.com](mailto:enquiries@carinaembeita.com)

*NVR parent/carer groups* of up to 16 parents/carers can be commissioned on request by agencies and organisations (social services and/or schools). Please contact us to discuss this option: [enquiries@carinaembeita.com](mailto:enquiries@carinaembeita.com)

*NVR for schools:* Carina has significant experience of running NVR programmes in schools. This may be commissioned by schools and local authorities and it consists of a minimum of 8 weekly or fortnightly sessions lasting two hours each. School leaders will need to be part of the initial contracting. After the staff programme, the school have the option of offering NVR parent programmes. Please contact us to discuss this option: [enquiries@carinaembeita.com](mailto:enquiries@carinaembeita.com)

### **For more information please see:**

Carina Embeita Psychology & Therapy

[www.carinaembeita.com](http://www.carinaembeita.com)

or contact us:

[enquiries@carinaembeita.com](mailto:enquiries@carinaembeita.com)