

DDP level 1

I am a Play Therapist and registered with PTUK and certified in Theraplay®. I am self-employed and work with young people along with their parents, guardians, or carers to foster positive change in these key attachment relationships. The course has given me valuable tools and techniques for having difficult conversations and fostering a deeper bond as they process past trauma in their current family context. I found a gap in my training related to managing talk therapy within sessions and this was becoming increasingly required when working with adolescents and their key attachment adults.

I attended Dyadic Developmental Psychotherapy (DDP) Practice & Parenting Level 1. The course ran from Monday 20th - Thursday 23rd November 2023, 9am-5pm daily. It was held at Chrysalis Consortium in Sheffield and delivered by Mikenda Plant. On completing the course, we received a Level 1 Certificate which according to DDP Network, means we can say we use DDP Principles in our practice.

The course outlined the key aspects of the Dyadic Developmental Psychotherapy model with practical techniques presented alongside their theoretical underpinnings. The course was expertly presented by Mikenda who was warm and engaging, using a range of materials such as video footage, media clips, storytelling, and handouts. We were given many opportunities for group discussions, questions, and practicing new skills with colleagues. This range of teaching strategies helped to embed new learning and to have a greater impact on my practice.

Already familiar with the PACE approach (playful, acceptance, curiosity, empathy) I deepened my understanding of how to use this within my practice. I learned how to identify the stages of blocked trust and blocked care for parents/carers and how these can affect the capacity for change within the therapy context. I learned tools and techniques for engaging in conversations with parents/carers and their children by ensuring they feel heard while also not allowing unproductive 'venting' to occur. I also learned how to move from parents/carers describing issues they are having with their adolescent's behaviour into exploring how this affects them and further how it relates to their own attachment history. This training has impacted positively on my practice as I now have skills to help move families from shut down survival mode into productive readiness for change. I now have a way to engage adolescents and older children in discussions about current troubles in their life and how this relates to their early trauma experiences. I have been able to reflect more deeply on my practice and its impact on myself and my clients. I highly recommend this training for anyone working with families who have had traumatic experiences as part of their reason for referral. Thank you very much to the FPSA for funding this training, I am very grateful and confident it has helped the families I serve to make great progress.