

DDP Training Level One, Psychology Associates.

Trainer: Sue Drake

24, 25th Feb, 3,4, 5th March 2021

Trauma and attachment Therapist, Art Psychotherapist.

Foundation PSA generously funded the course fees that enabled me to attend Level 1 DDP training. I was confident that this training would help me in my work, which supports the relationships between adopted and cared for young people and their families. The training took place online which was a blessing as it meant it could happen despite Covid restrictions. The trainer was very experienced, delivering delicate yet deep course content with congruence and humour.

The course was full of content, supplementary reading, participant roll-plays, videoed roleplays and documentary material. The time for questions and answers deepened my understanding of the content in specific relation to my practice.

The training helped to bring the *way* of DDP as well as the *doing* of DDP to my practice. Since the training, I find that DDP is infusing all my work. I imagined this approach would be useful for my work with teenagers and I am happy to see and feel that it is. I see that this approach is particularly apt for system work with teenagers for several reasons. Because DDP takes care to lead the adult to awareness and acceptance of their own wounds before working with the child, it ensures that the adult, crucially, is equipped to accompany the young person on their journey of awareness and acceptance. The potential for connection and attachment between child and adult is much greater when the adult is truly cared for and is then able to see the child for who they are, rather than a projection, or a problem to be solved. The trainer spoke of the 'dance of DDP'. This is a lovely way to describe what it has brought to my practice with young people - the lightness and tempo of the PACE approach together with the structure of the model, and its use of rupture and repair, offers vulnerable teens a safe and gentle, yet deep and transformative dyadic therapy.

I am grateful to PSA Foundation for helping me add DDP to my toolkit as I continue to offer therapeutic service to young people and their families.