

## FPSA report

### 1. Training attended:

Dyadic Developmental Practice, Psychotherapy and Parenting level 1.

Venue: Bromsgrove, Worcestershire (hosted by Children Always 1<sup>st</sup> Foster Care).

Length of course: 28 hours completed over 4 days (10<sup>th</sup>/11<sup>th</sup> April and 8<sup>th</sup>/9<sup>th</sup> May 2018)

Trainer: Kim Golding

2. Training completed by 9<sup>th</sup> May 2018.
3. Clinical Psychologist in the looked after children's therapy team, intensive intervention programme, Rotherham.
4. Summary and experience of training. The training's aim was to introduce a framework for therapy and parenting developmentally traumatised children. The trainer introduced the theory of DDP, went on to share key principles and components of DDP, and then explored in more depth working with parents including how to explore parents attachment history and the theory of blocked care. The training introduced principles of DDP that included using Playfulness, Acceptance, Curiosity and empathy, how to manage rupture and repair and how to help co-regulate affect. The training comprised of discussion-based learning, sharing of the trainers own practice via video clips and practical application including role play. The methods shared could be used in a wide range of settings with young people and could be used to help carers/ professionals work effectively with young people.
5. The training was directly relevant to my role and I will use the approaches in direct therapy, in sessions with carers and share with other professionals. The approach will improve my practice and help me think about trauma in a different way that will help me in my direct work but also when considering wider service-based issues, excellent training and very well delivered by competent and engaging trainer. I have used the approaches daily in my work within a looked after children's therapy team and would recommend the training to any professionals working with children with attachment difficulties/ trauma histories.