

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

Provider: Partnership Projects UK

Venue: Online: Self-directed e-learning modules

Dates: August 2026 and Consolidation Day 4th November 2026

Facilitator: Rose - rose@partnershipprojectsuk.com

Attendee/Role: Therapeutic Family Intervention Worker (Empower Team) Rotherham Borough Council

The online foundation level 1 training provided a thorough introduction to Non-Violent Resistance (NVR). It is an incredibly useful approach when working with parents, carers, and schools to support children and young people who are showing violent, aggressive, controlling, or harmful behaviours at home or in the wider environment.

The course focused on core principles and practical skills essential for supporting families. These skills included conflict de-escalation, increasing parental presence, creating formal announcements, holding sit-ins, and using acts of reconciliation. It also taught how to help parents and carers break old, unhelpful patterns of interaction, develop practical skills and resources, and build a wider network of adult support to reduce their isolation.

The training was completed entirely online through a mix of learning methods. It combined self-directed study—using theory texts, training videos, podcasts, and articles—with a test at the end of each module to check understanding. This led into a final phase of a live Zoom meeting, which focused on reflective discussions, case studies, and practical role-plays.

In my work as a Therapeutic Family Intervention Worker, this foundation level of NVR has been extremely beneficial. The families I work with often face severe, challenging behaviours from their children due to trauma. By combining my existing knowledge of Dyadic Developmental Psychotherapy (DDP) with these new NVR strategies, I can now offer a much deeper package of support. This allows me to help the child, their carers, and the professionals around them at the same time.

I can guide parents and professionals to change their approach to the young person's behaviour by focusing on reconnection, increasing parental presence, and widening their circle of support, which ultimately helps the whole family.