

**Training attended:** DYADIC DEVELOPMENTAL PRACTICE AND PSYCHOTHERAPY (DDP) LEVEL 1 TRAINING - Training in Psychological Interventions and Therapeutic Parenting with Children and Adolescents with Trauma-Attachment Problems and their Families

**Dates:** Tuesday 29<sup>th</sup> November to Friday 2<sup>nd</sup> December 2022 at the Blackwell Grange Hotel, Darlington, DL3 8QH.

**Trainer:** Dr Sarah Kildea, Senior Clinical Psychologist

**Work role:** Child and Adolescent Psychoanalytic Psychotherapist

**Summary of training:** This was an introductory 4-day course on Dyadic Developmental Practice: Psychotherapy and Parenting, an intervention model developed by Dan Hughes, Clinical Psychologist, USA.

This approach assists therapists and other professionals to understand and effectively support children, young people and their families. In this model, theory and research in the areas of developmental trauma, attachment theory, intersubjectivity and child development are integrated to produce a therapeutic and parenting approach used for relationship development and trauma resolution. DDP recognises the vital role which adoptive parents, foster carers and residential workers play as primary attachment figures in the recovery of traumatised, attachment-resistant children.

The principles and interventions were presented through formal presentations, discussion, videotape of sessions, role-play, and handouts.

**Experience of Training:** This was a valuable introduction to a new therapeutic modality for me. The trainer was knowledgeable and enthusiastic, and this translated into a rich and engaging learning experience. I arrived at this initial training as an experienced Child and Adolescent Psychoanalytic Psychotherapist. I was curious to see what aspects would find agreement with my current approach and what may be new, different, and quite challenging as a result. I was pleased that the course teachings were not at all jarring with my current approach, and I came away from the training grateful of the opportunity to integrate various aspects of the training into my current practice. Whilst this was only the introductory level 1 course, it certainly whetted my appetite to apply for level 2 and continue my journey towards becoming a 'DDP informed therapist' and ultimately a more integrative therapist. Whilst I would recommend this course, I would advise that to become a DDP therapist it would be helpful to have an existing therapeutic training and experience of personal therapy to 'lean on' so to speak. This approach allows you to work with complex developmental trauma and so in my view having undergone your own personal therapeutic journey, will hopefully enable one to become a much safer practitioner.

In closing, I very much enjoyed this course, I appreciate the opportunity given to attend this training and very much look forward to applying for my Level 2 training in the near future.