



2025 Non-Violent Resistance (NVR) Training Programme

Join us for our 2025 Non-Violent Resistance (NVR) training programme, designed to equip professionals with knowledge, skills and methods to effectively address harmful and self-destructive behaviours.

About Non-Violent Resistance (NVR)

Developed in the late 1990s by Prof. Haim Omer and his team at the University of Tel Aviv, Non-Violent Resistance (NVR) therapy and practice is an evidence-based approach targeting aggressive, harmful, anti-social, dangerous, or self-destructive behaviours in children, adolescents and young adults. It is helpful in many different problem areas such as self-harm, suicidal behaviour, adult entrenched dependency and social isolation. The approach has been successfully used within families, residential and foster care settings to reduce the risk of exploitation and reconnect with the child. Our training is based on Peter Jakob's model, trauma informed child focused NVR. Its efficacy has been demonstrated in randomized controlled trials, including for children in care.

Our trainers are pioneers in the field of NVR

- **Dr. Peter Jakob:** A Consultant Clinical Psychologist with 40 years of experience, Peter introduced NVR to the UK and has adapted the approach for families facing multiple challenges, including those with adopted children and young people in foster or residential care. He is the author of "Nonviolent Resistance in Trauma-Focused Practice: A Systemic Approach to Therapy and Social Care" (Routledge, 2025).
- **Kerry Shoesmith MSc:** With over 20 years in youth and community work, Kerry is a psychotherapist (CBT) and the UK's pioneering ReAttach trainer, which she successfully integrates with NVR. She has a distinguished background in residential childcare services with an excellent record of leading teams to achieve 'Outstanding' Ofsted judgements, Platinum Investors in People and 'Best in Service' Parliamentary Award.

Training Details and Learning Outcomes

2025-2026 Training Schedule



Key Learning Outcomes



Deep Understanding

Master principles, theory, and applications of NVR



Practical Skills

Develop high-level skills to implement NVR methods



Trauma-Informed

Gain insights into trauma-informed and child-focused approaches



Versatile Application

Work with NVR in families, schools, foster care, and residential settings

NVRA Accreditation Pathway

Level I Foundation Training

- 4 days (24 hours) of training
- Attendance certificate upon completion
- Submit reflective journal for accreditation

Level II Advanced Training

- 6 days (36 hours) total
- 4-day Generic + 2-day Specialist modules
- Submit case study for accreditation

Experiential Learning: Our training includes didactic teaching and practice days to consolidate learning and apply it to your own working environments.

For more information and to book your place, please visit our website: <https://www.connectivestrength.co.uk/>

Further to this Connective Strength offers family interventions, agency based training, consultations and therapies. Please see our website for further details.

What Our Participants Say



Lucy - Registered Manager

"An enriching and transformative learning experience. The training provided a supportive environment to practice essential skills while delving deeply into the key concepts of NVR."



Leanne - Support Worker

"The training was amazing! The delivery was so clear and enabled me to put what I had learnt into practice with both client families and my own family."



Natalie - Family Practitioner

"I felt such a sense of connection with the other professionals and a sense of belonging. The interview with the internalised child was particularly powerful."