

Dyadic Developmental Psychotherapy Practice & Parenting, level 2 (DDP L2) –

Aspire Psychological Services

Trainer: Dr Sarah Kildea

Dates – 17th April – 20th April 2023

Art Psychotherapist/ Therapeutic Intervention Worker

In DDP Level Two training you gain a deeper understanding of the core components of DDP and in particular think about parenting principles. These are explored through discussion and skills based practice exercises. The main objectives for the training were:

*To gain a deeper understanding of the theory and practice of the interventions and parenting principles used in this approach.

*To follow up on any relevant themes that participants would like more teaching on.

*For each participant to have opportunities to focus on the successes and barriers experienced in applying the model in their practice via supervision or consultation about their work with families or their specific practice. This is the main aim of Level Two.

*To provide participants with the opportunity to explore (in small groups of 3 people for one hour a day) how their own attachment history and experiences may inform and have an impact on their work.

I was lucky to attend the training face to face which helped the course feel contained and participants to feel at ease. Sarah 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. Sarah included lots of skills based practice where we could “try out” DDP within small role play groups but also observe “fishbowl” type practices. The whole group was supportive enabling us to feel comfortable in the role play and not feeling embarrassed about making mistakes. There was plenty of time for discussions, questions, and role-plays within the course with additional reading being available after the course

The training helped to bring a deeper awareness of DDP and of *doing* DDP to my current practice, it was helpful to be able to think about some of the families I am working with in the roleplay exercises, enabling me a deeper understanding of their experience. Exploring our own attachment history was helpful in giving us the experience we are trying to do with the parents and carers we are working with also.

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, 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 L2 to my toolkit as I continue to offer support to young people, families, and the professional network.