

Introduction to NVR (Non-Violent Resistance)

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 who are experiencing significant difficulties. However, its concepts (such as de-escalation, active resistance, and reconciliation) are useful for everyone.



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 request a solution from the child by entering the child's domain and sitting with him/her for an identified time period, after a negative behaviour occurred, until the child suggests a possible solution.
- **Reconciliation gestures:** parents express their unconditional love for their child by offering small acts of affection or gifts, independently of the child's behaviour.

To find out more see:

<http://www.partnershipprojectsuk.com/non-violent-resistance-nvr/introduction-to-nvr/>

<http://oxleas.nhs.uk/advice-and-guidance/children-and-young-peoples-services/nvr/>

Day, E. and Heissman, E. (2010) *Non-Violent Resistance Programme. For all those working with parents and carers of children and adolescents with violent behaviour.* Hove: Pavilion Publishing and Media Ltd.

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