

NVR Parent group work
Elisabeth Stevens & Ivan Nulens
De Wiekslag vzw
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Presentatie door Elisabeth Stevens en Ivan Nulens.

Elisabeth nam als moeder gedurende 2 jaar deel aan één van de oudergroepen.

Zij is ervaringsdeskundige inzake NVR. Elisabeth is momenteel in opleiding als begeleider van een NVR-oudergroep.

Ivan is directeur hulpverlening in De Wiekslag vzw te Alken. Hij volgde de basis- en voorgezette opleiding NVR bij Haim Omer en zijn team in Tel Aviv. Hij is auteur van het boekje

'Geweldloos Verzet in de opvoeding. Richtlijnen voor ouders, opvoeders en leerkrachten. Ivan heeft een ruime

paktijkervaring in het werken met NVR in de bijzondere jeugdzorg.

This is a lecture
and please feel free:

- To ask questions
- Sharing thoughts
- Having discussions

We have 40 minutes

NVR in De Wiekslag

The Wiekslag is a organization for special youth care

- 4 residential settings
- 2 settings home guidance
- 1 setting in depended living for adolescents
- 1 after school center
- 5 parent groups NVR

How it started

- 2010 the 1ste international NVR Conference in Greenwich London
- I was impressed, Parents testifying about there experiences on NVR parent group work. Cfr. Oxleas NHS Liz Day and others.

How it started

- In Belgium we have no culture that clients would testify in public
- In Belgium there is hardly any experience in the field of group work concerning matters of family problems or parenting problems
- We are timid and ashamed

How it started

- I have strong believes in the strength of social group work
- I was determent
- I got great support from my head
- We started in 2011

How it started

- We got permission from Liz Day for translating their NVR booklet into Dutch and we made some alterations and added some new things.
- We made a flier for promotion
- The concept was: we just see how it go's

The concept

I was sure about what the group work shouldn't be:

- No course
- No limit in time
- No closed group
- No cakes

January 2019

7 years after the start

- On a permanent base there are 5 groups running
- 4 members of staff trained in the NVR group work
- One graduated parent in training on the job for NVR group work
- Each group: 10/12 parents or co-parents or parent supporters, meaning 5 or 6 family's involved
- Meeting every fortnight from 7.30 pm till 9.30 pm (on Monday's and Tuesday's)

The concept

- Referrals from all kinds of organisations working with youngsters and family's. A lot of referrals from child and adolescent psychiatric hospitals. The youngsters are very often diagnosed with ASS, ADHD, Gilles de la Tourette, anxiety disorders, ... Sometimes the juvenile court is involved
- Some of the parents have their own diagnosis in the field of ASS
- Common is: very severe behavioural problems such as heavy violence, school refusal, self-harming, threatening with suicide, running from home, drug abuse, homeless adolescents, ...

The concept

Common experiences:

- Experiences of failure
- Tension in the parenting relation and tension in the partner relation
- 'Blaming the parents'
- Isolation
- Experiences of losses
- Hopelessness
- Grieving

The concept

- The groups are a mixture:
 - some parents are on our waiting list for NVR home guidance
 - some parents are receiving home guidance
 - some parents aren't in care or guidance
 - some parents have their child in residential care
 - some parents have only children over 18
 - ...

The concept

- After the referral, parents have to call themselves for making an appointment for the intake interview
- The intake interview:
 - sharing information
 - finding out if there is a match **Important:** taking the perspective of the group
- Most important: parents have to be prepared trying something different, something NVR

The concept

- Parents decide themselves how long they participate. The experience is over 12 months, the ending comes naturally
- When there is space in the group new parents start
- The 'anciëns' help the new parents, telling them their experiences, they give them hope and encouragement
- Participating in the group makes it easier asking for support (one of the elements of NVR) and for breaking the secrecy (an other key element of NVR)

The concept

- The parents are the experts on educating their child
- The group leader is the expert on NVR
- Parents become experts on NVR
- Parents share their NVR expertise with the other parents

The concept

- We work with our NVR Booklet
 - We work with the lists 'Doing more' and 'Don't do any more '
- We work with the images like
 - The lighthouse
 - The pause button
 - The red basket
 - The tune
- Sometimes we do instant role play
- We build scenarios on how addressing possible future child behaviour

The concept

Most sessions start with an opening question to create a positive atmosphere (a short round and everyone gets his turn)

Example : Where are you proud of yourself / your partner what you or your partner did the last two weeks ? The smallest success matters

2. Then we go back to the previous session to see how the approach worked out

3. New situations are brought in to discuss and set out an approach

4. Sometimes a more general theme is discussed like: rewarding and punishment, collaborating with schools, footage, ASS, trauma, ...

The concept

- The sessions are very strongly led by the group leader
- The leader brings in knowledge about NVR and general education
- The group leader focusses on change in parental behaviour
- Parents start doing the same: focussing on change in their behaviour
- Parents become mutual supporters
- It is 2 hours very hard and intense work for the parents as for the group leader

In progress

- Closed Whatsapp- or closed Facebook groups
- Parents meeting in a relaxing and socializing context

Images

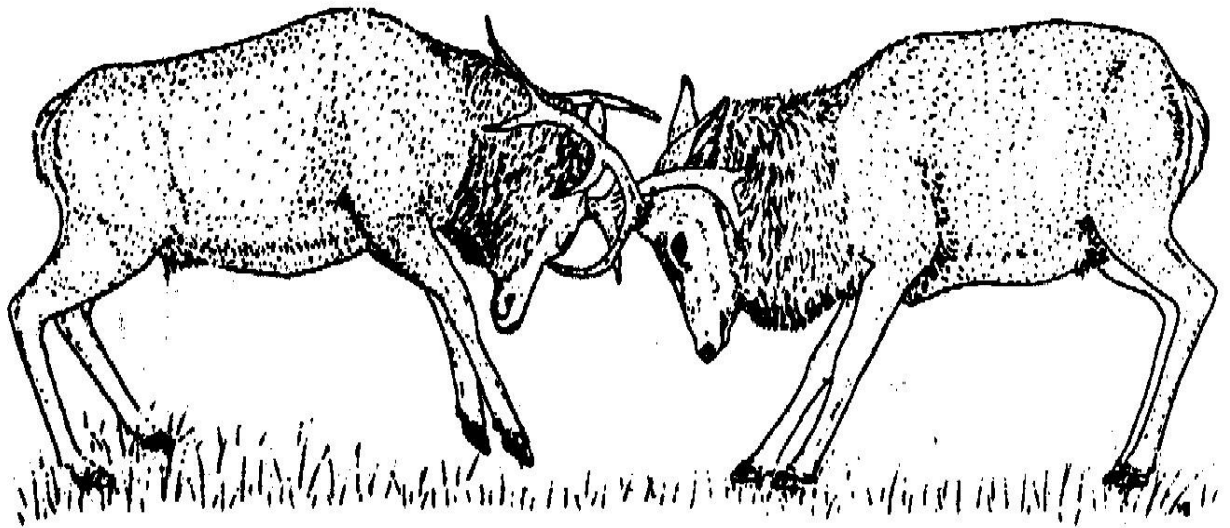


Images

De NVR map



Images



Images



Images



Images



“Houd van me als ik het niet
verdien, want dan heb ik dat
het hardst nodig”

(Zweeds gezegde)

Images



I don't wanna dance

dance with you baby, no more.

I'd never do something to hurt you though

Oh, but the feeling is bad,

the feeling is bad. Eddy Grant 1982.

The booklet Dutch – French – Turkish

Werkboekje 'Geweldloos verzet in de opvoeding'

1^{ste} druk 1850 exemplaren extern in Vlaanderen en Nederland

2^{de} versie voorjaar 2017

Kostprijs 5,00 euro

Bestellen ivan.nulens@dewiekslag.be