

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

This was a 4-day training course, totalling 28 hours of learning. The certificate was awarded to reflect completion of 28 hours DDP Level Two training. The venue was Family Futures, I attended training on 4<sup>th</sup>-7<sup>th</sup> February 2019.

My current post is Post-SGO Social Worker in a local authority Therapeutic Team. The DDP training was relevant to this post as the children and adolescents that I work with have experienced trauma and struggle with attachment difficulties. Families often access my service when they are finding things difficult and I then work with them completing assessments, offering advice, guidance and direct work and sourcing and commissioning appropriate therapies. More recently I have also started to offer direct therapy and so completing Level 2 in DDP has enabled me to better my skills in this therapy in order to offer a better service to the young people I work with.

The training was over four days. The trainer, Dan Hughes was an excellent communicator and, as the founder of DDP, was hugely inspirational and shared his wealth of wisdom and experience which I found extremely beneficial. I was particularly impressed with the way he used his own experiences of DDP and showed videos of the therapy in action. He used a range of materials including power point, printed handouts, videos of his own and other practitioners' therapy sessions and role play. I found the videos of sessions and the opportunity to practice my own skills through role play the most beneficial. Although the role play was challenging as it was out of my area of comfort, it was effective as it provided a safe space to practice and to highlight my areas of strength and weakness. I learnt a lot from the other people on the course who are also learning the therapy and I found the group setting a very effective way to learn and to practice my skills in DDP.

I intend to use my learning from this training within my every day practice as I teach parents and carers some of the principles of DDP communication that they can use every day with the young people in their care. I will also now start to pick up therapy cases where I can do specific DDP informed work with the young people and their carers. My hope is that this will enable me to make a significant difference in the lives of the young people who come for therapy with me.

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.