

Dyadic Developmental Psychotherapy Practice & Parenting Level 1 (DDP L1)

Monday 20th - Thursday 23rd November 2024

Chrysalis Sheffield: Mikenda Plant

This training helped gain a deeper understanding of the main core principles of Dyadic Developmental Psychotherapy Practice & Parenting.

- Safety
- Understanding Child and Adult Attachment history
- Role of Parent
- Intersubjectivity
- Focus on Reciprocal Relationships and emotional connections

These were explored through power points, videos, discussion, and role play. Each core principle was explored in depth using the above modalities over the four days.

Mikenda has a wealth of experience and provided a warm and inviting space to develop and learn, which in turn I feel helped the group feel safe and comfortable, when asked to explore our learning by reflecting as a whole and participation in role play.

There was plenty of time for reflecting and asking questions over the 4 days. The recourses and examples given was clear and thorough to take away to look back on.

The main experience that I will be taking away from this training is that I was able to bring my own practice and personal material to reflect on, which provided me with reassurance, ideas, and a deeper understanding of the work that I am contracted to do with families.

Since completing the training and integrating DDP, I have seen a huge development in my dramatherapy practice supporting children, young people and adults. I recognise that I am more able to stay with the uncomfortable and be curious in the dyad experience now.

I am very grateful to the FPSA for funding this course as I continue to offer support to young people, families and professionals. Thank you very much!