

Training attended: Dyadic Developmental Psychotherapy Practice & Parenting (DDP) Level 1 & 2 - Children Always First Worcester

Trainer: Dr Kim Golding

Dates: 15th - 19th May 2023 / 13th - 16th November 2023

Report on training:

Firstly, I would like to thank FPSA for providing funding for me to attend the course and for their flexibility around the dates. I was due to attend the training earlier but unfortunately became unwell with COVID and was unable to attend, Children always first (the training provider) were also very accommodating and at short notice allowed me to transfer my place for which I am very grateful.

The training objectives were:

- Understand the DDP framework and its theoretical foundations.
- Consider diversity and inclusivity when using this framework.
- Explore and practice using the core components of DDP.
- Apply this framework to a therapeutic approach for children and parents and parents alone.
- Apply this framework to a parenting approach complementing the therapeutic approach.

I felt that all of the training objectives were met and the training was excellent in content, pace and delivery. Giving me a sound theoretical knowledge of the DDP model, research and relevant practical considerations. Kim was an excellent trainer, giving plenty of space and time to reflect on DDP in our own practice. Participants on level one and two came from various professional backgrounds, adding to the diversity, discussions and different approaches when practically 'trying it out'.

The training gave plenty of opportunity to discuss the theory of DDP, with recorded examples of sessions and then our chance to work with other participants and 'role play' scenarios using the PACE approach. Kim would take her time to come around and listen, feedback and reflect with us on what we thought went well or areas we might feel 'stuck'. This was incredibly helpful and felt like a nonjudgmental space for us to practice skills before taking them into our professional roles.

In my role I work with adopted & looked after children and their families. DDP is a model that I was familiar with, but the training allowed me to fully explore and implement its approach within my sessions. The gap between the level one and two training gave me an opportunity to put my new skills into practice and then come back to level two with real life practical examples of what had worked or questions I had. These questions could then be worked through with Kim providing her knowledge and experience, allowing me to go back into my professional role and feel confident to support families and children using DDP. A DDP approach allows us to remain curious and open, which extends beyond the therapy room and I feel it has benefited me when communicating with all of the networks involved in a child's life. I have found that modelling this curiosity and openness allows people to feel they have space and time to reflect rather than needing to 'solve' a problem or look solely towards behaviour.

I look forward to continuing to integrate DDP in my work, it has provided me with a new skill set that compliments my current practice.