

# NEWSLETTER

January 2026



NVR UK wish  
you a  
Happy New year  
and look forward  
to building  
Hope  
within NVR  
during 2026.

## CHRISTMAS CELEBRATIONS – LONDON

NVR UK shared a lovely meal at the Strada on Southbank at the end of last year.

It was a pleasure to sit, eat and chat with all who attended. Sharing christmas plans and each of our exciting opportunities for 2026 was great.

Leaving a packed year of workshops, training and lots of NVR practices behind us.

## WORKSHOPS 2026

(Please book your space through the NVR UK website)

### 27th February 2026 ~ 12.30 - 2pm

Barbara Borghetto will present “Integrating NVR, DDP, DBT & Multi-Agency Collaboration to Support Emotional School-Based Avoidance”

### March 2026 25<sup>th</sup> 12 30 - 1.30pm

Denise Wilson and Margaret Smith will present “Active Resistance, Message Campaigns & Sit with’s” sharing updates and refreshing techniques around this module.

*If you would like to share your work with other NVR UK members through a short workshop please contact us on [Hello@nvr.uk](mailto:Hello@nvr.uk)*

## WEBSITE

Here you can find your membership details, ticket bookings, information and updates, with a resource page coming very soon.

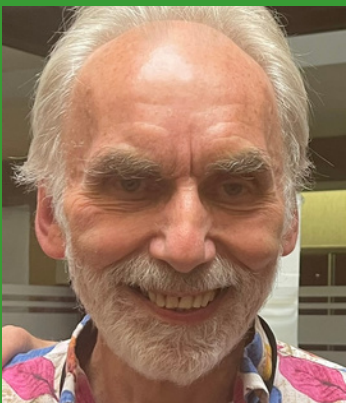
NVR UK

NVR UK 6<sup>th</sup> National Conference

# “Making Hope Possible”

June 25<sup>th</sup> 2026 ~ 9am - 5pm

**LIVERPOOL HOPE UNIVERSITY**



## **KEY NOTE SPEAKER: JOHN BURNHAM**

Honorary Consultant Family and Systemic Psychotherapist and Supervisor at Parkview Clinic, Birmingham Women’s and Children’s Hospital, Birmingham, national and international Trainer.

John’s professional passions include ‘thinking theory and talking ordinary’; ‘turning practice into theory’ ‘creating self and relationally reflexive practices’; ‘creating solidarity between young people, parents and professionals through multiple family therapy’, and using social and personal GgRRAAAACCEEEESSSS...S to enable clients and practitioners to conceptualise and influence their experiences.

## **KEY NOTE SPEAKER: SONIA BASSEY, MBE**

Sonia is currently Chair of LCVS, Mandela8 and a Director of L8 Matters Community Land Trust and former Chair of Africa Oye. Taking early retirement from Cheshire East Council as Director of Public Sector Transformation for Cheshire and Warrington, Sonia is now a PhD Student with Open University, about to complete her doctorate. Sonia’s real passion lies in communities and her work in Liverpool and beyond was shaped by her early life experiences and observations.





# Confirmed Workshops & Themes

**\*New Voices, hearing young people's lived experience of NVR**

**\*NVR Neurodivergent young people, parents and professionals**

**\*NVR for young people in residential homes and hospital settings**

**\*Using NVR in response to harmful sexual behaviours**

**\*Shame ~ Self Harm ~ Trauma ~ Emotionally Based School Avoidance**

**NVR with Special Guardianship ~ Fostering ~ Adoption**

**Plus a variety of Self care, wellbeing activities & Interactive Sessions**

**Further workshops to be announced**



**25% OFF**

Early Bird Conference tickets  
end on the  
28th February 26.  
:Link to tickets