

Training Attended: Dyadic Developmental Psychotherapy Training, Level One,

Venue: Blackwell Grange Hotel, Darlington,

Length of Course: 4-day training – 7th, 8th, 9th, 10th March 2022

Trainer: Dr Susan Drake, DClinPsy

Work Role: Trainee clinical psychologist

Training Summary: Dyadic Developmental Psychotherapy (DDP) is a psychotherapeutic approach which is focused on facilitating a child's readiness and ability to establish a secure attachment with their caregivers. This DDP level 1 training course covered the theoretical foundations of DDP, links between attachment, impact of trauma, interpersonal neurobiology, intersubjectivity, principles of therapeutic parenting, principles underpinning PACE (playfulness, acceptance, curiosity, empathy), affective-reflective dialogue, and working with parents. The course included a wide range of learning methods including big and small group discussions, traditional lecturing, observing the trainers DDP sessions, and small group role play. DDP has developed into a favoured practice with children and families who have experienced developmental trauma and difficulties within the attachment relationship, and the evidence base is slowly growing with research gradually developing in quality and quantity evidencing the utility of DDP for these populations. This DDP Level 1 training course provides you with the core foundations of the DDP approach which can be built upon in clinical practice and with further training.

Experience of Training: I found this training incredibly valuable for my work delivering DDP informed practice as a trainee clinical psychologist with looked after children and their carers, and special guardianship families. The DDP approach is particularly useful for adolescents and this training has enhancing my understanding and practical ability to support others to make sense of their present in the context of their past in a way which is attuned, manageable, and meaningful. I would recommend this training for practitioners working with children and families with a history of developmental trauma and attachment difficulties who are currently experiencing both internalising and externalising difficulties.

I am very thankful that FPSA could provide funding for me allowing me to access this training. I have no doubt that DDP will continue to be an integral part of my clinical practice for many years to come.