

2024 Community of Practice Meeting Program

(This program is subject to additions and changes. All meetings take place between 11.00 and 12.30 pm EST)

December 29, 2023: Case discussion by a community member

January 26, 2024: Expert talk | NVR in Families of Non-emerging Adults | *Dan Dulberger*

How NVR is used to help parents of highly entrenched adult children

February 29, 2024: Themed case presentation | NVR and Working with Adult Entrenched Dependence and Suicidality | *Nevo Pik, Lital Mellinger, Dr. Ohad Nahum, Dan Dulberger*

March 28, 2024: Expert talk | Contactivity – NVR Interventions to Overcome Avoidance | *Dr. Uri Weinblatt*

Contactivity is a new, NVR based therapy for helping young people who avoid. Social anxiety, avoidance, withdrawal, and self-isolation are becoming increasingly widespread among children and adolescents. Parents of avoiders typically come to therapy feeling utterly helpless. They find it impossible to engage in any meaningful conversation with their child, let alone motivate him. While these parents are usually aware that their child avoids school and social activities, they may not realize how disconnected the child is also from his own self. The solution to avoidance is reconnecting – to self, other, and group. In the presentation we will discuss some of the principles and key interventions of this new approach.

About Uri: Dr. Uri Weinblatt is a clinical psychologist and a renowned specialist in parent training and the treatment of children and adolescents with avoidance problems. He is frequently invited to give workshops and lectures in leading family therapy centers in Europe. He is the author of *“Shame Regulation for Families: A Systemic Mirroring Approach; (2008), and Contactivity: NVR interventions for Overcoming Avoidance (2023).*

April 25, 2024: Themed case discussion | NVR and Working with Avoidance

May 31, 2024: Expert talk | The Power of Imagination and Embodiment in NVR
| Dr. Peter Jakob, Willem Becker, Dr. Luise Schreiter

The 12th century religious philosopher Peter Lombard wrote: “Hope is a future good made manifest by the power of imagination”. Parents who feel erased by being rejected and dismissed or who have been traumatised by coercive behaviour often live psychologically in a desperate here and now, feeling helpless, hopeless and isolated, with little or no expectation of a future in which the interaction with their child will be different. At the same time, their traumatic experience, sense of helplessness and isolation are stored in their bodily memory, often suppressing any felt body impulse to act. By first eliciting memories of constructive exceptions in their own responses to problematic incidents, memories of seeking support or memories of giving care in spite of an absence of resonance from the child, and then projecting forward into a preferred future, in which they will feel their own agency in an embodied way, parents can become more hopeful, proactive and effective in their own implementation of NVR. Peter Jakob and Willem Beckers have developed a host of imaginary methods that follow a similar structure. In this talk, Peter will introduce the structure of the imaginary/embodiment work, outline its theoretical base in neuroscience and present a case example.

About Peter: Dr Peter Jakob is a consultant clinical psychologist and systemic psychotherapist, who introduced NVR to the UK more than 20 years ago. Working with families in which parents and children have experienced severe forms of abuse and neglect, he developed a trauma-informed and child-focused approach to NVR. Peter is a renowned international presenter in NVR and systemic therapy and the author of numerous journal articles on NVR and narrative systemic therapy. His book “Non-Violent Resistance in Trauma-Focused Practice: A Systemic Approach to Therapy and Social Care” is being published this year by Jessica Kingsley/Routledge. Reference for this talk: Becker, W., Jakob, P. & Schreiter, M.L. (2022). Mattering and parental presence in systemic therapy using nonviolent resistance: the utilization of imaginary methods. *Family Process* 61 (2), pp 507-519. Open source: <https://onlinelibrary.wiley.com/doi/10.1111/famp.12694>

About Willem: Willem Beckers holds a position as a permanent staff member, supervisor and trainer at the Interaction Academy, an institute for systemic theory and therapeutic practice in Antwerp, Belgium. He is a licensed supervisor and trainer at both the Belgian and Dutch institutes for family therapy. His interest lies in addressing severe family difficulties within their broader social context and navigating the complex position in which parents

find themselves in such circumstances. Actively involved in related themes, such as 'child-to-parent violence' and the phenomenon of 'extreme social withdrawal (hikikomori)' among both young people and adults living at home, his commitment is evident through his therapeutic engagement, international associations like the European Family Justice Centre Alliance, and contributions to (international) publications.

June 27, 2024:

Expert talk | When the Iron is Hot – Neuro de-escalation | Dr. Christoph Göttl

Neuro De-escalation in practice is a new and innovative approach that applies the findings of neurobiology, attachment and trauma theory as well as body psychotherapy to the specific problem of escalation. In NVR, neuro de-escalation defines what to do, when the iron is hot in escalating situations, staying anchored in presence and values.

About Christoph - Dr Christoph Göttl is a child- and adolescent psychiatrist and psychotherapist with a specialization in trauma therapy. He is an inspirational trainer, coach, supervisor and presenter in trauma-informed child care and therapy. Christoph and his wife Elke are leading the international trainer team, that teaches neuro de-escalation across Europe. Together with Dan Dulberger and Peter Jacob they are integrating neuro de-escalation into the concept of NVR.

September 26, 2024: Expert talk | NVR and ADHD | Dr. Irit Schorr Sapir

More details to follow

October 24, 2024: Expert talk | NVR and FASD | Maude Champagne and Tanya Eichler

More details to follow

November 25, 2024: Expert talk | Vigilant care in guiding young people in virtual worlds | Martin Fellacher

Young people often find it difficult to regulate their screentime. Parents wishing to help instead find themselves drawn to endless cycles of negotiation, confrontation, and ultimately a growing rift between their worlds and the child's. How can parents remain present in their children's online lives, and at the same time set effective boundaries?

In this talk, we explore vigilant care and NonViolent Resistance as ways of helping adults maintain an effective parental presence in the lives of virtually immersed children. This approach guides parents in recognizing both the opportunities and dangers inherent to virtual space, draws their attention to the importance of not leaving children unattended in it, and reframes digital media abuse as a symptom of, rather than as the ultimate cause of children's problems. This change in focus enhances caregivers' ability to act in a timely manner.

About Martin: Martin Fellacher is author of the book “Digitale Medien und Neue Autorität” (“Digital Media and NVR”) in German, published by Vandenhoeck&Ruprecht, 2021.

Martin is the founder and managing director of the Austrian PINA institute (www.pina.at) and chairperson of “B4HP – Bridges for Hope and Peace” (www.b4hp.org/en), an NGO that supports work with NVR in conflict-prone settings. A certified social worker, his working areas include parent coaching, systemic supervision, organizational development, continuing education in residential facilities, work with foster parents, outpatient counselling, coaching of managers, courageous community, public child and youth welfare, intercultural competence, work with refugees, and NVR training. Martin has a Diploma for Social Work at the “Akademie für Soziale Arbeit Vorarlberg” (Academy of Social Work Vorarlberg) since 2001 And a Master’s degree in Personnel management at the Donau Universität Krems

December 19, 2024: Expert talk | Community outreach for socially withdrawn young people and their families | Dr. Or Hareven

NVR interventions are helpful when working with parents of young adults who are over-dependent and sometimes in prolonged social withdrawal (PSW or Hikikomori). In many cases the results of this work are profound - helping parents overcoming their helplessness and reducing provision of services contributes to changes in the behavior of these young adults. However, in some other cases the social withdrawal persists, becoming severe and prolonged despite the efforts of parents and therapists. For such cases and others, we have developed in Israel a combined model of NVR inspired parental guidance alongside reaching out and engagement efforts with the young people themselves in their homes. This intervention is designed to overcome resistance to therapy or lack of cooperation and advance engagement and treatment. By working in the homes, professionals are acknowledging both the emotional and literal “place” in which the young people find themselves. A combination of practices deriving from psychotherapeutic work alongside case management enables a dual focus on both intra-psychic and outer world challenges, in a flexible and tailor-made manner.

In this talk we will focus on the in-home individual intervention aspect of the model which is targeting young people in PSW themselves. The three main stages of the intervention - Assessment, Engagement and Treatment- will be described and exemplified with clinical illustrations.

About Or: Dr. Or Hareven is a clinical psychologist. His PhD dissertation from the department of psychology at the University of Haifa focused on PSW in Israel and intervention methods to address this issue. He is the founder and managing director of ‘Outreach-Israel’ (www.outreach.co.il)- a multidisciplinary

team that offers mental health services for populations in need of alternative settings, including PSW and their families.