

## NVRA Online Workshop: Saturday 4<sup>th</sup> March 2023 10am-2pm

### Presentation Descriptions & Bios

**Time: 10:15-11 1<sup>st</sup> Presentation**

**Presented by Lydia Stafford, Nicky Maund and Mel Selwood**

**Co-production and Solidarity Teams;** Parent Facilitators and Trainers: Breaking down the barriers that divide us and embracing the human experience that connects us.

Mel Selwood (lived experience practitioner) joins Nicky Maund and Lydia Stafford to share a journey of a “networked community” through co-delivery and co-production of NVR with Child and Adolescent Mental Health Services (CAMHS). The workshop will provide stories from the context of their work together and space for questions, exploration and reflection.

*About Lydia Stafford, Nicky Maund and Mel Selwood*

**Lydia Stafford** is Principal Lead for NVR within the West Midlands Provider Collaborative and co-founder of Raising Presence UK. Areas of interest include NVR as a whole system approach with the potential to integrate systems and change cultures. Lydia is particularly proud of work developing NVR services with parents and care-givers that have accessed them.

**Nicky Maund** is a Consultant Family Therapist, Accredited NVR Practitioner and Trainer with nearly 40 years’ experience working in the NHS and with other agencies across the UK.

*She initially trained as an RMN and has worked in a number of clinical and leadership roles both as a nurse and a family therapist. She has for the past 25 years worked in various CAMHS settings and contexts, ranging from early help to inpatient services.*

*She has worked extensively both as a systemic and NVR supervisor and trainer. She is co-founder of Raising Presence UK which provides trauma responsive, NVR training which privileges a whole system approach for individuals, groups, teams and organisations.*

**Mel Selwood** is a lived experience practitioner and facilitator who draws on her own experiences of supporting her child who accessed mental health services. Working in partnership with health care professionals, Mel delivers training to groups of parents and health care professionals and is most proud of her ability to convey NVR training and principles in an effective and meaningful way.

**Time- 11:15-12pm 2<sup>nd</sup> Presentation**

**Presented by Dr Peter Jakob- Consultant Clinical Psychologist**

### **Many Dimensions of Resistance**

NVR has its roots in social justice and liberation movements of the 20th century. It also draws on Narrative Therapy. Narrative Therapy which has a strong emphasis on addressing issues such as gender- and racial inequality and discrimination, and makes efforts at de-colonising our own mental health practices. While in its conceptualisation of New Authority principles, NVR has located itself in the realm of parenting, the directions which resistance can – and in the interest of justice sometimes must – take, are manifold. A father may work on de-escalating and holding himself responsible for interacting more peacefully with his children, while we may also need to pay attention to the fact that he has received racist abuse, which only to the outside observer appears to have been an issue of the past. Caregivers may have resisted a young woman's tendency to self-harm, yet at some point she may engage as a resistor in her own right, beginning to resist her self-destructive behaviours which have resulted from her experience of child abuse. Abuse is not over, until the abused no longer experiences a threat. Using these and other examples, Peter Jakob illustrates how we may need to go beyond parenting in our work which uses the structures of NVR, if we are to address our clients' experience of injustice.

#### **About Dr Peter Jakob:**

*With a background in social work, Peter has worked as a clinical psychologist and family therapist in both child- and adolescent mental health services and in adult mental health for over 35 years, specialising in working with people who have experienced abuse and with children and families involved with children's social services. Peter's concern is for understanding the contexts in which peoples' difficulties emerge and working towards social justice as a key underpinning of psychotherapy. He has introduced Non Violent Resistance (NVR) to the UK and has adapted the approach for families that face multiple challenges and for adopted children and young people in foster- or residential care. His work with children who have experienced adversity has inspired him to develop a child focus in NVR. Peter is a prolific national and international presenter.*

**Time- 12:15-1pm 3<sup>rd</sup> Presentation**

**Presented by Kerry Shoesmith and Erica Castle**

**Just a letter? The power and diversity of the announcement.**

How can this build on connections and overcome barriers

Looking at our use of announcements in residential childcare to empower, connect and bring around change in individuals, organisations and oppressive structures.

Sharing examples, breaking down motivation, intent and internal and external movement. Participants developing their own ideas to expand practice in this area.

***About Kerry Shoesmith & Erica Castle***

***Erica Castle***

*Accredited NVR practitioner, supervisor, trainer, and associate of PP, a ReAttach therapist and a therapeutic life story practitioner.*

*Erica is the Operations Director in a therapeutic residential service for young people.*

*She has been employed in the field of Health and Social Care for over 30 years, gaining experience of working with young people on the autism spectrum, street/homeless young people, and ex-offenders as well as looked after young people with EBSD.*

***Kerry Shoesmith***

*Accredited NVR Practitioner, supervisor, trainer, and associate of PP, A ReAttach therapist and trainer.*

*Kerry is a qualified Cognitive Behavioural Therapist with nine years of therapeutic experience and over 20 years' experience of supporting vulnerable young people and their families. Kerry works as a Director of Care and Therapies within a residential setting, where she delivers direct therapeutic interventions with young people, as well as therapeutic supervision for individual carers, managers, and core teams.*