



Gwasanaeth
Mabwysiadu
Cenedlaethol

National
Adoption
Service

**Achieving More Together / Cyflawni Mwy Gyda'n
Gilydd**

An introduction to Non Violent Resistance for dealing with Child to Parent Violence



Learning Outcomes

By the end of this course, participants will have:-

- Increased their understanding of why children who have experienced trauma may display aggressive and violent behaviour
- Considered how the brain works and how this affects a child's development and behaviour
- Identified where Non Violent Resistance fits in alongside other therapeutic interventions
- Understand the need to adapt own behaviour and communication in order to influence that of the children and young people you are caring for

Beyond the Adoption Order (Selwyn, J et al; DfE 2014)



- First national study of adoption breakdowns
- Where adoptions broke down, the child was older (3+) at entry into care; and a high percentage had experienced abuse and/or neglect
- Teens (11-16) ten times more likely to disrupt
- Anger and aggression during adolescence presents a major challenge to adoptive families
- CPV (Child to Parent Violence) reported by 57% of families researched
- Violence to parents and to siblings was the main reason (80%) young people had to leave home

Child to Parent Violence - the parents' perspective



Parents gave many examples of being beaten, attacked, threatened and intimidated, with knives being used in some instances.

Young people were mainly violent to their mothers, but fathers and siblings had also been assaulted.

Parents were also trying to manage young people who were self-harming and/or running away.

Tenacious Parents!

- The Selwyn report confirmed that the rate of breakdown was lower than anticipated, but it also revealed a stark picture of the problems faced by families.
- In-depth analysis of the circumstances of 70 families showed that the lower than expected rate of disruption/breakdown was down to the commitment and tenacity of parents who stuck by their children in extremely testing circumstances, often with little support from any services.

Therapies, Interventions, Strategies



Theraplay, Sensory integration and processing, Dan Hughes PACE and Dyadic Developmental Psychotherapy, Neuro-Physiological Psychotherapy, Somatic Approaches, Bryan Post's "Great Behaviour Breakdown", Dan Siegel, Equine Therapy, REM and EMDR, Drama Therapy, Art Therapy, Music Therapy, Filial Therapy, mindfulness, counselling, developmental re-parenting, Triple P, Incredible Years, Safe Base, Secure Base, Parenting our Children, Play Therapy, Contact, Life Journey work, psychotherapy, CAMHS, occupational therapy, education support

BBC File on Four/Adoption UK Survey (September 2017)



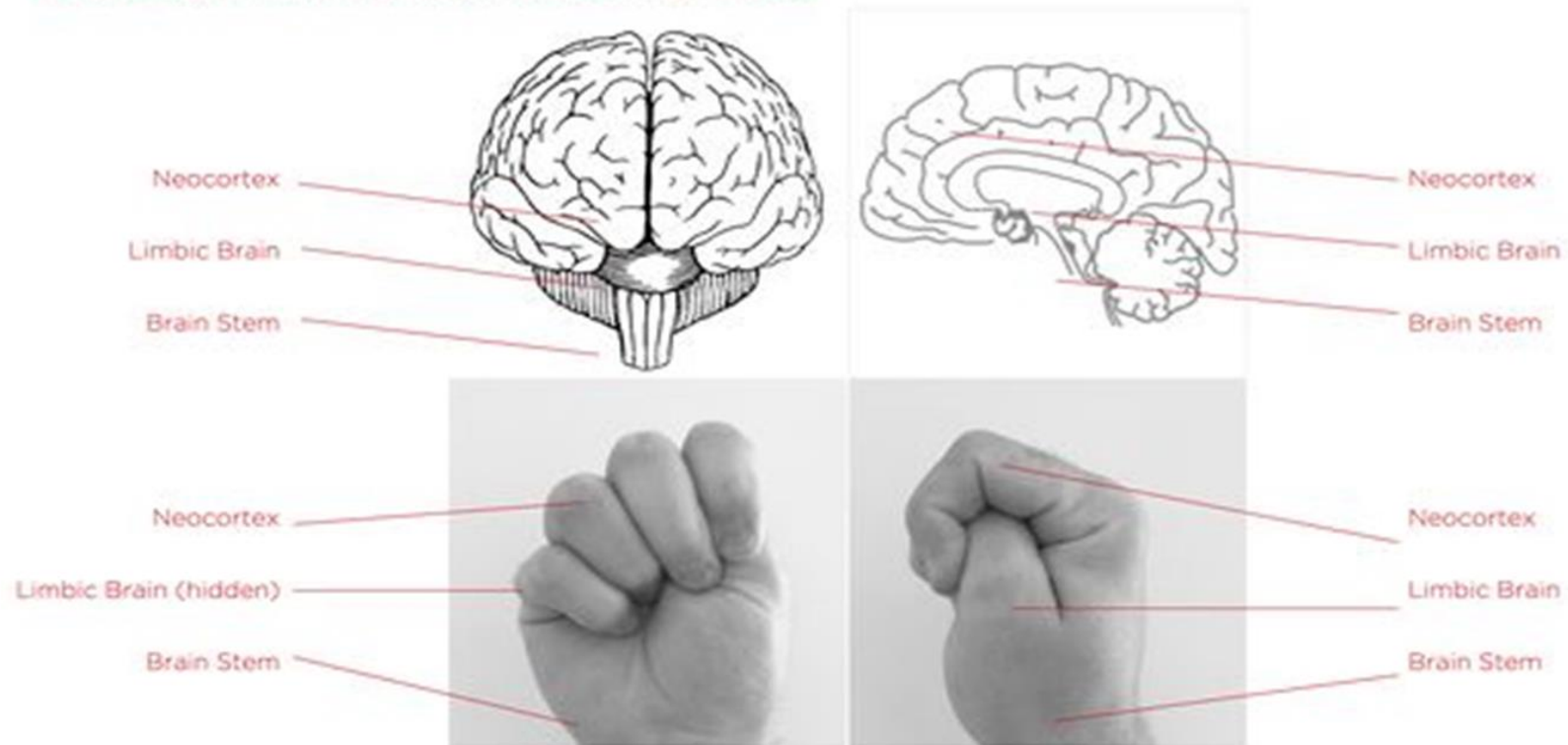
- Survey of 2778 adoptive parents
- More than a quarter of adoptive families are “in crisis”
- Almost a half of families are in a “challenging but stable” situation
- Just over a quarter are “fulfilled and stable”
- Majority of families responding say they are “living with serious and continuing violence” from their children
- Overwhelming majority of respondents said they were glad they had adopted

<https://www.adoptionuk.org/news/bbcadoption-uk-survey-snapshot-modern-day-adoption>

Dan Siegel

Hand Model of brain

Dan Siegel's handy brain anatomy model



Non Violent Resistance

A missing piece of the jigsaw?



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Key Features of NVR (1)

NVR is about:-

- Parents changing their behaviour
- Modelling appropriate “responses” (as opposed to knee-jerk “reactions”)
- Learning to respond to the NEED not the BEHAVIOUR
- This is the “paradigm shift” that Bryan Post talks about

Key Features of NVR (2)

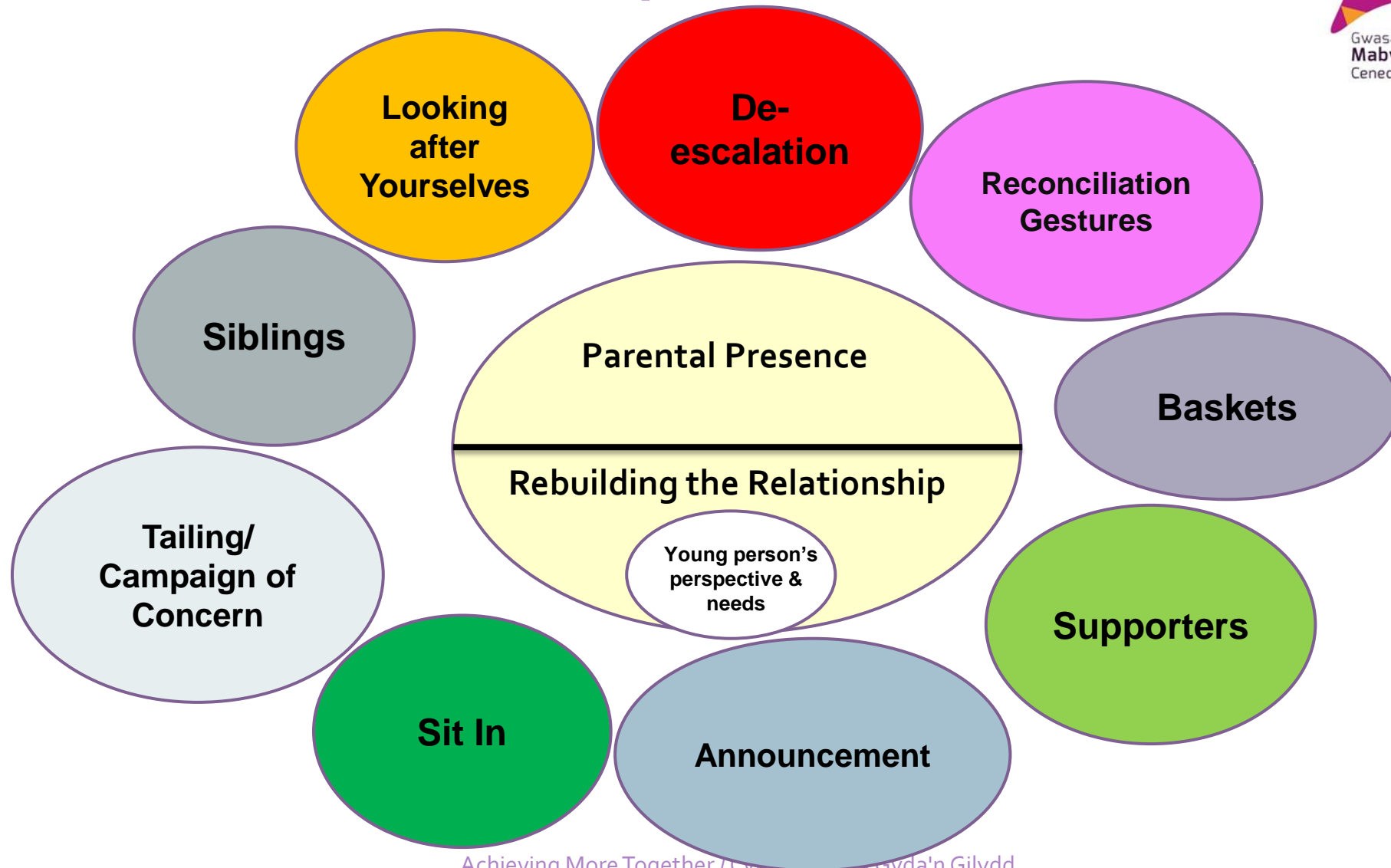
- Changing the relationship not the child
- Raising parental presence
- Building a support network
- Courses for parents and other members of support network
- Careful planning/practising (e.g. “the announcement”)
- Post course - monthly ‘Parent NVR Support Group’ – continuity
- “strike while the iron is cold”
- “for now”
- Removing the taboo of child to parent violence

What behaviours are you concerned about?

Situations where children and young people display:-

- Verbal aggression
- Threats of violence
- Actual violence towards parents, carers or siblings
- Running away
- Truancing
- Stealing
- Drug taking
- Alcohol use
- Criminal involvement
- Putting themselves at risk in dangerous environments outside the home

NVR Map



Benefits of attending an NVR course



- Parents no longer 'feel alone'
- Parents support each other
- The course group itself becomes a 'supporter'
- Parents create their own support network
- Efficient use of social work time supporting several families in each session
- Parents become co-facilitators for future NVR groups

- This course is part of a series developed by the National Adoption Service to support adopters after approval.
- These can be accessed at the National Adoption Service website.
- Please talk to your adoption support team for further information