

"Non Violent Resistance - support for clients struggling with child-to-parent violence and child violence directed towards the self". With Anastasia Seale

Saturday 22 November 0930 - 1230 Saturday 25 October 2pm-4pm

Non Violent Resistance (NVR) is a therapeutic approach to raising children that empowers parents/carers to deal with children's aggressive and self-destructive behaviours in a non-violent manner and that helps them to rebuild healthy and respectful family relationships. Any client who is a parent/carer may be struggling with child-to-parent violence or child violence directed towards the self, such as suicidal ideation and self-harm. The occurrence of such behaviours in families with neurodivergent children is even more prevalent.

In this awareness training for therapists, Anastasia will explain the foundational principles of NVR and what type of adult clients may benefit from a referral to an NVR programme. Also covered will be specific NVR intervention strategies for therapists that can be used with their individual clients who struggle with these complex issues.