

## **Dyadic Developmental Practice, Psychotherapy and Parenting (DDP): Level One**

This was a 4-day training course, totalling 28 hours of learning. The certificate was awarded to reflect completion of 28 hours DDP Level One training.

The venue was Blackwell Grange Hotel, Darlington and I attended training on 21<sup>st</sup> -24<sup>th</sup> January 2020.

My current post is Post-Adoption and SGO Social Worker in a local authority Therapeutic Team. I found the training very useful and relevant for my current role. I am working with young people and their families who have often experienced trauma in their early lives. These young people were removed from the care of their birth family due to having experienced trauma and/or abuse in their early years. This training course gave me a greater understanding on the impact of trauma on those children and young people including how it can cause them to act differently to other children and the reasons for this. I complete assessments of the families' needs and offer advice, guidance and direct work. I also commission therapy for young people.

The training was over four days. The trainer, Dr Philip McAleese was brilliant, and I was particularly impressed with the way he used his own experiences of DDP to support our learning. He used a range of materials including power point, printed handouts, videos of his own therapy sessions and role play. I found it useful to learn from the trainer's videos and then to practice myself. I found the role play difficult at first, however the trainer was available for support to reduce my anxieties and I was able to engage with this and benefit from the practice in a safe way. It allowed me to think about how I will use the information learned in the training to benefit the families I work with.

I intend to use my learning from this training within my everyday practice and will now be able to use DDP in direct work with young people. I have found the training useful in my work with children and families already and I intend to attend the Level 2 course to further aid my knowledge and skill base.

Overall, I found the training extremely beneficial and would recommend it to anyone working with children and adolescents. I am extremely grateful for this opportunity which FPSA have provided me with as, without the funding they provided, I would not have been able to attend the training.