

## **FPSA Post funding report**

I received funding for both Non-Violent Resistance (NVR) Foundation and Advanced Level with Partnership Projects. I completed the 30-hour self-study Foundation course online in August 2025, followed by live Advanced training on 16th/17th February 16th/17th March, and 20th/21st April 2026. My final session was on 21st April 2026, qualifying me as an Advanced NVR Practitioner able to deliver sessions for families.

I am an Associate Therapist at a practice in Rotherham, South Yorkshire. I provide play therapy for young people, as well as filial therapy for both young people and their parents or carers. Additionally, as a result of the funded training, I now offer NVR to further assist the families who use our service.

I wish to thank FPSA for providing funding that enabled me to participate in NVR training. This opportunity has enhanced my ability to support parents managing challenging behaviours in the home. Through this programme, I have acquired the necessary skills and expertise to deliver targeted interventions to families experiencing violence, aggression, or controlling behaviours. Providing NVR alongside existing therapeutic services offers a more comprehensive support package for families within my local community and will maximise impact and positive change.

The Foundation Level Training covered the main ideas of NVR and concentrated on building a strong grasp of essential strategies, including de-escalation, increasing parental presence, creating announcements, holding sit-ins, practicing acts of reconciliation, using baskets, and forming support networks.

The Advanced Level Training offers an in-depth exploration of how to implement strategies with more complex family situations. Participants had the chance to connect with fellow professionals, exchange best practices, and gain insights from each other's use of NVR across a variety of settings. The training also featured extensive discussions with facilitators, enabling consideration of how to adapt approaches for families facing different levels of need.

The training has proven extremely beneficial, and I have started working with several families associated with our provider who are already seeing positive changes through NVR parenting strategies. This intervention is especially helpful because it can be adapted to suit various families and situations, and it focuses on empowering parents and carers. I am confident that making NVR available will have a meaningful impact on the families using our service in South Yorkshire.