

## EU Project “Non- violent Resistance in Europe”

Written by Laura Mans

In 2014 we accomplished the EU- Project “NON VIOLENT RESISTANCE IN THE EU” which was financed by the European Commission, Leonardo da Vinci Partnership, part of the Lifelong Learning Programme. The project started in July 2012- Participants were Psykcentrum, Copenhagen, Denmark (Rikke Lyngdam), Familjemottagningen, Göteborg, Sweden (Paul Johansson) De Bascule, Amsterdam, Netherlands (Ber van der Stegen) and SOS-Kinderdorf e.V. Hamburg, Germany (Laura Mans). The partnership project aimed to exchange European good practices of NVR (Non Violent Resistance).

The project was designed for psychologists, family therapists, social workers, school staff, people working with children and adolescents. The project wanted to share knowledge and experiences of using NVR in different contexts, create innovations of NVR and also to spread the experiences in larger networks on a local basis as well as around Europe. This would help the partners in the project to become better equipped to treat/help violent, self destructive and delinquent children, adolescents and their families.

It has really been a collaborative learning process where our different organizations, contexts (country, culture, legislation etc.) gave us a diversity and a broader understanding of NVR and how it can be applied in our work. We realized that we don't need to be so literal and follow NVR interventions slavishly. The quality of our NVR work increased in the sense that we became less rigid and more free and flexible in using NVR interventions. We have experimented with different configurations, renaming interventions to fit context etc. This in turn has made it easier to introduce NVR to our clients and other professionals. Some other outcomes/results: NVR or parts of NVR can be used regardless of profession/education, NVR is action oriented, talking is not enough. NVR was a parent model from the beginning, now we use it with children and the entire family.

The project has helped us to use NVR in a more free, focused and determined way. An invaluable help to keep us focused is that we all together have constructed a network of colleagues around Europe working in the same line of work using NVR. This means that we can consult colleagues anytime which increases the quality of our work, makes us feel stronger and never alone. This is exactly what we want families to do and experience. The network will continue and we want to share it.

The management team gave a workshop about the project at the third international NVR conference in Munich, march 2014. We used a powerpoint in our presentation, it's a good summary of what we have been working with, it is accessible for those who are interested.

We made a film called "NVR in Europe 21012-2014", where two project members at the time talk with one another about their experiences during the project. They use questions like ; What/ who have inspired them the most? Have they learned something new? What do they bring back to their workplace and organization?, etc.

The Swedish gave a workshop at the "Swedish National Family Therapy Associations" annual conference in Ystad 17-18/10 2013. An article "To break the cycle of violence" was published about our workshop and project/work with NVR in the "Swedish national Family Therapy Magazine", SFT nr. 1-2014.

We have developed a danish approach to NVR build together with attachment therapy and mentalisation and applied this in the training for staff working with children, young people and families - also in school settings more information on the work with the "loving footprints" can be reached at [www.Foliko.dk](http://www.Foliko.dk).

We have created a international network about NVR practices - both from our leonardo partners and from the international conference and has been asked to do the next international conference in 2016 together with the Gothenburg partner more information at [www.foliko.dk](http://www.foliko.dk)

Due to our project there has been attention from Universities that want to build NVR thinking into the education and post education for teachers and pedagogues as well as family therapists more information at [www.foliko.dk](http://www.foliko.dk)

In the run of the project the concept of NVR was reflected on a local base and the own way of working was individually adapted. As we participate in new networks in hamburg and in supporting schools, ideas and attitudes could and can be disseminated and broadend.

In the course of the project we made many interesting and inspiring experiences and also made new friends all around Europe.

If you are interested in more information please contact one of the partpiciants or visit the [European shared treasure website](#).