

# Dyadic Developmental Psychotherapy (DDP) Level One

## Introducing a Framework for Therapy & Parenting of Developmentally Traumatized Children

### About DDP:

DDP was developed by Dan Hughes as an Attachment Focused Family Therapy that is tailored to meet the needs of children who have experienced trauma and loss. This therapy is theoretically based on the models of attachment theory and intersubjectivity, and is consistent with the needs of children and young people who have experienced developmental trauma.

### Course Information:

This four day training introduces DDP and the broader framework of Dyadic Developmental Practice within which the therapy is applied. This provides a model of parenting and support as well as a therapeutic approach to helping the children.

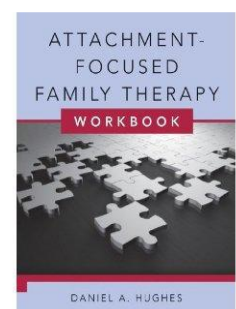
The core components of DDP will be presented and explored through discussion and experiential exercises.

Level one training represents 28 hours of DDP training and will provide the knowledge and practice necessary for attendees to apply DDP principles to their work with developmentally traumatized children and their families.

This level one training is the starting point for certification as a DDP therapist or practitioner

For more information see: [www.ddpnetwork.org](http://www.ddpnetwork.org)

Participants are referred to the Attachment-Focused Family Therapy Workbook (Hughes, D.A. Norton, 2011) which underpins this training



### Course Objectives:

- To understand the DDP framework
- To understand the theoretical foundations of DDP
- To apply this framework to a therapeutic and practice approach for children and parents & parents alone
- To explore the central components of DDP
- To apply the framework to a parenting approach which can complement the therapeutic approach

**Suitable For:**

Professionals who support children and young people who have experienced developmental trauma (social workers working in fostering and adoption services, residential workers and other interested professionals).

Therapists who work with developmentally traumatised children and their families or substitute families.

**About the Trainer:**

Vicky Sutton is a Chartered Clinical Psychologist with specialist experience in working with Looked After and Adopted Children, their Families and Professional Networks. Since qualification in 2006, Vicky has worked within Social Care and NHS settings, and now practices independently.

Vicky is a certified DDP Practitioner, Consultant and Trainer. Vicky is also a DDPI Board Member and a Director of the newly formed DDP Connects UK.

Vicky passionately believes that when children struggle to feel safe within their foster or adoptive families (due to their early experiences of abuse and neglect within their family of origin) therapeutic approaches which focus on strengthening the child's attachment to his or her new Parents / Carers are the most effective in reducing trauma symptoms and helping children to experience a visceral sense of safety. Vicky believes that it is through the development of nurturing relationships that children can begin to heal from their past traumas. For these reasons, Vicky has specialised in DDP and is committed to supporting others who wish to develop their skills in this approach. Vicky continues to work therapeutically with adoptive and foster families as well as offering DDP supervision and trainings.

**Dates:** This 4 day course is being held on the following dates:  
**8 – 11 March 2022**  
or  
**20 – 23 September 2022**

**Times:** 9.30am to 4.30pm each day

**Venue:** Adoptionplus, Moulsoe Business Centre, Moulsoe, Nr. Milton Keynes  
MK16 0FJ

**Price:** £850 + VAT, (£1020 inc VAT)  
Lunch and refreshments are included

**Booking:** For further information or to book please visit [www.adoptionplus.co.uk](http://www.adoptionplus.co.uk) or contact Alice Hollingdale on 01908 218251 or email [alice.hollingdale@adoptionplus.co.uk](mailto:alice.hollingdale@adoptionplus.co.uk)

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