

Course: Dyadic Developmental Psychotherapy (DDP) Level 1

Provider: The DDP Network

Trainer: Alison Keith

Dates: 6th, 7th, 12th & 13th November 2025

Venue: Online

My job title: Therapeutic Family Intervention Worker (RMBC)

I attended an online course, along with 16 others from various professions, regarding DDP as a practice framework and how it can be used to support young people who have experienced relational & developmental trauma. This approach is used to support both the parents/carers and professional network to help formulate their understanding about what might be going on for a young person when they're behaving in a certain way, before involving more direct work with the young person themselves.

Alison was an incredible, well informed and welcoming trainer who introduced the concept of working in a PACE-ful (Playfulness, Acceptance, Curiosity & Empathy) way to help promote positive intersubjectivity between practitioner, carer and young person. We explored how this approach could provide the building blocks for engaging in affective-reflective dialogue with service users by using a follow-lead-follow approach. This, in turn, could then help young people and practitioners alike elicit the current narratives traumatised young people have about themselves, which can enable the construction of alternative narratives in a more collaborative manner. We also explored the importance of co-regulation and polyvagal synchronization for professionals, carers and young people, which is key when trying to adapt a PACE-ful approach both on an individual and wider service level.

The training was delivered in an experiential way, which included open discussion and reflection sessions, overview of theory, both scripted & live role plays as well as the opportunity to see case examples through both audio and video recordings.

This training has really helped to inform my practice when working with young people, who present with attachment difficulties & developmental trauma. It has highlighted the importance to continue taking an open, curious & empathic approach towards families and professionals, whilst increasing my awareness into beginning to identify appropriate opportunities to 'lead' conversations, when appropriate and working dyadically. I work with a number of young people who present with emotional dysregulation as a result of developmental trauma and this training has been really useful for me to think about how I can best support them through this framework.

I'm very grateful that I had the opportunity to attend this training. I'm highly motivated to continue applying the principles of DDP into my work and taking the training further by attending DDP Level 2 very soon. DDP aligns closely with my personal and professional values and is something that I want to learn more about and become better at. I would highly recommend this training to any professional who wants to deepen their knowledge and skillset in their trauma-informed approach, whether that is through direct work with a family or through multi-agency working. I found the training very accessible and informative