

2023

Good Practice Parent Participation Guide – Part 1



NVR UK

Parent Participation sub group

11/10/2023

NVR UK Good Practice Parent Participation Guide

NVR UK Parent Participation Mission Statement

NVRⁱ UK is committed to Parent Graduateⁱⁱ participation, as a way to support parents and professionals on their NVR journey, and to ensure parents with lived experience have a central role in NVR UK.

SECTION 1 – Introduction to Parent Graduates

What are Parent Graduates?

Parent Graduates are parents or carers who have completed a full NVR programme/group and want to help other parents to experience the benefits of NVR. A Parent Graduate works in partnership with an organisation delivering an NVR programme, perhaps helping to deliver the programme or mentoring and supporting other parents.

Pathways

Parent Graduates do not need to have any professional or other qualifications. Their value is in their lived experiences. As a Graduate of the NVR programme, they will have a unique understanding of how to bring the principles of NVR to life in the real world. They will also have seen the potential for the programme to make a real difference to family life. There are pathways available to train up to a Level 3 accredited practitioner.

Why are Parent Graduates Important?

Parent Graduates are an important and integral part of delivering NVR courses. They add significant value to the outcomes of NVR courses.

NVR programmes are delivered by practitioners who are trained in the principles, theory and evidence base that lies behind the NVR process. However, nothing beats the 'living your life' by the principles of NVR, experiencing first hand where the challenges are, and seeing how NVR can transform your life, and the lives of those around you.

As a parent/carer, Parent Graduates will have experienced first-hand what life is like with a child who displays risk taking or distressed behaviours. They can therefore empathise and relate to the circumstances of other NVR participants. They can provide real, tangible examples of how NVR has worked for them, and how they have put the concepts presented on the programme in to practice in their own lives.

What Do Parent Graduates Do?

Parent Graduates play an important role in the delivery of NVR programmes. However, they can also add value in delivering many wider roles that might form part of an organisation's service offer.

These roles include:

- Parents supporting each other, individually or in a group, on WhatsApp, on Facebook, zoom groups, coffee mornings (maybe known as parent buddies, supporters)
- Parents giving testimonies of their lived experience and journey to other parents and professionals, in writing or physically in a number of settings
- Parents assisting practically at workshops and conferences
- Parents promoting the approach at events
- Parents co-facilitating workshops, groups and training
- Parents befriending other parents by phone under guidance and supervision
- Parents mentoring new Parent Graduate-facilitators

Benefits of Being a Parent Graduate

There are many benefits to being a Parent Graduate. These include:

- Continuing to develop and refine your own experience of NVR, learning from the experiences of participants and the perspectives of others involved in NVR;
- Knowing that you have helped transform the lives of families who have struggled with risk taking or distressed behaviour. You will get to see examples where you personally make a real difference to the lives of parents/carers and the young people in their families;
- Valuable work experience, which can be applied in your wider working and personal life. Depending on your role these could include problem solving, inter-personal skills, group work skills, presentation skills and strategic programme development.
- Can lead to other personal and professional developments e.g. Mentor role, NVR Pathway

What to Expect as a Parent Graduate?

- To be a valued member of the team – equal status
- To be a volunteer or potentially paid
- Receive opportunities for more training in NVR and other professional skills
- To get support of a professional team who will guide you through the process and provide you with supervision, so you get the most from your experiences.

How do I get involved?

By invitation at the end of the group or expressing an interest to the facilitators.

What training do I need?

Your lived experience is sufficient training to help support in groups. In some organisations there may be further opportunities to progress as far as a level 3 practitioner.

How can I get more training on NVR?

We hope for the organisation you work with to continue with your NVR growth. We encourage you to participate in other NVR programmes and workshops. Becoming a member of NVR UK and receiving regular updates on events, conferences and learning opportunities.

I don't feel like I have enough knowledge to be a Parent Graduate: will I be ok?

You will receive support and guidance throughout the whole process and will only be required to participate in the parts you feel comfortable with.

What happens if I need support?

We encourage regular reviews to support you throughout the programme as well as supervision. If you have any concerns, please reach out to your facilitators or seek further advice from NVR UK who will put you in contact with a member of the NVR UK Parent Participation Subgroup.

ⁱ Non-Violent Resistance (NVR)

ⁱⁱ Parent Graduates have completed a full NVR programme/group as a parent/carer with lived experience of using NVR.

