



NVR Voices

Presentation 1

Title: Re-claiming and re-branding self-care; the essential NVR component for nourishment, compassion, regulation and connection



Wendy Faber

Lived experience practitioner for FTB

Wendy is a primary school teacher of 20 + years and mum to teens with SEND and SEMH needs. Last year she completed her NVR advanced training and uses her lived experiences to train and support teachers, clinicians and parents in NVR. Wendy also has an NPQ in learning, behaviour and culture in schools and has a special interest in supporting parents and children with SEMH needs through the power of connection.



Mell Selwood

Lived experience practitioner

Mel is a lived experience practitioner who draws on her own experiences of supporting her child who accessed mental health services. Working in partnership with mental 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 principles in an effective and meaningful way.



Lydia Stafford

Mental Health Nurse, Systemic Practitioner and EMDR Therapist

Lydia has implemented NVR in services within the CAMHS, social services and schools as both a practitioner and trainer. She is passionate about bringing NVR to the most vulnerable populations that experience barriers in accessing support that is relational, trauma informed, empowering, and enabling.

In her NHS work she is a principle lead for NVR within the West Midlands CAMHS provider Collaborative; with hopes and plans to continue to broaden its reach to those that need it most.



Nicky Maund

Consultant System Family Psychotherapist

Nicky has worked in the NHS for over 40 years.

Nicky is an accredited NVR practitioner and trainer who has facilitated NVR groups and trained professionals from a variety of contexts including community and Inpatient CAMHS and local authority services.

She is a dedicated advocate of the power of NVR to change lives.

Presentation 2

Title: Enhancing Social care: Supporting Implementing NVR Concepts within a trauma informed strategy across Hertfordshire



David Toland

Trauma Practice Lead

ARC Specialist and Residential services

About David

David is a Systemic family Practitioner. He completed his training at the Tavistock and Portman Trust in systemic approaches to working with individuals, families and organisations. David is an NVR Practitioner and has used NVR principles and concepts in direct work with families with a number of mental health, behaviour and social difficulties. He has also used NVR and trauma informed approaches to work with organisations and partner agencies who work directly with vulnerable children and families with complex needs.

David has 19 years of experience supporting children and families with developmental, behavioural and adverse childhood experience in outreach, Social care, CAMHS and in house residential settings both disability and mainstream as part of multi-disciplinary teams.

Prior to this, David was a Registered Ofsted manager of a trauma focused outreach and therapeutic multi-disciplinary service working with families to support children with complex needs. David has also been a respite foster carer and shared carer for children with ASC, learning and physical disabilities.

David specialises in Trauma informed approaches and has been part of Hertfordshire's transformational strategy in becoming a trauma informed organisation. David leads and designs bespoke training packages in treatment for young people with significant behavioural and mental health presentation using a wide variety of therapeutic approaches. Some of the approaches David uses are NVR (Non-violent resistance), PACE (Playfulness, Acceptance, Curiosity and Empathy) and ARC (Attachment, Regulation, Competency). His passion is empowering and training in working alongside professionals and colleagues in a supportive trauma informed approach building on their skills and strengths to work from an appreciation, solution focused and compassionate place, empowering organisations to focus on their resources and how they can come together to find hopeful solutions to complex challenges.

Presentation 3

Title: Supporting Parents: @changingtracks4life

Illuminating the Pathway from Dependency to Independence for the Adult-Child that has Yet to Launch (YTL)



Margaret Gilbert

Life and Parent Coach

About Margaret:

Margaret is an accredited NVR practitioner, trainer and certified supervisor as well as a Life & Parent coach, @changingtracks4life her own business located in Ireland. Margaret is also one of the very few S.P.A.C.E (supportive Parenting for anxious emotions) providers in Ireland. She has over 25 years' experience of working with individuals and families.

Margaret is passionate about the capacity of NVR to make real change in individuals, families, schools, and society. She embraces the adaptability of the programme to use it in a creative way to address a multitude of challenges including child to adult violence and abuse, parenting the neurodiverse child, personal development, adult children-Yet to Launch, ARFID & NVR in schools.

Presentation 4

Title: The adaptations made to NVR to make it accessible within the Learning disability and Autism community



Rachael Hough

Clinical Nurse Specialist, Forward Thinking Birmingham (FTB) Disability Intensive Care Enhanced (DICE) Team

About Rachael:

Rachael has worked within the areas of Learning Disabilities and Autism for approximately 20 years with both adults and children/ young people, in a variety of different roles. She began working with FTB Community Learning Disability team in 2021 and then moved into her current role within FTB DICE Team in 2023.

Rachael completed her NVR training in 2022 and has supported the implementation of the key principles of NVR within group training and on a 1:1 basis. Rachael has also worked with her NVR colleagues to adapt NVR concepts to improve accessibility to families in a person-centred way to ensure inclusivity within the Learning Disability and Autism sectors.



Michelle Marston

Clinical Nurse Specialist (RNLD)

About Michelle

Michelle having trained in 2022 is delivering NVR on a 1:1 and group basis within Forward Thinking Birmingham, Community Learning disability Team.

She has 26 years of experience in the Field of Learning Disabilities and Autism.

Michelle and her NVR colleagues, have taken the fundamentals of NVR and adapted them to meet the needs of the young people and families they support, in a more individualised way whilst ensuring both hands of NVR are incorporated , thus making it more inclusive and accessible.

Presentation 5

Title: Service wide voices: Introducing NVR to inpatient CAMHS in a HEE pilot project



Collette Williams

Principal Systemic Family Therapist, The Becton Centre for Children and Young People

Sheffield NHS Foundation Trust

About Collette:

Collette has worked with children and families for 25 years in a variety of settings and roles, culminating in working as a family therapist in inpatient CAMHS bringing a passion and commitment to help harness families strengths and resources to get through troubled times. Along with Rachel, she is keen to think about trauma and to support parents and staff.

NVR has been a beacon of hope and something truly shareable.



Dr Rachel Horn

Consultant Clinical Psychologist, The Becton Centre for Children and Young People

Sheffield NHS Foundation Trust

About Rachel:

Rachel has worked in inpatient CAMHS at Sheffield Children's hospital for over 10 years on both the General Adolescent Unit and the specialist Children's unit for under 13s. She is passionate about reducing and limiting the impact of inpatient admissions on young people and their families by keeping parents and carers heavily involved in admissions. She did her NVR foundation course in 2022 followed by group hybrid and advanced level training. It is fair to say that Rachel caught the

NVR bug and felt instantly that this approach could be useful to the teams and families in inpatient CAMHS.