**Thinking of making an NVR referral? Please read this first.**

1. The parents/carers and their referrer need to have read the information shared by our team via the Family Therapy/NVR page of the Psychology and Therapeutic Service website <https://www.suffolk.gov.uk/children-families-and-learning/pts/systemic-family-therapy-and-non-violent-resistance-nvr/>at the point of enquiry, before agreeing to/ making a referral.
2. 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).
3. 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, it is strongly advised that both parents/carers attend together. This is to ensure that outcomes are relevant to both parents/carers and therefore sustainable. When participating in a group, any parent/carer missing more than one session will be invited to wait to participate in future groups, though we cannot guarantee that these will take place or when.
4. For online sessions, the parents/carers need to be able to attend the sessions uninterrupted and outside of their child(ren)’s presence. 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 parents/carers’ sessions and sessions will be discontinued if these circumstances arise.
5. 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 the NVR practitioner and the parents/carers and put them in contact with the colleague who takes over their role.
6. The referrer is asked to attend three meetings with the parents/carers and the NVR practitioner, each lasting approximately 40 minutes:

* 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 sessions’ 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.
* 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.

1. Referral forms can be found on the Family Therapy/NVR page of the Psychology and Therapeutic Service website page: <https://www.suffolk.gov.uk/children-families-and-learning/pts/systemic-family-therapy-and-non-violent-resistance-nvr/>
2. We are not able to accept self-referrals from parents/carers (unless for very specific parent/carer groups, as and when they are scheduled: Information on these groups will be published on the Family Therapy/NVR page of the Psychology and Therapeutic Service website: <https://www.suffolk.gov.uk/children-families-and-learning/pts/systemic-family-therapy-and-non-violent-resistance-nvr/>)
3. Funding needs to have been agreed or discussed with commissioners. If in doubt, please contact the NVR team by email: psychology&therapeuticservices@suffolk.gov.uk