

**Dyadic Developmental Psychotherapy (DDP) Level 1.**  
**3<sup>rd</sup>-6<sup>th</sup> July 2017, 4 Days training.**  
**Milton Keynes, UK.**

Firstly, I want to offer my most sincere thanks to FPSA for supporting me to complete level 1 of the DDP training. I am currently employed as a Therapeutic Social worker within a Looked after therapeutic team. Being a non-statutory Local Authority team, we have limited resources and no training budget so I am really grateful for this opportunity as I would not have been able to access an opportunity such as this otherwise.

DDP is a therapeutic approach developed by Dan Hughes and is based on attachment theory, developmental trauma, the neurobiology of trauma, intersubjectivity theory and child development. It aims to help children learn to trust and develop more secure attachment relationships.

The training was delivered by Kim Goulding and was exceptional. She was able to relay the theory and knowledge of DDP and the core principles to the group in a way which we could relate to our own practice, not just in a therapy setting. Throughout the training we had the opportunity to practice the theory taught and bring our own case examples to the training and she used her own case examples as well as video clips..

The training felt inspiring as DDP is such a flexible tool to have. There are many uses for DDP and as Kim says 'you don't do PACE, you are PACE', which I wholeheartedly feel and agree with. DDP can be used as a formal therapeutic approach or elements such as PACE can be taught to parents and carers to help them parent therapeutically and what was most helpful to my work was to use PACE with carers who are resistant to the support offered.

In terms of my work and using this training, I have already been able to use it when working with foster carers and have used the PACE principles when offering our consultations. This has been really helpful when working with resistance which is a barrier we face in our team regularly. I have been able to relay this onto my colleagues and when we delivered our foster carer training I was able to demonstrate to foster carers how to use PACE with their children and adolescents by demonstrating PACE with them.

I feel there is lots of scope to 'be PACE' within my work setting and use it with the children and teenagers I work with directly, but also with foster carers and parents, in training and also within the Social work team to help them in their everyday work.

Once again I would like to say thank you for this opportunity,

Katy Graves  
Therapeutic Social worker