

Dyadic Developmental Psychotherapy (DDP) Level.
29th-1st February, 4 Days training.
Bromsgrove, UK.

Firstly, I want to offer my most sincere thanks to FPSA for supporting me to complete level 2 of the DDP training. I am currently employed as a Therapeutic Social worker within a Looked after therapeutic team. Being a non-statutory Local Authority team, we have limited resources and no training budget, so I am really grateful for this opportunity as I would not have been able to access an opportunity such as this otherwise.

DDP is a therapeutic approach developed by Dan Hughes and is based on attachment theory, developmental trauma, the neurobiology of trauma, intersubjectivity theory and child development. It aims to help children learn to trust and develop more secure attachment relationships.

The training was delivered by Kim Goulding and was again exceptional. Level 2 is a more experiential learning environment rather than theory-based training. This meant that we were able to practice case examples in a large group and learn from each other, as practitioners new to DDP. This really helped build our confidence as well as learn new and different ways of using DDP.

In terms of my work and using this training, I have already been able to use it when working with foster carers and have used the PACE principles when offering our consultations. However, since undertaking Level 2 I have felt more competent and confident in delivering therapeutic intervention and have been able to use DDP principles when working therapeutically with two of my teenagers. This shown to be really effective in helping them feel heard and listened to by their carers and parents and helped them understand some of their early trauma histories in an empathic and sensitive way.

Once again, I would like to say thank you for this opportunity,

Kind regards

Katy Graves

Therapeutic Social worker