

Training Attended: Level 2 - Dyadic Developmental Psychotherapy (DDP/L2)

Venue: Online – Presented from America

Length of Course: 5 days – 13th, 14th, 15th, 16th and 17th November 2023

Trainer: Dr Daniel Hughes

Work Role: Play and Creative Arts Therapist

Training Summary:

DDP/L2 training builds on the knowledge and skills taught on level one and is aimed at those who are beginning to incorporate the principles of DDP into their practice. Following this training, attendees develop a deeper understanding and gain practical experience of children and young people with developmental trauma.

This training provides both theoretical knowledge and practice of the interventions and parenting principles of DDP and provides attendees the opportunity to explore their own attachment history. This is a necessity when working with the attachments of children and young people.

There were several opportunities for each attendee to discuss aspects of their own work and how to apply the DDP principles within this. There were also opportunities to engage in small group work to practice through role play.

Experience of Training:

This was a fantastic course which has supported the development of my therapeutic offer as a therapist, subsequently supporting the children / young people, and families, that I work with. The knowledge and understanding that I gained about attunement, intersubjectivity, coregulation, PACE, relationship repair, affective reflective dialogue, talking for and about, and managing the appropriate balance between lighter times of therapy and more difficult times has hugely improved following the completion of this course.

I was in ore of Daniel Hughes who has a fantastic way of teaching, using role play to answer questions in real terms and who tailored the course to meet the various needs and skillset of all attendees.

I would definitely recommend DDP training to any therapist who wishes to expand on their knowledge and skills. I will also recommend being taught by Daniel Hughes if the opportunity arises, he is a fantastic trainer and who better to be taught by than the man who developed the DDP model.

I would like to take this opportunity to thank FPSA for providing me with the funding to develop my career. I have no doubt that the principles of DDP will be imbedded into my practice from here on out, subsequently providing me with the opportunity to better support those in need of therapy and family support.