

Dyadic Developmental Psychotherapy Level 2
Aspire, Darlington 5th -8th November 2019

I would like to thank FPSA for offering me the opportunity to complete my Dyadic Developmental Psychotherapy training. It has been absolutely amazing to have the opportunity to complete my DDP level 2 with Dr Phil McAlesee.

Phil is a psychologist by background who has worked for many years in the NHS but has now left and specialises in training, supervision and consultations of DDP.

His training has been so well organised and so coherent. The training material made so much sense and Phil's humorous and approachable personality made the four days of training seemed like a 'holiday'.

Phil's teaching style has been inspirational and the way he explained things has been unique. Everything was perfect about this training, the venue, amongst the autumn trees, the food, but most importantly the new knowledge which will enrich my clinical practice and my work with the young people and their parents.

During the training, we had the opportunity to refresh our knowledge from level 1 and to reconnect with the PACE principles. We were able to watch some participants' clinical practice but also Phil's practice. We engaged in a lot of role play activity and open discussions and we talked a lot about the difficulties which sometimes we encounter in our therapeutic work. We had the opportunity to get in touch with our own attachment style and to appreciate how therapy may feel from a client's seat.

Blocked care is an extremely complex emotional state and one that requires much skill from practitioners. Having a full day to think of this enabled me to feel better equipped and provided me with much more confidence on approaching parents like this. The role of connectivity and emotion in our work with children and parents plays such an important role in therapy but also in human relationships. To be able to recognise this and to work with emotion in such a deep level makes the clinical work really meaningful. In my practice I often rush to solutions and I often try to problem solve. I am used to work in a busy CAMHS team where time is like gold dust. Being able to slow down to allow the feeling to emerge and understood is something, which does not come natural to me. I need to train myself to allow time for feelings to be voiced and for these to be recognised in such a direct way. Nevertheless, it was really beneficial to remind myself of the benefits of slowing down, the disadvantages of rushing and the impact that the emotional connection has in therapy.

This training brought together the material from level 1 and put these into practice and ready for use. I feel that my practice is now more rounded and I feel far more confident in terms of my knowledge. I am looking forward to be putting the new skills in practice and to start using this way of working in a more formal way, whilst becoming accredited perhaps.

Once again, I am eternally grateful to FPSA for enabling me to attend this course and increasing my skills as a clinician but as a mother too.