Lavi-Levavi, I., Shachar, I., & Omer, H. (2013). Training in nonviolent resistance for parents of violent children: differences between fathers and mothers. *Journal of Systemic Therapies, 32(4)*, 79-93.

Here is the link to the article:

<https://www.dropbox.com/s/9c4nmk0es4gi7rr/Ifat%20Lev-Levavi%20article%20on%20NVR%20and%20escalation.pdf?dl=0>

This paper is derived from Ifat Lavi-Levavi's doctoral dissertation. This was the first attempt to document the impact of NVR on escalation between parent and child, taking in consideration the point of view of both parents. All questionnaires were answered by each parent twice, once referring to him or herself and once referring to the other parent. We thus had separate assessments on parental helplessness and escalation by the mother (referring to herself and to the father) and by the father (referring to himself and to the mother). Three kinds of escalation were measured: power struggles (symmetrical escalation), parental submission (complementary escalation), and negative feelings. The results were very surprising for us and led to important clinical consequences regarding the implementation of NVR. Although both parents reported significant improvements in parental helplessness (both their own and their spouse's), only fathers experienced significant reductions in escalation. Mothers continued experiencing relative high levels of escalation. Before treatment, mothers were consistently more helpless than fathers and suffered higher rates of escalation in their relationship with the child. These findings corroborated the contention that mothers are more involved and suffer more with difficult children than fathers. Although NVR succeeded in reducing the mothers' (as well as the father's) helplessness, no parallel effects were achieved for mothers on power struggles, parental submission and negative feelings. An important clinical consequence of this article was that we became more sensitive to the mother's special plight, paid more attention to their needs, and improved parental engagement of fathers, not only with the child, but also in supporting the mothers.

Ifat Lavi-Levavi was one of the chief contributors to the development of NVR. Her very early death is a terrible loss for all of us.