



Dyadic Developmental Practice and Psychotherapy (DDP)

Psychological interventions and parenting approaches with children and adolescents who have experienced developmental trauma and have attachment difficulties

Level One Training

Training Information

This is an introductory 28-hour training course relevant to professionals and therapists who have experience in communicating with and working therapeutically with children and young people and their families. It is focused on families and residential care homes when children have experienced past developmental trauma and have associated attachment difficulties.

Courses can run for 4 consecutive days, 2 x 2 days or 1 x 4 days.

Dyadic Developmental Psychotherapy (DDP) is an intervention model developed by Dan Hughes, Clinical Psychologist from Pennsylvania U.S.A. DDP is family-based and is focused on facilitating the child's readiness and ability to establish a secure attachment with his/her caregivers. It is an approach that:

- Integrates recent research in the areas of neurobiology of trauma, early child development and attachment theory, to produce a therapeutic and parenting approach that assists professionals to understand and effectively support children with trauma-attachment problems, and their families
- Communicates playfulness, acceptance, curiosity and empathy (PACE) in order to help the child regulate their feelings (often fear, shame and anger) associated with past experiences and to create together new meanings to be integrated into the child's life story (autobiographical narrative).
- Recognises the vital role which adoptive parents, foster carers and residential workers play in the recovery of traumatised, attachment-resistant children.

Objectives

By the end of this course participants will understand:

- The impact of secure developmental attachment on neurological, affective, cognitive, and behavioural development
- How developmental trauma (abuse and neglect) create insecure and disorganised attachment patterns which impede normal development
- Principles of psychotherapy, effective communication and parenting that facilitate the development of attachment security
- Specific strategies of parenting and communication that facilitate the development of a secure attachment and help children integrate past trauma and abusive experiences
- How the caregiver's attachment history and attachment patterns can be important factors when providing care for children who have experienced developmental trauma.

Training content

In this four-day training, principles and interventions are presented through formal discussion, case examples, videotape of therapy sessions, role-play, and hand-outs.

Day One: Overview of model

Introduction to DDP

Theoretical foundations

Theory, research and links between attachment, the impact of trauma and interpersonal neurobiology:

- The impact of secure attachment on neurological, emotional, cognitive and behavioural development.
- How developmental trauma (abuse, neglect, multiple losses) can create insecure and disorganised attachment patterns that impede normal development.
- The impact of early trauma on the developing brain
- The importance of creating a context of Safety for the child, and for the parent or caregiver

Intersubjectivity theory

Introduction to the principles of therapeutic intervention, effective communication and parenting:

- Intersubjectivity - Shared affect, Shared attention, Complimentary intentions
- PACE (Playfulness, Acceptance, Curiosity and Empathy)

Day Two: Core Components of DDP

The role of PACE in communication:

- Therapeutic interventions and parenting interactions to create safety, develop attunement, manage shame and engage in interactive repair

Affective-Reflective dialogue

- How to engage and connect with children
- The importance of voice tone and rhythm, paying attention to the non-verbal as well as the verbal communication
- How to balance following the child's interests with taking the lead
- Interactive repair

Making sense of behaviour

- Behaviour as communication and exploring under the symptoms
- The balance between acceptance of the child's thoughts, feelings, urges and motives and the need to provide consequences or follow-on responses to behaviour

Steps toward parent-child communication

- "Talking About" the child
- "Talking For" the child
- "Talking With" the child

Understanding shame, fear and rage

- Helping children regulate their emotions

Helping children create coherent narratives about their life

Working with resistance

Trying not to problem solve before connection's have been made with, and between, child and parent or caregiver

Day Three: Working with parents & caregivers

Assessing parents and caregivers.

Engagement with parents. Establishing and maintaining a relationship

Parental work, both as a stand-alone intervention and as preparation for therapy with the parent(s) and the child together

Parenting and providing care based on principles of attachment theory and research and what is known about the impact of trauma

The importance of the adult's own attachment history

PACE for parents: How to help parents understand what PACE is, why it is helpful and how they can put "Parenting with PACE" into practice

Venting: How to help parents who vent to communicate in more reciprocal ways

The importance of understanding and addressing Blocked Care

Working with parental difficulties in providing care.

Day-to-Day Parenting: Introducing a framework for parenting

Day Four: Day-to-day Parenting, Application of DDP to different circumstances, Overview & integration of course. Final thoughts

Day-to-Day Parenting: a framework for parenting

Working with different client groups, populations and circumstances - Short term placements, residential care, birth families, individual children

Working with other agencies - Relationships with other professionals, such as health, social services and educational professionals

Opportunities to discuss participants individual work circumstances

CERTIFICATION AS A PRACTITIONER IN DDP

Many people receive training in these approaches without plans to become certified as a Practitioner in DDP.

For those people who might wish to become certified, this training meets the Dyadic Developmental Psychotherapy Institute (DDPI) requirements for the initial 28 hours training to begin the process of becoming certified as a Practitioner in DDP. A minimum of 56 hours training is required, led by a Certified DDP Trainer, approved by DDPI, prior to beginning the certification process.

Level One provides 28 hours of these hours, with Level Two also providing 28 hours.

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