

DDP Level 2- Dyadic Developmental Psychotherapy, November 2017

I would firstly, like to thank FPSA for providing the funding, which enabled me to undertake the Level 2 training. I am very passionate about the work I undertake, and recognise the importance of self-development. It is very unfortunate that many local authorities do not have the funding to support practitioners in their development and often we have to self-fund training.

The course was a 4-day course, which represents a further 28 hours of DDP training and was completed in Birmingham with Philip McAleese. Philip is an experienced DDP practitioner, trainer and consultant.

DDP uses a model of PACE (Playfulness, Acceptance, Curiosity and Empathy), which works well with many vulnerable and traumatised children, young people and their families. It sits alongside and works with many other approaches including Theraplay and Play Therapy. Attending the Level 2 training enabled me to build on the foundation knowledge and skills that I had developed through completion of level 1 training, but also provided the space, to review my case work, and areas where perhaps I had felt stuck!

The course was very much tailored to the needs of the participants, and there were lots of opportunities to discuss our own aspects of work, and cases where perhaps we had become stuck. We were able to offer peer supervision, and explore dilemma's we had faced, whilst feeling supported and accepted.

There was a diverse range of professionals that attended the course, including Social Workers, Clinical Psychologists, Adoption Support Workers, Fostering Supervising Social Worker, Children's Therapists, so there were opportunities to network and share examples of good practice.

Although participants were welcomed to bring their own recorded examples of work, due to issues with consent this was not possible, but Philip shared various clips of his own practice, which allowed us to observe the model in action, but also to offer peer supervision, and offer suggestions to what Philip could have done differently.

Throughout the 4 days, there was lots of time to practice the model, and examine how our own attachment histories can impact on the work that we undertake and at times transfer onto our clients which was very helpful.

I highly recommend the training, and I now feel more equipped in understanding the DDP principles and more confident in using it within my practice.

Once again, I would like to take this opportunity to thank FPSA for the funding, as I would not have been able to complete this training at this time.

Kind regards

Michelle Schofield

Rotherham Therapeutic Service (Intensive Intervention Programme)