

*"A thought is just a drop in the ocean that makes a ripple, but it's action that creates the waves" - Anthony Liccione*

**International NVR Charter Antwerp 2012**

*"We commit to the principles of NVR in our life and work.*

*In the spirit of Ghandi, Martin Luther King and others we support each other in the promotion and the dissemination of the NVR attitude in ourselves, in families, schools, communities, organizations and in the political sphere.*

*We raise our voice and take a stand for a responsible leadership in an open and transparent manner."*

## Our Approach



### Connection before Correction

Promoting work that creates deep understanding and empathy for others



### Collaboration

Working closely with parents, carers and communities with the aim to promote voices which were previously often unheard, untold or misrepresented



### Contemporary & Culturally Diverse

We are committed to new ways of working, thinking and to the creation of solutions to challenging situations and difficult problems beyond the boundaries of tradition, culture, race, class, gender or age



### Courageous

Through the regulation of shame, the Non-violent Resistance approach facilitates the development of self-esteem- building qualities in people and situations where they were previously inaccessible



### Community Building

We are committed to creating communities which take active collective responsibility for bringing about positive change based on shared values

So with our approach, we aim to benefit young people through the addressing of extremely challenging behaviours inside and outside of their homes, parents who struggle with re-building their relationships with their children and communities working with young people and their families and carers.

## What We Offer

### Level 1 Training

4 Days / 30 Hours taught

Attendance Certificate

### Level 2 & 3 Group Facilitator-Training

8 Days / 60 Hours taught  
120 hours Clinical Practice

NVR Group Facilitator Certificate

### Level 4 Supervisor Training

12 Days / 90 Hours taught  
110 hours Clinical Practice

NVR Supervisor Certificate

### Peer Mentoring Training

12 Days / 48 Hours taught  
12 hours Mentoring Practice

NVR Parent Mentor Certificate

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## Who We Are

NVR Action and Practice CIC is a London-based Social Enterprise Company providing bespoke Non-Violent Resistance (NVR) programmes for local community agencies, individual professionals and parents with Lived Experience of NVR inside and outside of London.

Our directors have over 10 years' experience working together to design, plan, run and supervise NVR parenting groups, and professional trainings. This, as well as Elisabeth's and Julia's own experiences working with NVR across diverse communities, they have brought together under NVR Action and Practice CIC to offer their joint expertise to other professionals and parent groups.

Together they work to bring their innovative programmes using the Five C's to groups across London and England.

*"Elisabeth and Julia are among the best NVR practitioners worldwide. In their work, they bring a big heart, deep wisdom and a ton of experience. They have developed the most elaborated and efficient NVR parent groups. Elisabeth and Julia are masters in connecting with people, instilling hope and motivating parents to be at their best" - Uri Weinblatt*

## The Team



**Elisabeth Heismann**

Elisabeth is a qualified teacher, supervisor, trainer and systemic therapist with 10 years of NVR experience. Together with her colleagues from Oxleas CAHMS she developed and has ran the manualised NVR multi-parent group program within the local Oxleas CAHMS services since 2007.

Her specialist interest within NVR is the involvement of graduate parents on all levels of NVR provision and service development. She has also developed and run specialist NVR groups for parents whose children are in gangs or affected by Child Sexual Exploitation.



**Dr Julia Jude**

Julia is a senior systemic lecturer at the University of Bedfordshire, a doctoral supervisor, a member of the teaching staff of the professional doctorate in systemic practice, systemic therapist/group psychotherapist.

She has over 25 years' experience of experience working with young people and their families in a broad range of settings such as CAHMS, education, youth work, and social care. In addition to this Julia has over 10 years' experience of facilitating NVR parent groups.



*"If you return good for good only, it is a bargain, but if you return good for evil, it becomes a redeeming force" - Mahatma Ghandi*

