

Training Attended: Dyadic Developmental Psychotherapy Training, Level Two,

Venue: Alba Pavilion, Livingston

Length of Course: 4-day training – 30th, 31st August, and 14th, 15th September 2022

Trainer: Dr Edwina Grant, DClinPsy

Work Role: Trainee Clinical Psychologist

Training Summary: This four-day Level Two training builds upon the ideas and skills introduced in the DDP Level One training and is suitable for those who are beginning to apply the DDP principles and interventions in their own practice. DDP Level Two provides the knowledge and practical experience necessary for attendees to further develop the use of DDP principles in their own work with developmentally traumatised children and their families. The training aims to deepen the exploration of DDP which begun in the Level One training. The trainer tailored the course to meet the consultation needs and skills-training needs of each member of the group. There were several opportunities to directly discuss aspects of our work applying DDP principles and we also engaged in small practice groups in which we role played the use of DDP. The training provides a greater understanding of the theory behind, and practice of, the interventions and parenting principles in DDP, helps to develop skills in using DDP practice and therapy model within your own area of work, provides opportunities to focus on the successes and barriers experiences in applying the model in practice, and provides participants with the opportunity to explore how their own attachment history and experiences may inform and have an impact on their work.

Experience of Training: This was a fantastic training course for the development of my DDP understanding and competencies. Edwina has 30 years' experience working with children and families and is natural trainer, she brought to life the key principles and practical application of DDP in meaningful and memorable way. My understanding and experience of developing attunement, intersubjectivity, PACE, affective-reflective dialogue, experiences of follow-lead-follow, talking with for and about, relationship repair, coregulation, and managing a balance between lighter and more difficult themes greatly developed across the four days of training. I would recommend this DDP Level 2 training to any practitioner currently applying DDP principles following the DDP Level 1, who wishes to further advance their understanding and practical skills.

I am very thankful that FPSA could provide funding for me enabling me to access this training. I have no doubt that DDP will continue to be an integral part of my clinical practice for many years to come.