



NVR

Non-Violent Resistance Therapy (NVR) is an approach that helps parents to manage the violent, destructive, and/or controlling behaviour of their children.

NVR may be quite different from other approaches parents have tried, such as using rewards and consequences to improve behaviour. However, there is evidence that NVR is successful in reducing aggression and improving relationships. NVR is simple to understand but can feel difficult or strange to do. Therapists support parents to make changes and think about how the principles could be applied to your situation.

NVR encourages parents to make a stand against (resist) violent or destructive behaviour from their child, without using physical or verbal aggression. It involves trying different ways of talking to your child and enlisting the support of other people who are close to you. NVR can help to rebuild relationships throughout the family.

Click for more information about NVR from NVR UK [here](#) and [here](#) for information from Partnership Projects. Click [here](#) for further information from New Authority Parenting.

