

NVR Non-Violent Resistance

David Toland Dávid Toland,
Trauma Practice Lead, Trainee
Systemic Psychotherapist





What is NVR?

- Non-Violent Resistance (NVR) is a therapeutic approach originally developed by Haim Omer to support parents dealing with child-to-parent violence, aggression, and controlling behaviours.
- It has since been adapted to address a wide range of behavioural and emotional challenges in children and adolescents including.
- Aggression and violence
- Self Harm
- Suicide
- Eating disorders
- Controlling
- Anxiety





Core Principles of NVR

Parental Presence:

Strengthening the parent's role without escalating conflict.

De-escalation:

Avoiding power struggles and reactive discipline.

Resistance to Harmful

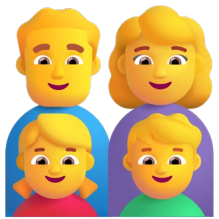
Behaviours: Calm, consistent opposition to aggression or manipulation.

Support Networks:

Involving extended family, school, or community to reinforce boundaries.

Transparency and

Accountability: Parents openly communicate their stance and intentions.



NVR in Practice



Parents/carers residential learn to resist problematic behaviours without escalation using punishment or coercion. They use Self control over control of other to anchor the relationship

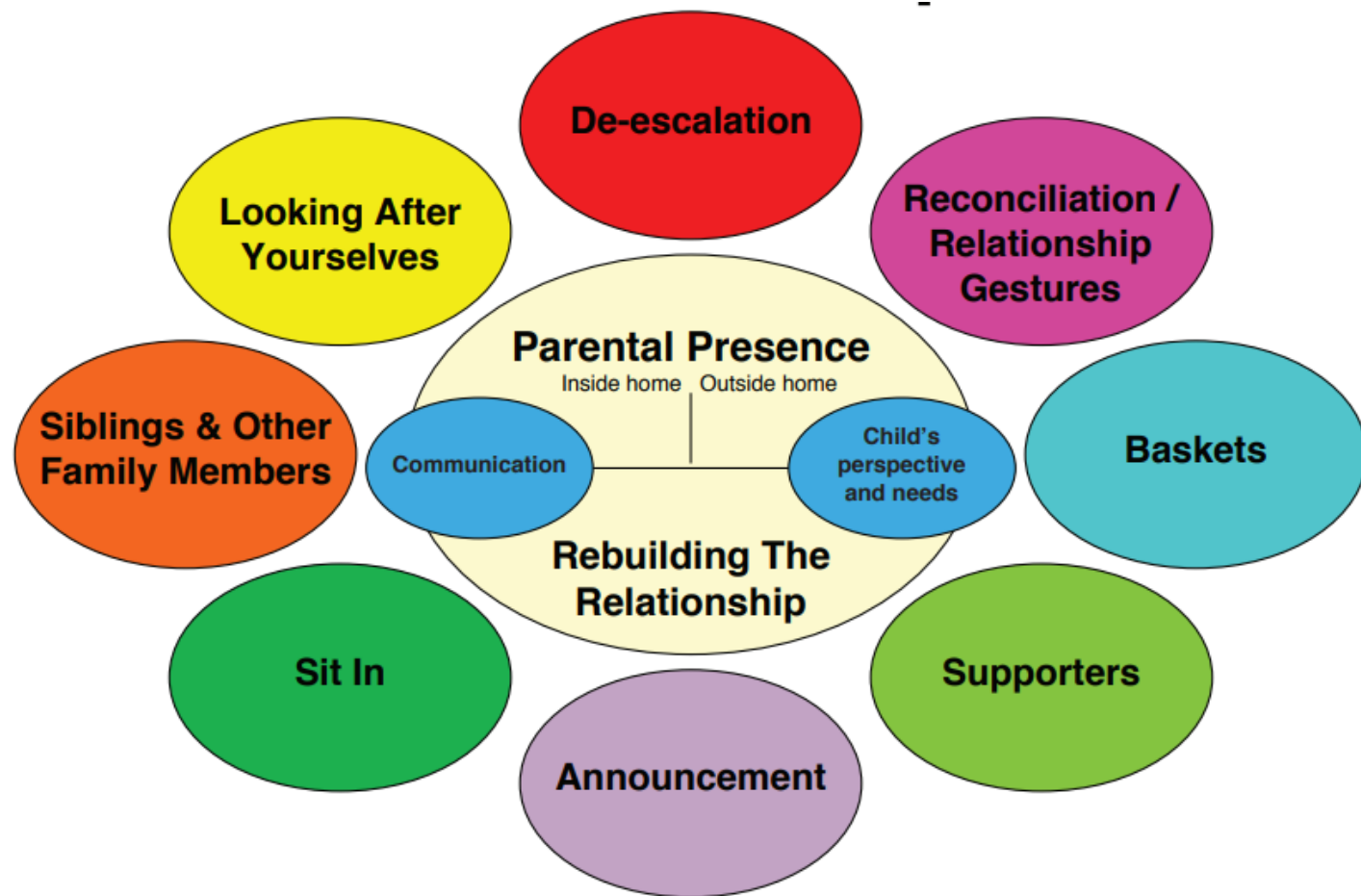


Focus is placed on relational responses, such as peaceful resistance to escalation and declarations of commitment, intent, love and care to the child(Announcements).



Encourages reconnection through reconciliation and repair in strained parent/carer-child relationships. The use of externalising approaches; The person is not the problem, the problem is the problem.

NVR Map



NVR embedding in our services



Two-day introduction into NVR practices
principles across our services



One day three yearly refreshers



Five-day Lead Training programs which include
partner agencies, NHS, Social care, education for
shared language and understanding



Monthly NVR Consultations
NVR Parent/carer groups



Feedback from cares and professionals

With our first NVR parent group the parents formed their own WhatsApp group to offer support to each

Young person gave feedback about how they received NVR , they said they felt seen and heard.

Announcements when this has made the young person notice that we can see their pain

Relational Gestures – My son responds very well towards relational and reconciliation gestures, he said it makes him feel people care



Breakout Exercise: How might NVR Program work for us?