Weinblatt, U. & Omer, H. (2008). Non-violent resistance: A treatment for parents of children with acute behavior problems. Journal of Marital and Family Therapy, 34: 75-92

Here is the link for the article:

<https://www.dropbox.com/s/fkc92yhlbivh35d/NVR%20article%202008.pdf?dl=0>

This was the first controlled study attesting to the efficacy of NVR. It was Uri Weinblatt's doctoral dissertation. We had jointly developed a manual to guarantee homogeneous delivery of the treatment. The manual appears in the third chapter of my book "Non-violent resistance: A new approach for violent and self-destructive children". Uri compared a group of treated families with a waiting-list. Results showed significant improvements in child's symptoms, reduction in parental helplessness and in parental escalatory behaviors, increase in the parents' social support and a clear rise in the parents' positive acts towards the child. Drop-out was under 5%. The treatment in this study was very short (6 sessions + telephone support by a trained student). Although we achieved good results, we decided to prolong the treatment to 10 sessions in later studies. We now view a length of 10 to 12 sessions as indicated for the majority of cases. However, with very difficult adolescents or with the parents of dysfunctional adults, mean treatment length tends to be higher (around 15-16 sessions). In parallel with this project, Barbara Ollefs conducted a study in Germany without the benefit of telephone support, achieving similar results. Although in Israel we still use the telephone support, in the studies that were conducted abroad, positive results were achieved also without it. Uri's findings were replicated in almost all other studies on NVR. Improvements in child's symptoms, parental helplessness, parent-child escalation and the parent-child relationship were documented again and again. Also the very low rate of parental drop-out was replicated by virtually every single study on NVR.