

Report of the Level Two Dyadic Developmental Psychotherapy (DDP) Training attended, facilitated by Kim Golding, Consultant Clinical Psychologist and Accredited DDP Therapist

Firstly I would like to sincerely thank FPSA for the funding provided which enabled me to attend this training. This took place in November 2013 at the Adoption Plus facilities in Milton Keynes over four days. Having completed the four day level one programme in summer 2012 this training enabled me to revise skills learnt and develop my competence in working with children, adolescents and parents/carers. Dyadic Developmental Psychotherapy (DDP) provides a framework and method of understanding and responding to young people and adults congruent with theories of attachment and brain development, which in my role with a CAMHS team for Looked After and Adopted children and adolescents compliments the work that I carry out.

At the heart of DDP is an intersubjective relationship between the therapist and young person, which is developed through verbal and non verbal connection. This element is vital to children and young people that have experienced trauma within relationships as they do not feel safe in connection within healthy relationships. Using principles of PACE (Playfulness, Acceptance, Curiosity and Empathy) the therapist seeks to offer an unconditional relationship to the child/young person. This training offered me the opportunity to enhance my skills in this area through role play and an opportunity to show some of my own work and receive feedback on this, which I found very helpful.

Course Structure and content

Over the four days the course consisted of sections of each day to focus on people's work that they had chosen to bring for supervision, a section for exploration of our own attachment histories within small groups and an opportunity to practice new DDP skills learnt through role play this included being able to stay open and engaged within sessions, working with parents and focusing on PACE. Other themes that the course leader presented were connection before correction, mindfulness and metallisation and the brain, biology and DDP.

How I found the course

I felt that the course was very accessible and has already proven useful in my work. It was a reflective and protected space where people could openly share their work and receive support and this was facilitated by the course leader who made this a safe experience. This allowed me and the other participants to use this as a learning experience and put knowledge into practice.

How I can use the training within my role

I have already been able to use these skills within my role and while I had previously been using DDP principles this training gave me a more in depth knowledge and increased level of skill generally. I found the area of working with parents most useful as often with the child/young person at the focus of our work I tend to think about their needs rather than focus on how I meet parents needs in order to meet the child's needs. This course helped me to understand that spending time working with parents is a very valuable and necessary part of work with children and young people.

Jenny Podd

Specialist Social Worker

CAMHS Children Looked After and Adoption Team

2nd Jan 2014