

## **Dyadic Developmental Practice, Psychotherapy and Parenting (DDP): Level One.**

This was a 4 day training course, totalling 28 hours of learning. The certificate was awarded to reflect completion of 28 hours DDP Level One training.

The venue was:

Family Futures, Floral Place, 7-9 Northampton Grove, Mildway Ward, London, N1 2PL  
I attended training on 15<sup>th</sup> – 18<sup>th</sup> January 2018.

My current post is Post-SGO Social Worker in a local authority Therapeutic Team. The DDP training was relevant to this post as the children and adolescents that I work with have experienced trauma and struggles with attachment difficulties. Families often access my service when they are finding things difficult and I then work with them completing assessments, offering advice, guidance and direct work and sourcing and commissioning appropriate therapies.

The training was over four days. The trainer, Julie Hudson was an excellent communicator and I was particularly impressed with the way she used her own experiences of DDP. She used a range of materials including power point, printed handouts, videos of her own therapy sessions and role play. I found the videos of sessions and the opportunity to practice my own skills through role play the most beneficial. Although the role play was challenging as it was out of my area of comfort, it was effective as it provided a safe space to practice and to highlight my areas of strength and weakness.

I intend to use my learning from this training within my every day practice. I am also fortunate to have colleagues at the same initial stage which has meant that we can support each other's learning and progress with putting our learning into practice. I also intend to attend the Level 2 course to further aid my knowledge and skill base.

Overall I found the training extremely beneficial and would recommend it to anyone working with children and adolescents. I am extremely grateful for this opportunity which FPSA have provided me with as, without the funding they provided, I would not have been able to attend the training.

Abi Hall  
MA in Social Work  
Post-SGO Social Worker