Creative Therapy & Parenting

NVR WEBINARS

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Creative Therapy & Parenting

What is NVR?

Non-violent resistance (NVR) is an evidence based therapeutic coaching approach to parenting children who get into conflict with adults, children who want to take control, or who use violence in their family and other close relationships. NVR was developed by psychologist Haim Omer in the 1990s and has been practiced widely in Europe and elsewhere.

Using NVR has been shown to increase parents' confidence, either when they feel overwhelmed by their child's challenging behaviour, or they feel other parenting approaches are not a good fit for them and their family. Parents who use NVR have said they feel they no longer have to 'walk on egg shells' around their child.

In this NVR parents' group you will learn about how to effectively and safely resist getting drawn into conflict with your child, about opening up your options for when and how you respond to challenging behaviour, about building stronger connections with your children, and about supporting children to take age-appropriate responsibility for their actions.

What can parents gain from attending the programme?

- Strengthened family relationships
- Support for the whole family
- Freedom from feelings of powerlessness
- An increased presence in your child's life
- Hope for the future

Dates

20th July
3rd, 24th, August,
7th, 14th, 21st, 28th September
5th October

Time:
Sessions will start at 12.30pm

Where will this take place:

Online (using Zoom/MS Teams)

Who will facilitate this:

Dr Jasmine Chin, Clinical Psychologist
Dr Anna Kershaw, Clinical Psychologist

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