

Completion of Dyadic Developmental Psychotherapy (DDP) Practicum – becoming a DDP Practitioner – 2023-2024

Consultant Trauma & Attachment Therapist

Over the last year, with the support of the funding through FPSA, I have been able to complete a DDP Practicum which has allowed me to qualify as a DDP Practitioner. I am so thankful for the financial support which FPSA provided and how it allowed me the opportunity to meet monthly with a DDP Consultant, grow in my skills and confidence, and ultimately achieve my goal of qualifying as a DDP Practitioner.

The DDP Practicum is a supervised skills-based process that involves meeting with a DDP Consultant to review a therapist's work and completing both mid- and end-point reviews in which two DDP Consultants review a full session and determine if the practitioner has met the level of skill needed to qualify as a DDP Practitioner. Over the last year, I have met monthly with my DDP Consultant to review my work, view clips of my sessions together, and reflect on the process. I work with families who have adopted children to support their increased attachment, attunement, and regulation. The beauty of DDP in my work with families has been the way in which it supports the young person and their parents in being together in a more connected manner and supports parents in understanding and exploring their children's inner world, regardless of how much the young person is able to directly engage and speak. Understanding the way in which their child is communicating even without words has been key for families I've worked with, specifically during the practicum, in being able to decrease their frustration and increase intersubjective connection.

The opportunity to go through the practicum has been significant in helping me to support families and young people more effectively. It's increased my confidence in how to manage when a child is avoidant of speaking about their thoughts and feelings, how to maintain playful connection even when the conversation is difficult, communicate unconditional regard for a young person regardless of their level of engagement, and support the relationship between the young person and their parents. I look forward to continuing to grow in my DDP skills as I continue to integrate everything I've learned into my practice.