Non-Violent Resistance(NVR) Explainer

Understanding your Non-Violent Resistance sessions at Gateway Psychology

gateway psychology



Non-Violent Resistance (NVR) is an approach specifically developed for responding effectively to aggressive, violent, self-destructive and controlling behaviour in children, adolescents and young adults.

Rather than focusing on trying to control or change the child directly, NVR supports parents and carers to develop different ways of responding. The approach aims to reduce escalation, strengthen parental presence, establish clearer boundaries and help parents and carers respond to concerning behaviour in a planned and consistent way, while maintaining and strengthening their relationship with their child.

What are NVR sessions like?

A typical Non-Violent Resistance (NVR) Parent Support Session lasts around an hour and is designed to help parents manage challenging behaviour, reduce conflict at home and feel more confident and supported in their parenting.

NVR focuses on helping parents change their own responses to difficult behaviour, rather than trying to control or force the child to change. It is particularly useful for families experiencing aggression, defiance, controlling behaviour or frequent conflict.

NVR is usually delivered over a series of sessions, with each session building on the previous one. A parent may initially focus on understanding the approach and managing their own responses, before moving on to more structured strategies.



gateway psychology

How is progress monitored?



You and your clinician will meet regularly to review your Non-Violent Resistance (NVR) sessions and discuss how best to meet your family's needs.

A review is also a time for you to bring any concerns you have about your child and the sessions. You are welcome to bring a friend or relative with you to reviews. Please let us know in advance if you are going to do this.

gateway psychology

Video and audio recording

Your NVR sessions may need to be video and audio recorded.

We will ask for your verbal and written consent before recording any of your sessions. Your clinician will use these for analysis purposes and to prepare for feedback sessions with you.

Confidentiality

Your video recordings will be stored in accordance with our Data Protection and Confidentiality Policy.

Will my videos be shared anywhere else?

Your clinician may share your videos confidentially with their supervisor. We will ask for your consent before doing this. We will not share your videos anywhere else, unless required to by law.

gateway psychology

Confidentiality

Sharing information

Your clinician will not share information with any other person or agency without agreement from you (and your child, if appropriate), except when it is required by a court of law or a local authority, or if they believe your child or another person is at risk.

Please see our Data Protection and Confidentiality Policy for more information.

Notes and reports

Your clinician will keep notes about NVR sessions for their own use and for supervision.

At the end of the intervention, they will write a summary report for you. They will not share notes or reports without your consent unless required to by law.

gateway psychology

Other documents to read

As well as this Non-Violent Resistance (NVR) Explainer, please read the following documents (where applicable) before your sessions begin:

- Parent/Carer Information Pack
- Schedule of Services
- Terms and Conditions
- Children's Guide/Young Person's Guide (as appropriate)

You will also need to sign and return the following forms:

- Registration Form
- Consent Form
- Outcome Measures (questionnaires)

These will be sent to you electronically using the e-signature platform, PandaDocs.

gateway psychology

Our contact information

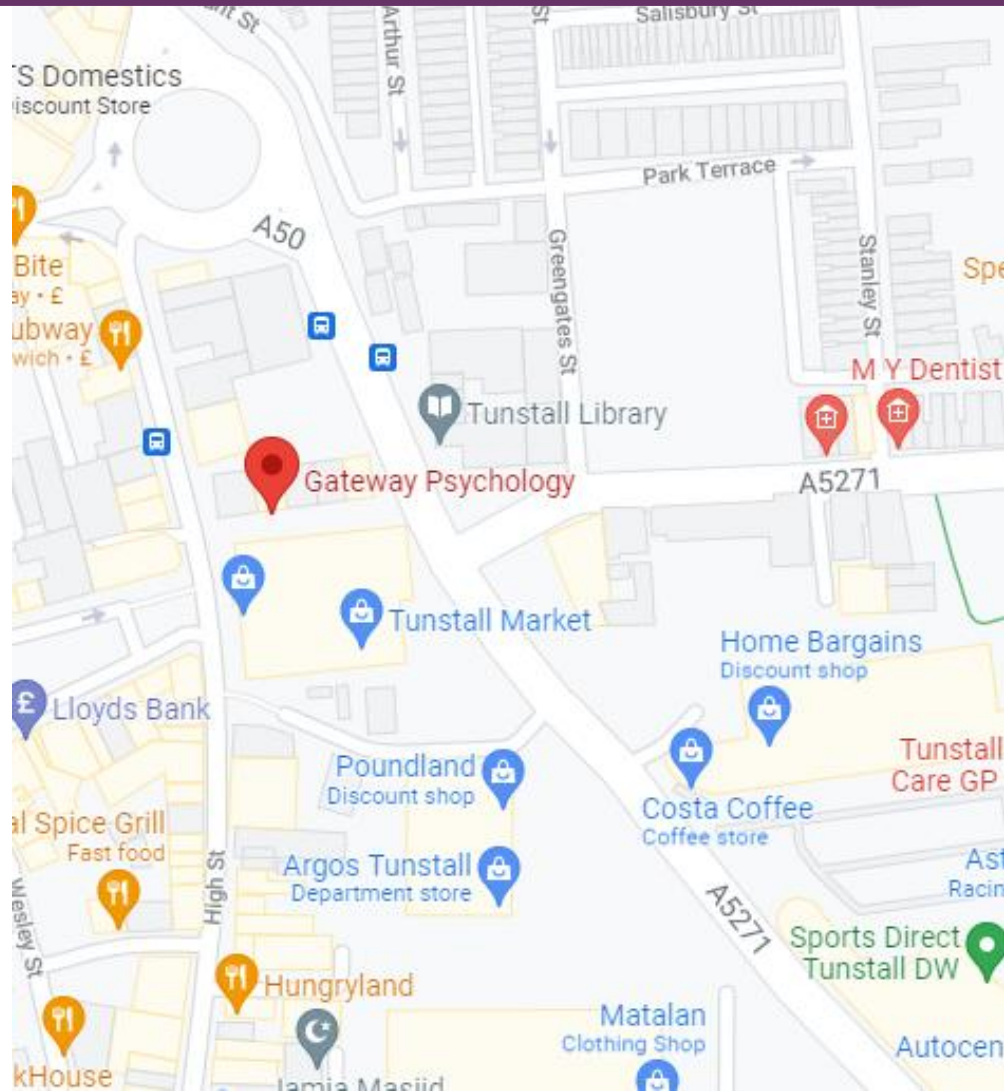
7-9 The Boulevard, Stoke-on-Trent, ST6 6BD

contact@gateway-psychology.co.uk

01782 919520

https://www.gateway-psychology.co.uk

https://www.facebook.com/gatewaypsychology



gateway psychology