

Title: Dyadic Developmental Psychotherapy (DDP) - Level 1

Provider: Kim Golding Ltd

Venue: Bank House Hotel, Worcester

Dates: 18th – 21st May 2026 (9.30am – 4.30pm)

Trainers: Kim Golding; Bonita Fradd

Attendee/Role: Associate Play Therapist; Children's Therapy Service (Approved Adoption and Special Guardianship Provider)

This 4-day training offered an introduction to DDP as an approach for working with children and families who had experienced early life trauma and disruptions to their attachment. The training offers a focus on working together with children and their caregivers.

The training covered the theoretical basis for DDP, including attachment theory, principles of psychotherapy, neurobiology of trauma, intersubjectivity, and understandings of shame. We learnt how DDP communicates principles of playfulness, acceptance, curiosity and empathy ([PACE](#)) through affective-reflective dialogue, in order to help the child regulate their feelings (often fear, shame and anger) associated with past experiences. Together with an understanding of blocked care and caregiver attachment history, new meanings are created that are integrated into the child's life story (autobiographical narrative). A framework for day-to-day parenting and application of DDP to different circumstances were also explored.

The training was delivered via a combination of PowerPoint slides, video and audio demonstrations, case discussions, small group role play, reflection, workbooks and trainer modelling of the principles.

I thoroughly enjoyed the training and found it thought provoking. With it being an experiential course, this helped to aid my learning, skill development and opportunities for practicing my learning. In addition, introduction of case studies provided a concrete link between the theory and practical application. As the trainers modelled a PACE stance throughout, creating a welcoming, supportive and warm training environment, this helped me to recognise the principles in practice and fully engage with the material.

The content of the course has been greatly applicable to my role as a Play Therapist working with children and families of Adoptee and Special Guardianship Orders – where I often experience the impact of trauma and disrupted attachments/relationships.

The DDP principles have helped me to develop my practice skills in supporting children through their often-metaphorical play and sensory bodywork, to begin to help them understand their life-stories, feel safe, and rebuild secure relationships. The permissiveness to 'slow down' and be more curious, in addition to enhancement of my skills of attunement, have been a crucial when working 1:1 with children in sessions. When working with caregivers, the principles have supported the guidance of therapeutic support I have been able to offer, particularly when helping caregivers to understand and explore their own attachment history, and parenting styles.