

# Managing physical and aggressive behaviour through NVR for teens with ADHD

02  
Nov

⌚ All day  
📍 Online .

This five-week online course will focus on supporting parents of teens who frequently exhibit aggressive, controlling and very challenging behaviour.

A parenting course on non-violent resistance training for parents of children with ADHD in teens who display physical and aggressive behaviour.

This course will cover:

The causes of violent or aggressive behaviour

How to de-escalate difficult situations

How to therapeutically address and stop unwanted behaviours

How to improve and repair the relationship with your child and create a calm home

Course presenter: Jenny Wilkinson, Dip.Couns, NVR Parenting. Jenny is a qualified counsellor, trauma-informed family therapist, and accredited NVR Practitioner with lived experience of child-to-parent violence and ADHD. Jenny specialises in helping parents create calm in their family using Non-Violent Resistance (NVR).

Dates: Occurs every Monday, Nov 2nd; Nov 9th; Nov 16th; Nov 30th; December 7th.

Time: 8 pm to 9.30 pm

Course Content:

- Week 1 - Understanding aggressive behaviour, self-care and picking your battles
- Week 2 - Techniques to de-escalate and stop aggressive behaviour
- Week 3 - Parental presence - the child-to-parent relationship
- Week 4 - Building a loving parental connection and how to use your support network
- Week 5 - Review and Q&A

## Organiser and contact details

### Organiser

ADHD Embrace

### Email address

[info@adhdembrace.org](mailto:info@adhdembrace.org)

## Costs

### Costs

£40 per person for residents in Richmond Borough. Other residents: £115 per person, with a 50% reduced fee for a second person in a couple.

## Opening times

### Days and times of activity / opening

**Monday** from 20:00 pm to 21:30 pm

## Accessibility

### Accessible building

N/A

**Accessible toilets**

N/A

**Parking facilities**

N/A

**Dietary needs catered for**

N/A

**Staff have specialist training**

N/A

**Who to contact for more information about inclusion and accessibility**

**Email address**

[info@adhdembrace.org](mailto:info@adhdembrace.org)

## We can remind you about this event

Please create an account or login to set up reminders for this event.