

Dyadic Developmental Psychotherapy Practice & Parenting (DDP) – Adoption Plus Milton Keynes

Trainer: Dr Vicky Sutton

Dates – 21st – 24th September 2021

Therapeutic Intervention Worker, Art Psychotherapist

In DDP Level One training you learn the core components of DDP and explore these through discussion and practice exercises. The main objectives for the training were: understand the DDP Framework, understand the theoretical foundations for DDP, explore and practice using the core components of DDP, apply this framework to a therapeutic approach for children and parents, and parents alone, and apply this framework to a parenting approach, complementing the therapeutic approach.

I was lucky to attend the training face to face which I feel helped the course feel contained and participants to feel at ease. Vicky was a brilliant trainer, delivering deep course content at a pace suited to the whole group, she was mindful of the impact the course material could potentially have on us and supported us through the whole process. There was plenty of time for discussions, questions, and role-plays within the course with additional reading being available after the course. The opportunity to “try out” DDP within small role play groups was extremely valuable and staying with your group for the duration of the course felt safe and supportive. Everyone within the course adopted a curious approach when participating in the role-plays which enabled the activity to feel non-judgemental. Having Vicky come round and observe, listen, and offer her thoughts was incredibly helpful to know we were on the right track.

The training helped to bring a deeper awareness of DDP and of *doing* DDP to my current practice. Integrating DDP into my Art Psychotherapy practice will help to support the children, young people, and adults that I work with. In particular, supporting the adults I work with in moving towards a more curious and accepting stance towards the children they care for to help deepen the connection they have. Since the training, I have found that DDP is integrating into all aspects of my work. I imagined it would be useful for the dyadic work I am doing but feel it is particularly helpful when working with larger networks and systems. It helps me to stay grounded in a curious stance rather than moving towards problem solving and rescuing.

I am grateful to the FPSA for funding this course for me and allowing me to add DDP to my toolkit as I continue to offer support to young people, families, and the professional network.