

Details of Training

I received funding to attend a DDP Level 1 course held at The Bankhouse Hotel in Worcester on the 11th, 12th, 13th and 14th September 2023 from 9:30 am – 4:30 pm (28 hours). The trainers were Kim Golding and Bonita Fradd and I was awarded a Level One certificate in Dyadic Developmental Practice, Psychotherapy and Parenting at the end of the course.

Brief Summary of Training

DDP helps family members to develop healthy patterns of relating and communicating so all feel safe and connected. Young people can then be helped to integrate the impact of their experiences of trauma and loss, increase abilities to regulate emotional states, improve reflective functioning and socialise with adults and peers.

Over the four days, Kim and Bonita took us through the theoretical underpinnings of DDP, it's framework and principles and provided opportunities to practice and hone our skills with role plays on each day. We were also able to explore its application in direct work with young people, in supporting parents and in supporting professionals in the wider networks around a child. Whilst I am sure that all DDP trainers are exceptionally good, I really valued having Kim Golding there (a founding member of the DDP Network) as we were also given the opportunity to watch videos of her work with clients and receive the highest standard of feedback on our initial forays into DDP conversations.

My Experience of the Training

I have left the training feeling that it was invaluable and I am really excited about implementing what I have learnt in my work. I have a better understanding of Polyvagal Theory which will help me to regulate myself, the young people I work with and their parents better during our sessions. I also have a renewed focus on prioritising the importance of fostering intersubjective relationships with those I work with, rather than just problem solving, and have explored ways in which I can do this. Whilst it took some time to get used to blending both directive and non directive approaches during DDP conversations, I can see that it offers a way of improving the intersubjective connection between myself and the people I work with and also helps to move our conversations from a cognitive level to a more affective level. We also took some time on the final day to explore inclusion and diversity within DDP and that really moved my thinking forward to understanding that acceptance alone is not enough. Instead, this must be paired with curiosity in order to fully understand the needs of the young people I am working with and therefore have a chance of meeting them. In order to do this, I need to think about what may hold me back from this curiosity and explore that. I also really valued the opportunity to train in person and gain fresh perspectives from my colleagues who came from a variety of professions and backgrounds.

I have a lot to think about following this training, and I am fully aware that I haven't left the training with a 'polished' set of skills. Instead, I recognise that this is the start of my DDP journey and I am committed to integrating my learning from the course into my work with young people and the adults that support them as well as continuing to practice having DDP conversations within my work and refine these skills over time.

I would whole heartedly recommend this training to anyone working with young people who have experienced developmental trauma or working with their parents / carers and I am thankful to the FPSA for providing the funding that allowed me to attend this training and develop my practice.

Training Officer and Post Adoption Support Worker.