



Dyadic Developmental Practice and Psychotherapy (DDP): Level One Training

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

Trainer: Edwina Grant, Consultant Psychologist and Person Centred Therapist

Dates: Wednesday 8th and Thursday 9th June, Thursday 23rd and Friday 24th June (the course takes place over these four days)

Cost: £400 per place

Training Information

This is an excellent opportunity for professionals with experience in communicating with and working therapeutically with children and young people and their families.

The training is focused on families and residential care homes when children have experienced past developmental trauma and have associated attachment difficulties.

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 and 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 you 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.