

**Training attended:** DYADIC DEVELOPMENTAL PRACTICE AND PSYCHOTHERAPY (DDP) LEVEL 2 TRAINING - Training in Psychological Interventions and Therapeutic Parenting with Children and Adolescents with Trauma-Attachment Problems and their Families.

**Dates:** Monday 17<sup>th</sup> April to Thursday 20<sup>th</sup> April 2023 at the Blackwell Grange Hotel, Darlington, DL3 8QH.

**Trainer:** Dr Sarah Kildea, Senior Clinical Psychologist

**Work role:** Senior Child and Adolescent Psychoanalytic Psychotherapist

**Summary of training:** This was a four-day course, open to those professionals who had undertaken level one training and were beginning to use the principles and interventions of Dyadic Developmental Practice, Parenting and Psychotherapy in their day-to-day work. The training focused on gaining a deeper understanding of the theory and explored successes and barriers experienced by participants in applying the model in practice. The principles and interventions were presented through formal presentations, discussion, videotape of sessions, role-play, and handouts.

**Experience of Training:**

This was a valuable course to build upon the skills and knowledge I had developed on the foundational level one training. For the purposes of consistency and relationship building it was heartening to continue this training with some colleagues from the level one training and have the same trainer. Again, Dr Kildea was knowledgeable, enthusiastic, and this translated into a safe, rich, and engaging learning experience. As an experienced Child and Adolescent Psychoanalytic Psychotherapist I left this course with a clear sense of how I would integrate the skills learned into my current practice and I was most grateful for this opportunity. As a result of this positive training experience, I have already sought out a DDP supervisor. This will allow me to become a 'DDP informed therapist' and thus widen the scope of families I will be able to work with. Whilst I would recommend this course, I would advise that to become a DDP therapist it would be helpful to have an existing therapeutic training and experience of personal therapy to 'lean on' so to speak. This approach allows you to work with complex developmental trauma and so in my view, having experience as a therapist and having undergone your own personal therapeutic journey, will hopefully enable one to become a much safer practitioner.

In closing, I very much enjoyed the two levels of this course, I appreciate the opportunity given to attend this training and very much look forward to applying my new learning in my therapeutic practice.