

FPSA report

Training attended: Dyadic Developmental Practice (DDP), Psychotherapy and Parenting, level one

Venue: The Moat house Hotel, Acton Trussell-Hosted by Round House Care

Length of course: 28 hours completed over 4 days; 3rd- 4th December 2019 and 16th - 17th Dec 2019

Trainer: Dr Phillip McAleese, DClinPsy

Summary and experience of training.

The Level One training equips participants to understand the DDP principles and introduces their use within his or her practice. The four main objectives covered during the 4 days of training were as follows; Understand the DDP framework, Understanding the theoretical foundations to DDP, learn about and practise using the core components of DDP and apply this framework to a therapeutic approach for children and parents.

Attending the DDP Level 1 training has been an excellent extension of my knowledge of the PACE (Playfulness, Acceptance, Curiosity, and Empathy) approach. I was able to move from a good understanding of the PACE model to a much more in-depth practical and theoretical stance. The training comprised of discussion-based learning, sharing of the trainer's own practice via video clips, sharing of our own experiences and practical application through role play. The trainer, Phillip, was an excellent trainer who was extremely knowledgeable in his field of Psychology, DDP and attachment and trauma.

The training was directly relevant to my role and I will use the approaches in my direct work with adolescents, who are looked after and transitioning out of the care system. These young people have been subject to trauma, developmental suffering and have evident attachment needs, so this training makes the most sense in terms of this client group.

The DDP approach is especially useful for teenagers and the DDP conversational style is perfect for engaging developmentally traumatised young people so will therefore improve my practice and help me to build a relationship and trust with my service users. 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, this will be especially important in the early stages of engagement because these young people are hard to reach and don't easily trust professionals.

The trainer explored working with parents including how to explore parent's attachment history and the theory of blocked care. Which is particularly helpful when working with care givers whose seem to have given up or can't see any further ways to help the individual.