

## Summary and thoughts

I would like to thank FPSA for approving my application to attend the level 2 training in Dyadic Developmental Psychotherapy /Practice (DDP). I feel this training experience came at a good time within my career and I feel the communication and support from the FPSA what I really needed. Staff responded fast, they were clear and they were also kind in their communication which made the process positive. I couldn't have done this training without their support.

Advances in current research and developments in the field of working with children, adolescences and their foster families, adoptive families and care staff is really important to continue developing. Due to the funding provided by FPSA, I was able to continue with developing my practice.

Attending the DDP level 2 training has been a positive and enhancing experience. The training was over four days and was partly theory, partly practical and needed a lot of reflective thinking. This reflective thinking asked me to look at myself and my behaviours in relation to others. With personal growth reflecting on my own behaviours on a regular basis is helpful but I am aware I don't always remember to or/and have the opportunity/the space to do so. Even though I know that I should and that reflective personal space is very helpful to my practice. The reflective part of the course was also witnessed by another two group members. I had the opportunity to be the person reflecting and also the person witnessing the process of another group member's reflection. It was nice to be reminded of the importance of stepping out of my comfort zone in a way which enables growth, understanding and challenge.

Throughout this journey, I have developed a stronger understanding and practical application of DDP relationships. Moreover, I am now able to add another therapeutic model to my current skills of working with carer/adoptive parent and their child/children. I did go with a theme in mind which I had the opportunity to address and think about further with the trainers and the group which was helpful.

Reflecting on the experience allowed me to acknowledge the experiences and level of training that I had, as well as what I could achieve. My confidence and experience has been enhanced and I would wish to become fully accredited in the foreseeable future. My manager and team are fully supportive of this and I hope that other group members had an equally thought provoking journey of their own.