What is NVR?

NVR is a behavioural and relational approach proven to be highly successful for dealing with challenging family situations and distressed behaviours in schools. It was initially developed for very distressed young people, but we have adapted it for use across many situations and settings.

We have been using NVR since 2017 and have found it to be transformative. We have found it has been life-changing at creating positive interventions where other methods just haven’t been able to help. Parents and professionals have indicated that NVR provided hope, assisted to repair relationships and provided a framework to de-escalate distressed behaviours. Specifically, it has been successful in situations that involve families with children where the child to adult and sibling violence is a concern, including those with Autism, ADHD, Anxiety disorders such as OCD, Attachment Disorder, especially those at the more extreme end of the spectrum. NVR as a whole establishment approach has led to increased professional confidence, few incidences and improved relationships.

Most recently we have adapted NVR to work with in groups with parents whose children struggle with anxiety, including school refusal and flipping night and day.

All of our training is offered to N.V.R. UK standards which is the professional organisation that regulates and accredits NVR practice in the UK.