

### **Reflection following attendance at DDP training 5<sup>th</sup> – 8<sup>th</sup> Nov 2019.**

I am writing as a learning reflection after completing my Dyadic Developmental Practice training which was funded through your charity.

The training has had a very positive impact upon my practice with families and young people within my service who experience ruptures in attachment and complex trauma. I have already started to use the understanding and skills I developed within this training as part of a fresh approach to families I work with. During the training we were encouraged to practice our skills within roleplay and also bring cases for group discussion to the training. The training gave me an opportunity to utilize the facilitator's expertise and knowledge in this area and to practice how I can work to engage vulnerable children within the looked after system and the Youth Justice Service. The training was very relevant as the DDP approach is to work with developmentally traumatized children and their families and we are aware that many young people within the above services experience. I particularly learnt a great deal from learning about how some of the families we work with experience blocked trust and blocked care which I recognise has affected many of the families I work with. The training and practice helped me to explore this concept and ways I can try to use DDP to help families regain trust, attunement and empathy within their relationships. We also learnt about how neuroscience plays a part in the parenting brain and can lead to high stress levels within parents as well as children.

Within the training I also got an opportunity to explore my own attachment history and how this impacts upon my work. This part of the training was enlightening and helped to increase my awareness of self within the therapy model. The training facilitated a deeper understanding of the theory behind and practice of, the interventions and parenting principles used in this approach. On another level the training also allowed time for clinical reflection upon my caseload and how the training could be used with many of my cases. I have indeed started some of the work as soon as I got back to work and have plan further sessions with other families and young people. I also provide CAMHS consultations within the looked after children (LAC) services for social workers and my DDP approach will also be used within the consultation model.

Following on from the training I also plan to help cascade the DDP approach into the team I work within as a whole. I plan to set up a practice and learning workshop to help disseminate my learning to other staff and look at how we can adapt the approach we use within the service I work to reflect the training principles.