

**AFA Cymru DDP Level one**

**Completed online with Alison Keith 8th, 9th, 17th, 18th June 2021**

**Clinical Psychologist**

This course covered the theoretical foundations underpinning DDP, the DDP framework and the core components of DDP. This course focused on understanding and developing the skills to integrate PACE into your own practice when working with young people, parents or carers and the wider professional network. The trainer had an excellent knowledge of DDP and was able to use a range of examples from her own practice to demonstrate the core components. The training also included observing role-plays, videos and offline materials. In addition to this there was ample opportunity for participant role-play. The course also emphasised the importance of self-reflection in order to enhance learning, but also to consider your own attachment experiences.

This training encouraged me to reflect on the ways I approach my work and how to support those who have experienced relational trauma. In particular I found the discussion and principles for using DDP with parents or carers and the wider network interesting and helpful as a lot of my previous training has been focused on developing 1:1 therapy skills. I feel the principles of PACE and DDP will enhance my work with young people and families significantly especially as it challenged me to try and embody the approach to support others, rather than to see it as a set of skills for specific situations.

I have already begun to use the principles of DDP both in my work supporting adoptive families as well as in supporting carers for homeless young people. In addition to this I have also begun to consider how I could integrate some of the principles into smaller training modules I offer for carers to enhance their practice. This training has helped me to develop my practice further and I am hopeful that I will be able to continue to embed DDP into my practice through further training and supervision. I am extremely grateful to FPSA for enabling me to take this important first step in developing my practice using the principles of DDP and have no doubt this experience will be invaluable in shaping my work with young people and families. I would recommend this training to anyone working with young people who have experienced relational trauma and their carers or families.