

- **Title** Dyadic Developmental Practise, Psychotherapy and Parenting (DDP) Level One
- **Venue** Chateau Impney, Droitwich Spa, Droitwich, WR9 0BN
- **Length** 4 days (28hours)
- **Resulting in** Level 1 Dyadic Developmental Psychotherapy
- **Training completed** 28<sup>th</sup> March 2019
- **Qualifications/Work Role** BA (Hons) MA, Art Psychotherapist in Private Sector secondary and post 16 specialist education, Ramsbottom, Bury.

### **Summary aims of training**

‘The training equips participants to understand the DDP principles and to introduce their use within his or her practise’

Level One training introduces Dyadic Developmental Practise, Psychotherapy and Parenting (DDP). The four main objectives covered during the 4 days of training were as follows; Understand the DDP framework, Understanding the theoretical foundations to DDP, Learn about and practise using the core components of DDP and apply this framework to: A therapeutic approach for children and parents, A parenting approach that can complement the therapeutic approach and Working with teams, networks, services and organisations.

These headings were carefully worked through and included discussion and practise/role play exercises to ensure all trainees were building a firm understanding of the core elements of DDP and what it could provide for the families in their care.

The core components of DDP were presented and explored and included practising communication using PACE (Playfulness, Acceptance, Curiosity and Empathy).

### **My experience of the Training**

This training has enriched and informed my practise as an Art Psychotherapist, and I have taken elements into my everyday therapeutic work, it has been particularly helpful when thinking about and delivering work with adoptive, fostered and looked after young people. When working with parents, carers, professionals and within my organisation, and has added to the knowledge I gained through level one training as a Dyadic Art Psychotherapist last year. Attachment and developmental trauma in children have always been a professional interest of mine and this training makes the most sense in terms of this client group.

The training was delivered by Kim Golding who provided a wholly personal and engaging learning experience. I will not hesitate to book Level two training with her in the future. The use of personal experience both therapeutically and personally was particularly helpful, and I plan to deliver in-house training around the use of PACE in the specialist school setting I work in. I have also taken much personal growth from this training, using PACE in everyday life, modelling being PACE-ful as a mother, wife and human being.

I cannot recommend this training enough to any professional working with developmentally traumatised children and their families, the Level One training is also very relevant to adoptive parents and foster carers in understanding their young people and meeting their needs.