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About NVR

Message
from
Haim
Omer

Organised By:


 School of
 Non Violent Resistance



International Training Program in Non Violent Resistance and New Authority

*Israel, October 2012 | Basic Module 12-15.10
 | Advanced Module 16-18.10*

Basic Module Lectures Abstracts 12-15.10

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1. Prof. Haim Omer - The development of NVR theory and praxis: From parental presence to the anchor function

Four stages characterize the development of the NVR model: a) the definition and characterization of parental presence; b) the adoption and adaptation of the principles and tactics of non-violent resistance; c) the development of a normative model of parental authority, and d) the creation of a bridge with developmental psychology (the anchoring function). A close acquaintance with these concepts and their roles provide practitioners with an orienting map for their work.

2. Prof. Haim Omer - The anchoring function: Why what we do helps the child?

The NVR-model is probably the most parent-friendly approach in the field. It is very clear how we help parents. However, with the concept of "the anchoring function" we have attempted to look at the whole process from the point of view of the child's psychological development. We have characterized the chief elements in parental activity that provide the child with the basic conditions for positive growth.

3. Naama Gershy - The Intake: Clinical Aspects of Parent Counseling

Parents arriving for Parents Training in NVR are often referred by different sources like

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INSTITUT FÜR SYSTEMISCHE
AUSBILDUNG & ENTWICKLUNGCentrum voor
Gewelddoos Verzet
VlaanderenMoleMann
mental healthInstitut für Kind
Jugend und FamilieINA
INSTITUT FÜR NEUE AUTORITÄT
Hendrikus- & Omer-Str. 20msw
münchener institut für
systemische weiterbildung

school counselors, psychiatrists or pediatricians that provide parents with little or no justification for the importance of parents training for the treatment of their child. As a result, parents often have no idea about the kind of treatment that we offer, the goals of therapy and the level of involvement and initiative the treatment will require them to take. It is therefore the interviewing therapist's task to introduce the treatment rationale to the parents and to motivate and prepare them for the new road they are going to take. In the present lecture we will discuss the important and complex role of the interviewing therapist and learn how to conduct the first interview with the family; how to take a clinical anamnesis that will allow us to gain a clear and accurate picture of the child's difficulties, how to encourage parents to think about the child's difficulties from the perspective of their own feelings and conducts, and how to help the parents feel responsible and capable for creating change without placing any blame on them.



4. Irit Schorr Sapir- The Announcement

The announcement is a fundamental practice module in the NVR approach. In practice, the announcement constitutes the inception of the therapeutic process; it symbolizes the first sign of opposition and behavioral change. Simultaneously, it is used as a therapeutic contract between the parents and the therapist and between themselves, as it defines the clear objections of this process and their willingness to undertake such an active effort in order to change the current situation. The announcement ceremony is similar to "dropping the anchor"; the parents announce their presence and their obligation to being protective, concerned and anchoring parents for their child. The lecture will portray the different layers of this module. The workshop accompanying the lecture will include simulations and discussions on various subjects, such as: The purpose of the announcement, how to phrase it, its correct timing, possible scenarios to the child's reaction and announcements samples.

5. Naama Gershy – Anchoring by self control : the cycle of escalation

and the module for escalation prevention

The present lecture will focus on the model of coercion and escalation that often represents the relationship between the parents and the child upon arrival for NVR treatment. We will discuss the way these patterns of reactions and communications are established and their impact on the child's behavior symptoms and the parents' feelings of anger, helplessness and distress. Later we will learn about the escalation prevention module in the NVR protocol. In this module parents learn about their role in preventing escalation cycles and the importance of delaying impulsive reactions as a major mean for establishing consistent and efficient responses to the child. We will discuss the treatment principals of "Don't be provoked" and "Delayed response", and learn clinical tools that help parents to achieve these principles such as; "strike while the iron is cold", documentation, informing the supporters and placing a bookmark. Eventually we will talk about the way mindfulness skills could help parents improve their capacity for emotion regulation and mentalization.

6. Irit Schorr Sapir- Anchoring by Daily Routine (Emphasis on ADHD)

Parents of children with ADHD or behavioral problems often feel exhausted of constantly arguing with their child about daily routine or basic tasks (getting up in the morning, brushing their teeth, taking a bath, doing their homework, going to bed and so on). These parents feel that each and every simple assignment or request is hit by a wall of defiance and usually leads to pleading, begging, threatening, yelling and punishing. Setting a daily routine with clear and consistent rules and boundaries allows the parents to anchor themselves and their child in a steady structure of day to day conduct. This known structure minimizes struggles and friction, and allows a healthier, calmer routine.

7. Ohad Nahum - Anchoring by Parental Presence and Vigilant Care

In the modern world during the last few decades we face a decrease in the parents-child time spent together. This decrease in parental presence set new challenges and a urge need to redefine the

concept of parental presence. Studies has shown that effective parental presence can diminish negative behaviors such as violence, school dropout and youth delinquency. NVR suggests Parental Presence/Vigilant Care as a key element in the parental anchoring function. We'll discuss what is Parental Presence/Vigilant care and the different components which make it an effective tool and approach for parents usage.

8. Yuval Nuss- Reconciliation and Reparation

The systematic use of reparation and reconciliation as constructive ways of resisting violence while striving to preserve and rehabilitate the relationship will be presented and illustrated. Reparation acts are effective tools for increasing the ability of parents to deal with violence (physical and emotional) in a way which provides the offender an opportunity to be reintegrated with the family. Reconciliation acts through "peace offerings" and other unilateral forms of reaching out are unique and important tools within the NVR system, complementing and increasing effective resistance, while helping to establish long term achievements.

9. Dr. Ifat Lavi Levavi- the sit in

The sit- in, a very potent and influential act of NVR, will be in the heart of this lecture: How to plan and implement a sit- in? How parents feel during sit- ins? How to lead parents into doing a sit- in, and how to debrief it afterwards?

Discussing these questions will lead us further to simulating sit- in's, while keeping in mind the sit- in's most important rationale- its anchoring function.

10. Irit Schorr Sapir- Anchoring by Support Network

The parents anchor themselves in their supportive network. The main potential props of a parent's authority are the marital unit, the extended family, the network of friends and the parent's links to significant institutions (e.g., school or church). These supportive elements guarantee a broad and legitimate base to the parents' authority. The lecture will focus on ways and tools for assisting parents

and caregivers build and maintain their support networks. Emphasis will be laid on tools for increasing parental readiness to call for help, in cases where they are initially reluctant to do so. The lecture suggests creative ways to use the support network.

11. Dr. Ifat Lavi Levavi - Does it really work? NVR under investigation.

This lecture will describe the research field of NVR. First, the results of 3 completed outcome studies will be presented and the state of NVR as an evidence based therapy will be discussed. Current outcome studies that are being done nowadays and are not yet completed will be reported. And last, the lecture will cover other NVR researches (that are not outcome studies) that are in progress. The lecture will give a broad view at the research field concerning NVR therapy.

12. Prof. Haim Omer - Q&A Session