

Non-Violent Resistance (NVR) Programme for Parents

Frequently Asked Questions (FAQs) for Professionals

1. What is the NVR Programme?

The **Non-Violent Resistance (NVR)** programme is a structured, evidence-based intervention that supports **parents and carers** in responding effectively to a child or young person's **violent, controlling, or self-destructive behaviour**.

The approach helps adults regain confidence, rebuild relationships, and reduce conflict — without using punishment or force.

2. Who is the programme for?

The NVR programme is designed for **parents and carers** who are experiencing:

- Child-to-parent violence or aggression
- Controlling or coercive behaviour by a child or young person
- High levels of conflict, anxiety, or oppositional behaviour
- Difficulties maintaining boundaries

It can be used with families of **children or adolescents**, including those with additional needs, neurodiversity, trauma, or attachment difficulties.

3. What are the main aims of the programme?

- To **reduce conflict and aggression** in the home
 - To **strengthen parental presence** and authority
 - To **improve relationships** between parents and children
 - To **restore calm and connection** within the family
 - To **build a network of support** around the parents
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4. What do parents learn in the programme?

Parents are supported to:

- Stay **calm and self-regulated** in moments of conflict
- Use **non-violent forms of resistance** instead of confrontation
- **De-escalate** challenging situations
- Build **alliances** with others (family, school, community)
- Make **reconciliation gestures** to repair relationships

- Communicate **firmly but respectfully** with their child
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5. How is the programme delivered?

Delivery may vary by service, but typically includes:

- **9 weekly group sessions** (1.5–2 hours each)
- Facilitated by trained NVR practitioners
- Combination of **teaching, discussion, role-play, and reflection**
- Parents receive **handouts and home practice tasks**

Some services offer **individual or family-based NVR** where groups are not suitable, whilst you may feel that the family you have referred meets the criteria outlined, every case is individual and will be discussed at panel to ensure that the programme is most suitable for the family based on individual needs.

6. What outcomes can families expect?

Research and practice show that NVR helps to:

- Reduce physical and verbal aggression
 - Increase parental confidence and self-efficacy
 - Strengthen family relationships
 - Improve cooperation and communication
 - Support the young person's emotional regulation
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7. What is the professional's role?

Professionals can:

- **Identify and refer** families who might benefit
 - **Support engagement** by explaining the purpose and benefits of NVR
 - **Reinforce NVR principles** in ongoing work with the family (e.g., consistency, calm resistance, alliance-building)
 - **Collaborate** with NVR practitioners to ensure joined-up support
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8. Is the programme evidence-based?

Yes. NVR has been evaluated in multiple studies across Europe and the UK. Evidence shows improvements in:

- Child-to-parent violence and coercive control

- Parental wellbeing and confidence
 - Family relationships and stability
It is recognised as an **effective systemic approach** by many local authorities, CAMHS teams, and social care services.
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9. How can families access the programme?

Referral routes vary locally. Families can be referred by:

- Social workers (SW) or family support teams – Cases referred by SW need to have closed and completed outstanding work – Please refer to criteria process.
- CAMHS or educational psychologists – If your teams are currently offering NVR but you have a long waiting list please liaise with EHC team prior to referral to discuss further.
- Schools or pastoral care staff
- GP or mental health services

Check your local service directory or contact the NVR programme coordinator for current referral information. You can do this via EHCFamilyThrive@lewisham.gov.uk.

10. Where can professionals learn more?

For further information or to make a referral:

 EHCFamilyThrive@lewisham.gov.uk

 <https://lewishamfamilyhubs.org.uk/>

Further reading and resources:

- **Haim Omer (Founder of NVR)** – *Nonviolent Resistance: A New Approach to Violent and Self-Destructive Children*
- **PartnershipProjects UK** – www.partnershipprojectsuk.com
- **NVR UK Network** – www.nvruknetwork.com