

Title: Non-Violent Resistance (NVR) – Foundational Level 1

Provider: Partnership Projects UK

Venue: Online: Self-directed e-learning modules

Dates: March 2026 (self-directed 4-day learning); 17 June 2026 (Consolidation Day)

Facilitator: Michele Dadswell (Consolidation Day)

Attendee/Role: Associate Play Therapist; Children’s Therapy Service (Approved Adoption and Special Guardianship Provider)

This online training offered an introduction to NVR as an approach for supporting parents/carers and schools in their competent use of NVR as an intervention with children and young people whom are displaying violence, aggression, controlling, destructive or harmful behaviours. – either in the home, or wider environment.

The foundation level training covered the main ideas and principles of NVR, concentrating on building up practice skills and strategies essential for supporting families. Skills included de-escalation, increasing parental presence, creation of announcements, holding sit-ins, acts of reconciliation, formation of wider support networks, supporting parents/carers to shift patterns of interactions, and development of resources.

The training was completed fully online, via a combination of self-directed study (theory text, videos, podcasts, articles etc) and an online zoom meeting (theory, reflective discussions, case studies, role-play).

The foundational level of NVR has proven extremely beneficial within my work as a Play Therapist working with families whom often experience controlling and challenging behaviours from their child – often a direct impact of their developmental trauma and attachment styles. NVR will offer me a more comprehensive package for being able to support parents/carers managing challenging behaviours in the home, through providing increased parental presence, supporting children and parents/carers to re-connect, and development of wider support networks. The training has helped me to understand that NVR isn’t just a tool to apply but is an overall approach and way of looking at relationships within families.