

Dyadic Developmental Psychotherapy (DDP) Level 2

Online, England, 20 June 2022 - 23 June 2022 (28 hours)

Certificate Granted

Thank you to FPSA for supporting me to complete my Dyadic Developmental Psychotherapy level 2 training and to our presenter, Dr Phil McAlesee, for the great experience on the course. I would recommend this course to other practitioners working with children and young people, especially those who have experienced developmental trauma that is impacting their mental health and attachment in relationships.

The aims of the course were to revisit the theory underpinning DDP, practice the interventions and parenting principles used in DDP. As well, course participants were to bring consultations and opportunities for reflection of successes and barriers and skills practice. There was specific focus on course participant exploration and reflection on aspects of their attachment history and how these experiences may influence their work.

As a clinical lead psychologist & supervisor in the CAMHS service I work in, I value the skills endorsed by DDP as they are essential in working with the young people and parents who we see. Many of the clinicians I work with have completed the level 1 training and have found the benefit of using playfulness, acceptance, curiosity, and empathy (PACE) and considering the impact of developmental trauma on how a young person presents and also engages in therapy and functions in their relationships with others, including their parents. The story telling skills and parent interventions practiced in the level one training was further expanded on in the level 2 training. I appreciated the modelling of these skills by Dr Phil McAlesee, and felt that the course provided rich descriptions and modelling of practice.

As well, I am pleased that I am now able to pursue practitioner certification in DDP. I've used many of the theoretical underpinnings, counselling skills, and parent interventions throughout my history in CAMHS over the previous 10 years. I am keen to gain further supervision to fine tune this practice and also offer the group interventions in our service.

Counselling Psychologist

Principal Psychologist CAMHS, NHFT, NHS